

9 PUSHING THE BALL ALONG THE GROUND WITH A STICK

- (i) Grip the stick with the left hand at the top and the right hand halfway down.
- (ii) One foot in front of the other in opposition - left foot forward.
- (iii) Place the ball midway between the front foot and back foot.
- (iv) Put the flat face of the stick up to the ball and push the ball forward.
- (v) Follow through so the stick is stretched out, pointing after the ball.



10 HITTING THE BALL ALONG THE GROUND WITH A STICK

SAFETY: Although it is not written in any of the game rules it is essential, for safety's sake, that the teacher DOES NOT allow any wild hitting or the stick being raised above the shoulder. THIS CAN BE VERY DANGEROUS. Children derive more satisfaction from initially playing stick games where they use only dribbling, tackling and pushing skills. When they become competent in the use of these skills then the hit can be introduced.

- (i) Stand sideways-on. The ball is placed in front of the just inside the left foot.
- (ii) Left hand at the top of the stick and right hand immediately below it.
- (iii) Take weight onto back (*right*) foot as the stick is taken back behind the body to about knee-height.
- (iv) The stick is swinging in a downward arc to strike through the ball as weight transfers to the front (*left*) foot.
- (v) Stick follows through no higher than shoulder-height.

When first introducing the hit into a game it would be helpful to condition the game and state that no-one may hit the ball unless they are unopposed and in a space.

