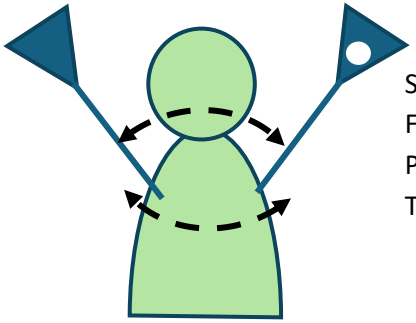
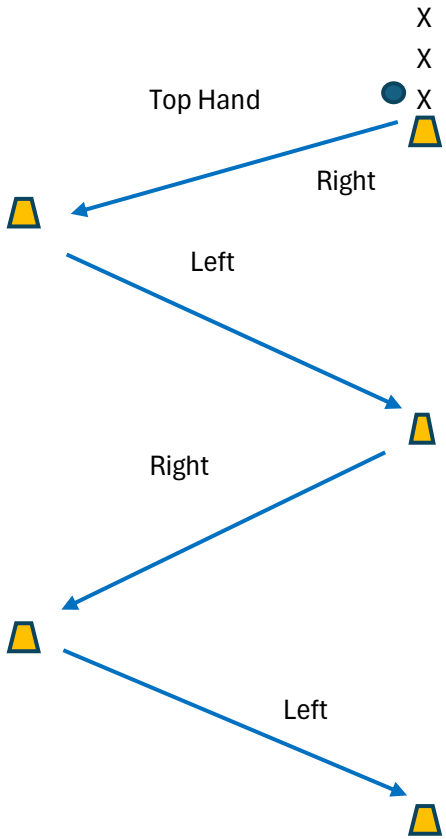
Zig-Zag Skillwork



Start with the stick next to your ear in either hand
Face the ball in the stick. You should see the ball the whole time
Push the top hand down until it meets the bottom hand
Take the top hand and put it at the bottom of the stick

Set up five cones about ten yards apart
They should be shaped like a Z



Exchange in front
Change direction and exchange hands in front of you
Your plant foot is the same as your top hand
Moving right, plant your right foot and cut sharply left
Change hands to keep the ball away from the defender
Moving left, plant your left foot and cut sharply right
Change hands to keep the ball away from the defender
Go slow enough to use the correct plant foot
Go slow enough to change hands smoothly
Increase speed when the change of direction is comfortable

Turn Away from Pressure
Change direction and exchange hands shielding the stick from the defender
Your plant foot is the opposite of your top hand
Moving right, plant your left foot
Pivot and turn back in the direction that you came
Change hands to keep the ball away from the defender
Moving left, plant your right foot
Pivot and turn back in the direction that you came
Change hands to keep the ball away from the defender
Go slow enough to use the correct plant foot
Go slow enough to change hands smoothly
Increase speed when the change of direction is comfortable