



B'ville Girls Lacrosse

5 STEPS TO STICK SUCCESS

it's all in your hands



1. QUICK CRADLE

Quick half-cradle on the dominant side. Using top hand only, roll the stick between pointing finger and thumb, using fingers to help guide. DO NOT USE BOTTOM HAND- bottom hand is support only!

2. FULL CIRCLE FAKE

Begin with the back of the stick on your shoulder as the crosse faces away from your body. Use bottom hand to turn stick (hint: like you are on a motorcycle- REV the engine) so that the back strings of the crosse practically scrape your face. Continue twisting (clockwise for righties, counterclockwise for lefties) until the ball in your stick faces you. Take top hand and put your palm underneath the stick and grab it in your fingers, pulling the stick toward your dominant shoulder all the way back to rest position.

HINT: The best way to develop this move is to establish a rhythm (out and back, out and back, etc.) The most confusing aspect of this move is the direction you're supposed to turn the stick. Remember two things: (1) You are going the opposite direction you would normally go to cradle your stick; and (2) the dangling leather from the back of your stick should virtually "scrape your face" on the initial twist out.

3. SEMI-CIRCLE FAKE

Using your bottom hand only, begin exactly like #2. REV the engine, scrape your face, and look at the ball. Again, using only your bottom hand, twist the stick back the same way it came.

HINT: This move is awkward because you are only using your bottom hand. Although it may not be something you use in a game, it will tremendously increase your ability to manipulate the stick with your fingers.

4. COMBINATION MOVE

4 = 1 + 2. If you can do #1 and you can do #2, then you can do this move. First to the QUICK CRADLE and then the FULL CIRCLE FAKE. The objective is to combine two moves into one, distinct maneuver. The most difficult thing about this one is how to twist your hands. It should be top hand (cradle), bottom hand (REV and scrape), and top hand (return to rest position).

5. LEFT - RIGHT

5 = 2 + 2. This move looks harder than it is because you change direction. Starting to the opposite side, you want to do #2 across your body and return to rest position. Then, like a hinge on a door, you change direction and do #2 toward your dominant side.

HINT: You should be exaggerating moves to both sides to the point you feel a stretch in your back. Keep your shoulders, hips and feet facing one direction and try to move only your stick, arms and fingertips from side to side.

Where should you put your hands?

Your bottom hand should be all the way at the bottom of the stick. Plastic sticks: top hands should be at LEAST 4 inches down the pole, preferably 6 inches. Wooden stick players: keep top hands right around leathers so you have more control.

How tight should the grip be?

There should be no "grip" but rather a comfortable hold on the stick. You need it to roll through and be controlled by your fingertips. In each hand, you should be able to fit a pencil between your palm and the stick.

What is rest position?

Rest position is where the stick should feel most comfortable: top hand where it should be, the ball settled in the stick so that when you turn your head you could practically kiss the ball.

THERE IS NO EXCUSE

You can do these for 15 minutes a day in the basement to get ready.

You don't have to do anything special and best of all it doesn't cost you any money.

**IT'S ALL UP TO
YOU !!!**