

3. Stopping and Receiving Skills

3.1 Front Stick Stopping (Stationary Position)



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Grip:

- Space between hands is two adult fists
- Lighten the grip of both the left and right hand (soft hands)
- Double V-grip

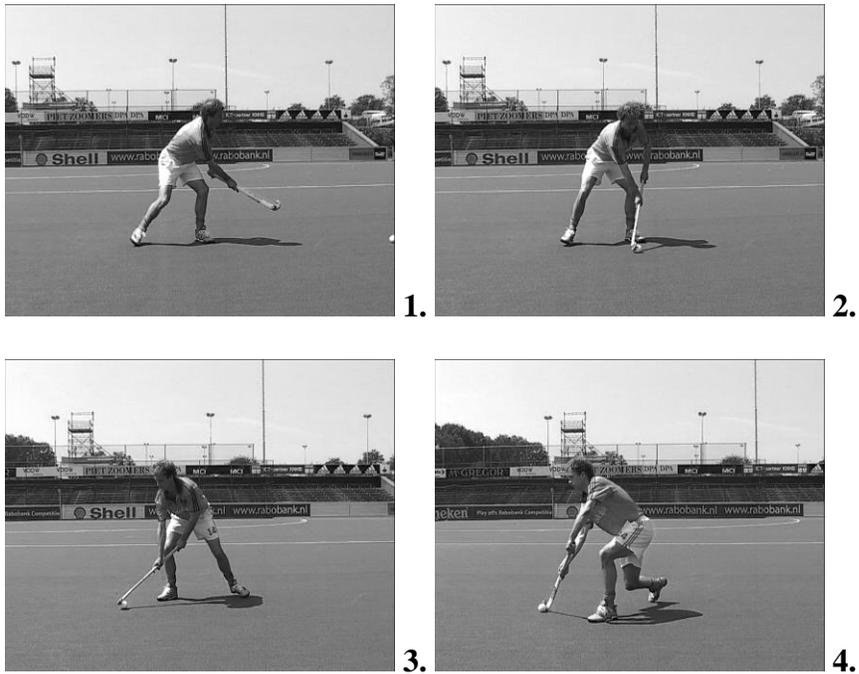
Body Position:

- The left hand is in front of the right hand as this forces the stick face to be closed.
- The left elbow stands out to the left (Photo 5)
- Keep eye contact with the ball until it makes contact with the stick

Ball Position:

- On the moment of contact the ball will be in front and to the right of the left foot

3.2 Receiving the Ball from the Left (Front Stick)



Grip:

- Space between hands is two adult fists
- Lighten the grip of both the left and right hand (soft hands)
- Double V-grip

Body Position:

- Feet are turned to the front
- Upper body is turned in the direction of the ball
- Weight is resting on the left foot before the receive

Ball Position:

- Ball contact takes place in front of the left foot
- At the end of the action the ball will be in a strong position (in front of the right foot.)

Action:

- From first contact you will guide the ball with a flowing movement to the strong side

3.3 Receiving the Ball from the Right (Front Stick)



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Grip:

- Space between hands is two adult fists
- Lighten the grip of both the left and right hand (soft hands)
- Double V-grip

Body Position:

- Feet are facing the front
- The upper body is turned in the direction of the ball
- The left hand is far from the body; this turns the stick towards the ball

Ball Position:

- There are two options: at the receive of the ball; it will be slightly behind the right foot (photo 2) or just behind the left foot (photo 4)

3.4 Receiving the Ball from the Right (Reverse Stick)



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Grip:

- Space between hands is two adult fists
- Lighten the grip of both the left and right hand (soft hands)
- Double V-grip

Body Position:

- The left hand is under the elbow of the right arm. This forces the stick face to closed (Photo 3)
- Keep eye contact with the ball until it makes contact with the stick
- Feet are turned forward
- The upper body is turned in the direction of the ball

Ball Position:

- Ball contact takes place after it has rolled pass the left foot

Action:

- After receiving the ball the stick face will turn open and this will put the ball on the front stick

3.5 Reverse Stick Receiving from Behind



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Grip:

- Space between hands is two adult fists
- Lighten the grip of both the left and right hand (soft hands)
- Double V-grip

Body Position:

- The left hand is under the elbow of the right arm and this forces the stick face closed (photo 3)
- Keep eye contact with the ball until it makes contact with the stick

Ball Position:

- At the moment of contact the ball will be ahead of and to the left of the left foot

3.6 Receiving a Bouncing Ball (Reverse Stick)



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Grip:

- Space between hands is two adult fists
- Lighten the grip of both the left and right hand (soft hands)
- Double V-grip

Body Position:

- The left hand will be under the elbow of the right arm, forcing the stick face to be in a closed position (Photo 3)
- Keep eye contact with the ball until it makes contact with the stick

Ball Position:

- At the moment of contact, the ball will be in line with the left foot

Action:

- After receiving turn the stick face open, so that you can move forward on the front stick