

CoRE Concept

Receiving & Trapping Skills

Forehand Receiving Receiving Hand Position

- ❑ Dribbling grip with a vertical stick and left hand away from body
- ❑ Handshake grip with hands split - right hand can be more than halfway down the stick, but not too low
- ❑ Left elbow should be as high as your shoulder in front of your body
- ❑ Your thumb is pointed down towards the ground, angled stick, forming a trap

Body Position

- ❑ Athletic Stance
- ❑ Line up right of center, in line with the incoming ball

Skill Execution

- ❑ Form a triangle between feet and stick head, flex the knees and create a 'pocket' into which the ball will be collected
- ❑ Your left foot slightly forward of your right. Angle stick forward (the left hand should be further away from your body than the stick head)
- ❑ Pick up the line of the ball
- ❑ "Soft Hands" as ball contacts stick

