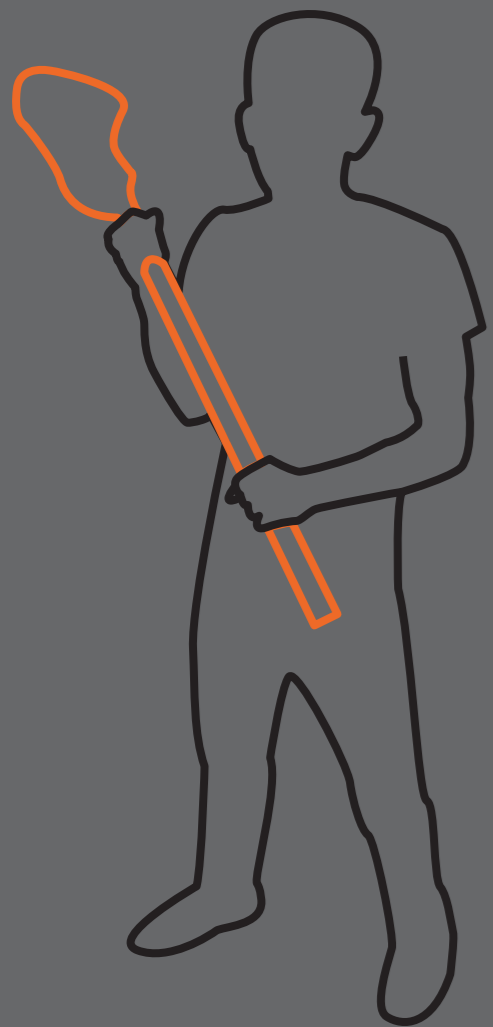


Play Patterns

Athletic Competitive Play



Cradling

“Rolling” the stick back and forth in your hands to keep the ball in the pocket



Cradling While Running

Cradling combined with movement of the stick across your body to keep away from other players



Passing / Shooting

Moving the ball from you to another player or the goal