

Notes From Coach Bill

SKILL INSTRUCTIONS FOR BEGINNER PLAYERS:

Instructions for cradling and throwing, scooping (picking up the ball of the ground) and Changing hands with the ball in your stick. Click on the doc/files/forms to see each document

WALL BALL

Play wall ball somewhere everyday. Basically picking up the stick and playing catch by yourself.

Find a wall or use a baseball pitch back. Throw the ball against the wall (try to hit the same mark on the wall every time)

25 throw right hand catch right hand
25 throw left hand catch left hand
25 throw right backhand catch right
25 throw left backhand catch left
25 throw right catch left
25 throw left catch right
25 quick stick right (throw, catch and throw with no cradle)
25 quick stick left (throw, catch and throw with no cradle)

Some may want to add behind the back and backhand throw. That would be great. The key is to practice, practice and practice your stick skills every day. You will see the difference in your game.