

# GRIP AND STANCE

- Firm left hand grip at the top of the stick
- Turn Stick like opening a door
- Right hand well down the stick
- Forefinger and thumb form a "V"
- Relaxed right hand acts as a guide
- Used to dribble, trap the ball, and push passing



ONLY USE FLAT SIDE OF YOUR STICK  
LEFT HAND ON TOP RIGHT HAND UNDERNEATH  
- AROUND 30CM (NOT TOO FAR DOWN TO CLOSE  
OFF VISION BY BRINGING HEAD DOWN)

STICK MUST STAY BELOW WAIST



## Athletic Stance

- Wide Base - Feet shoulder width apart
- Knees slightly bent, slight squat
- Elbows comfortably away from your body
- Head on a 'swivel', not looking down!