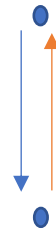


Check Grip ~ Check hand position



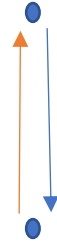
X 100

Push Trap

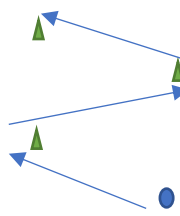
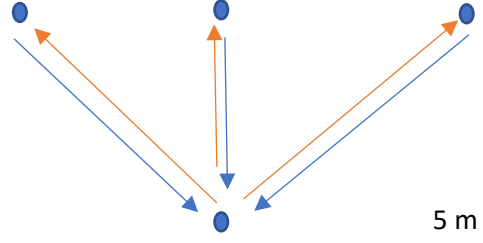


5 m
10 m

Hit Trap

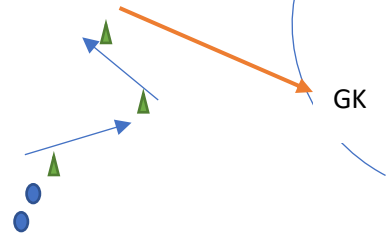


Fore stick
10 m
20 m



Fore stick
Stop - Go
Body swerve

Fore stick
Stop - Go
Body swerve
>Hit at goal



Four Corner
Game

Check hand positions

Stick in contact with ball – no tap tap

Trapping – elbow up