**CCLC 3rd & 4th**

SHOOTING TRIANGLES

Clkwse Catch Rt throw Rt. 1 min

CntrClkwse Catch Rt Throw Rt 1min

Clkwse Catch Lft throwLft 1 Min

CntrClk Catch Lft, Thrw Lft. 1 Mn

ClkWse Catch RT, Throw Lft HHxchange front (Split) 1 Min.

CtrClkWse Catch Lft throw Rt, HHXchange front (split), 1 min

ClkWseCatch right, throw left, HHXchange roll outside 1 min.

CtrClkWse Catch left, throw right HHXchange roll outside 1 min.

Clkwse catch rt split to roll to split throw left 1min

Ctr Clk catch lft split to roll to split throw rt 1min.

 COACH UP

1. Distance between players
2. Holding the stick properly
3. Throwing motion correct. Step point touch
4. Stick exchange is flawless.
5. Catching not snatching.
6. Sling don’t push, follow through
7. Throw off your FRONT foot
8. Put it in the box
9. Vertical stick, don’t hang, within the framework of your body
10. On a rope, no lollypops