

# **STICK TRICKS**

**NO TURF REQUIRED!**

## **TRICK ONE: JUGGLING**

### **WHAT TO DO:**

Keep the ball in the air for as long as possible, without letting it hit the ground. Try and use the face of the stick and both edges. How many can you do?

### **SOMETHING A BIT TRICKIER:**

Can you catch the ball on your stick and hold it there? Then flick it up and catch it again?

### **SHOW US WHAT YOU CAN DO:**

Think you've mastered this trick? Record a video of yourself showcasing your Juggling Skills and post it on YouTube, then send us the link. If you don't have a video camera, just take a photo and send it to us. Or write us a story about your juggling skills. We'll post everything on our website so that others can see or read about what you can do!

Please send everything to [nicola@hockeynz.co.nz](mailto:nicola@hockeynz.co.nz)

### **PASS IT ON:**

Tell your friends about StickTricks and get them to send stuff as well, or make it a group video!

