

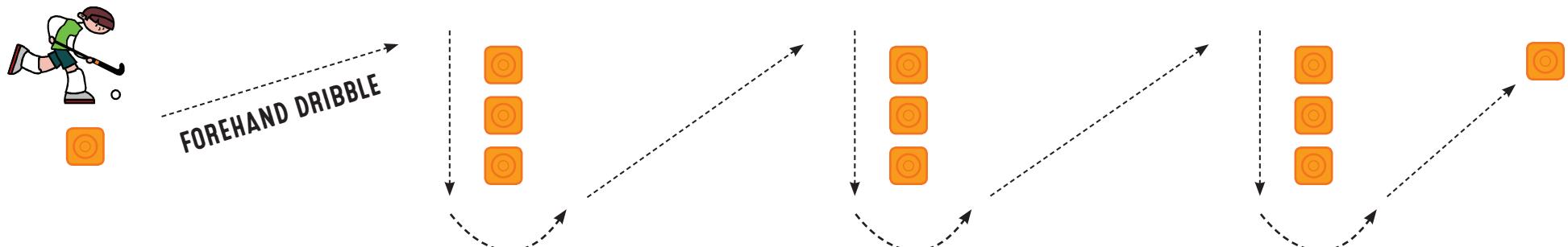
REVERSE STICK

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



STOP REVERSE STICK



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