

# CoRE Concept

# Hockey Grip to Pull Ball

## Pull the ball from side to side

- Firm left hand grip at the top of the stick
- Turn Stick like opening a door
- Right hand well down the stick
- Forefinger and thumb form a “V”
- Relaxed right hand acts as a guide
- Get used to dribble, trap the ball, and push passing



Close up of hands



fore/back hand

weight over knees

