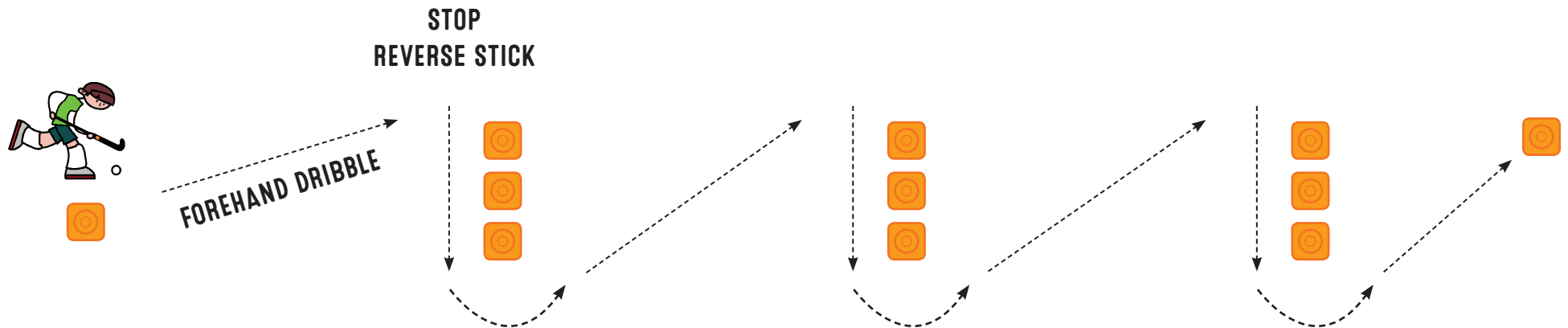


# REVERSE STICK

## DRILL 1 - PULL THE BALL FROM SIDE TO SIDE

- ❑ 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
- ❑ Get used to dribble, trap the ball, and push passing



## DRILL 2 - FOREHAND DRIBBLE, STOP, REVERSE STICK AND ROUND THE CONES