

Dribbling

- Squatted knee-bent with an upright back
- Right hand low (grip meets stick) with a pointed index finger
- Keep elbows and ball away from the body and feet
 - Keep ball on stick as much as possible
 - Position ball at 2 o'clock before elimination skills
 - Keep eyes up



Pushing

- Squatted knee-bent with an upright back
- Lateral lunge transfer body weight from right leg to left leg
- Drag ball from right leg to left leg on stick for at least one meter
- Roll ball towards target, lateral lunge, drag ball with weight transfer
 - Follow through should flow in a circular motion around body



Sweeping

- Lateral lunge transfer weight from right to left
 - Always roll ball towards target
 - Hands together at very top of stick
- Sweeping circular motion knuckles 2 inches from the ground
 - Ball contact should be made even with front foot
- Front foot, knee, shoulder, elbow, wrist should all be in one line at point of contact
- Keep stick open faced make contact with the letters of the stick
- Follow through low in a circular motion body weight moving forward



Hitting

- Lateral lunge transfer weight from right to left
 - Always roll ball towards target
- Bend/Break right elbow, swing and bend/break left elbow
 - Ball contact should be made even with front foot
- Front foot, knee, shoulder, elbow, wrist should all be in one line at point of contact
- Keep stick open faced hitting with "sweet" spot of the stick, bottom arch of the stick away from the toe
- Follow through low in a circular motion body weight moving forward

