

## Hand Placement Chart

### Cradling

- ✓ Dominant Hand at the Top of the Stick Shaft (Touching the Plastic)
- ✓ Non-Dominant on Lower Part of Stick Shaft (Progress to Non-Dominant Hand at the Bottom)

### Scooping Ground Balls

- ✓ Dominant Hand at the Top of the Stick Shaft (Touching the Plastic)
- ✓ Non-Dominant in the Middle of the Stick Shaft

### Throwing

- ✓ Dominant Hand Halfway Up the Stick Shaft
- ✓ Non-Dominant at the Bottom of the Stick Shaft