

# STICK TRICKS

NO TURF REQUIRED!

## TRICK FIVE: THE WINDMILL

### WHAT TO DO:

This trick is really popular right now and there are lots of videos floating around on the net that show you this trick. Basically you balance the ball on the end of your stick then flick it up in the air, and throw your stick up at the same time, so that the stick does a complete circle before you catch it and then the ball! Sounds tricky but is fun to try. Once you have mastered this try a Double Windmill...the stick does 2 circles before you catch it!

Watch the example [here](#) (wait for the video to load, then skip to 1 min 10 seconds for the best example).

### SHOW US WHAT YOU CAN DO:

Think you've mastered this trick? Get creative and record a video of yourself performing this trick 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!

