

Advanced Stick Work  
Kathy Reese  
University of Maryland

- a. one handed at the top of the stick
- b. one handed at bottom of stick
- c. regular catch and throw
- d. catch offside (one cradle off side, pass)
- e. throw offside
- f. catch, cradle throw off side
- g. quick sticks (left, right, one right then one left)
- h. behind the back (stick in line to where to passing it, look to where passing, dip shoulder, stepping and pushing, stick should hit bicep)
- i. around the world (same as behind the back except done on opposite side)
- j. Routine: one right, one left, one off stick side, one off stick side, one behind the back, one around the world)
- k. side arm passing
- l. opposite side arm
- m. bad passes
- n. fakes

Stick Tricks

- a. one hand between legs or around the waist
- b. hit off shaft (2 hands with stick parallel to ground then go to one handed with stick perpendicular to ground)
- c. chock up then through chest (2 hands up at head of stick bring toward body, to chest, through arms)
- d. back breakers
- e. figure 8 into a pass