

# STICK TRICKS

NO TURF REQUIRED!

## TRICK TWO: REVERSE 360° SWITCH

### WHAT TO DO:

First flick the ball up and try and catch it in the hook on the reverse side of your stick. Then flick the ball up, rotate the stick 360° in your hands and catch the ball in the hook again. Try and do this all in one motion so that it looks like the ball does not leave the stick.

[Video Example](#) - the Reverse 360° Switch is the second one from the start.

### 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 the tricks you can do. 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!

