**CCLC 7th & 8th**

DODGING TRIANGLES

Sequence:

Clkwse Catch Rt, facedodge, throw Rt 1 min

CtrClkWse Catch Rt Roll, Throw Rt. 1 Min

ClkWse Catch Lft roll Throw Lft 1Min

CtrClkWse Catch Lft, facedodge, Throw Lft I Min.

ClkWse Catch Rt, split, Thr Lft. 1 Min

CtrClkWse Catch Lft, split, throw Rt 1 min

ClkWse Catch Rt., Roll, Throw Lft 1 min

CtrClkWse Catch Lft, Roll, Throw Rt. 1min

Catch Rt SPLIT to Roll to Split Clk wise 1min

Catch Left Split to Roll to split Ctr clk 1 min

Clkwse ctch rt pull it to roll to split 1min

Ctrclk, catch lft pull it to roll to split. 1 min

Clkwse ctch rt roll to rocker to split. 1 min.

Ctr clk ctch lft roll to rocker to split 1 min

ClkWse Catch Rt. Swim to Roll to Split, Throw Lft. (2Xchanges) 1min

CtrClkWse Catch lft, Swim to Roll to Split, Throw Rt. (2Xchngs) 1 min

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 BACK foot MOVE YOUR FEET
8. Put it in the box
9. Vertical stick, don’t hang, within the framework of your body
10. On a rope, no lollypops