

Basic Stickwork

Grip on Stick:

- Top hand: Hand at eye level, fingertips showing to the sky
 - Loose Grip- space under palm of hands (in fingers)
 - Top wrist should be a position like a waiter holding a tray of food
 - Pointe test
- Elbow positioning- elbow should be over wrist (90 degrees), there should be space under your armpit
- Arms off body

Cradling

#1 Scoop Cradle (bottom hand)

- Stick starts parallel to ground shoulder height
- Top Hand- loose grip, it's a little circle motion away from face
- Bottom Hand- does most of the work
 - Bottom hand: knuckles should be facing the sky
 - Bottom hand does a motion like revving a motorcycle handlebar
 - By doing this motion, the outside corner of the stick head should dip like scooping ice cream

#2 Punch Cradle (Top hand)

- Bottom Hand- loose in fingertips
- Top hand: does all the work
 - First lift top hand off shoulder
 - Punch motion with top hand- the stick should stay in a straight line
 - Stay shoulder height when punching forward
 - Finish motion with band of hand
 - Make it a crisp punch

#3 Shoulder to Shoulder (KEEP IN SAME HAND)

- Top hand goes shoulder to shoulder
- Top hand should stay relatively close to body
- Bottom hand shadows, keep bottom hand away from stomach

#4 Offside Cradle

- Keep stick on offside shoulder
- Top hand- knuckles should punch towards face (like reverse from punch forward)

Switching Hands (like the motion of #3 cradle)

- Keep top hand close to body
- Get it across to opposite shoulder and turn with your body to protect
- Take bottom hand off as you are bringing stick across
- Put bottom hand at the top of stick, slide top hand down

Shooting Technique Points for an Outside Shot

- Stick parallel to ground, should height
- Bottom Snaps Down, Top hand Pushes
- Snap through- should hear a swishing sound
- Turn shoulders on follow through so you are almost facing backwards after the shot