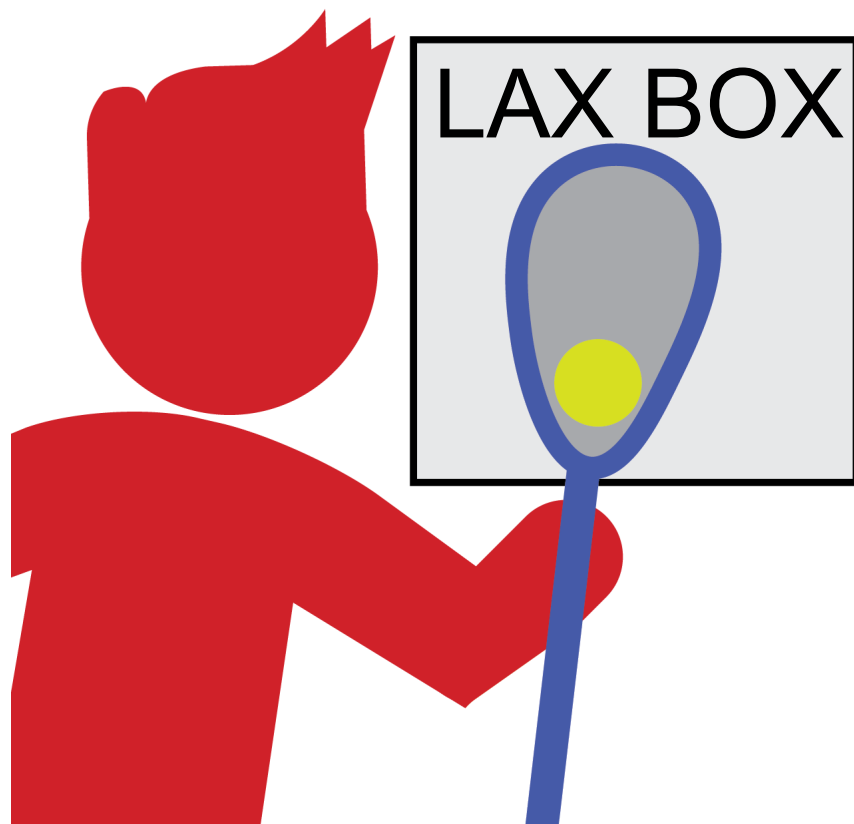


The Lax Box



- ✓ Square from Head to Shoulders.
- ✓ Most of the time the stick head and ball should stay in this box.

Cradle Cues

- ✓ Top Dominant Hand Just Below Head (Touching Plastic)
- ✓ Head and Ball in the Box
- ✓ Grip with Fingers
- ✓ Bottom Hand Guides on Lower Part of Stick
- ✓ Roll Fingers, Wrist, and Elbow (in Sync with Running Motion)
- ✓ Body Protects the Ball

Ground Ball Cues

- ✓ Top Hand Just Below Head (Touching Plastic)
- ✓ Bottom Hand in the Center of Stick Shaft
- ✓ Stick Low, Parallel to Ground
- ✓ Bend at Knees, Hips Get Low
- ✓ Scoop Low, Quick, and Through to Ear
- ✓ Bring Up to Cradle in the Box

PROGRESSION: Work to separate hands until the dominant hand is at the top and the non-dominant hand is at the bottom of the shaft.

Shooting/Passing Cues

- ✓ Top Hand Slides Down (Middle of the Shaft)
- ✓ Bottom Hand is on the Bottom of the Stick
- ✓ Stick Head to Your Ear (Back through the Box)
- ✓ Bottom Hand Points to Target
- ✓ Rotate and Snap Top to Target

Catching Cues

- ✓ Top Hand Just Below Head (Touching Plastic)
- ✓ Stick Head in the Box
- ✓ Bottom Hand in the Center of the Stick
- ✓ Move Stick Head to the Ball
- ✓ Move Your Feet to Position Stick Head
- ✓ Cushion and Cradle the Catch

PROGRESSION: *Work to separate hands until the dominant hand is at the top and the non-dominant hand is at the bottom of the shaft.*

Split Dodge Cues

- ✓ Bottom Hand Release
- ✓ Cross the Body
- ✓ Hands Swap
- ✓ Protect the Stick

Face Dodge Cues

- ✓ Hands Stay on Stick
- ✓ Stick Straight Up
- ✓ Cross the Body
- ✓ Shoulder Protects the Stick