

STICK TRICKS

NO TURF REQUIRED!

TRICK SIX: OVER YOUR HEAD

WHAT TO DO:

Might want to wear a helmet for this one! Start with the ball on your left side. Bring the ball in the hook of your stick across to the right. Bring the stick down (almost horizontal) and let the ball roll into the curl (you will be in a crouch at this stage). Lift the ball on the curl over your head to the left. The ball should go over your head in an arc and land back on your left side.

Try and catch the ball on your stick before it hits the ground!

Watch the example [here](#) (The example of this trick is 40 seconds in)

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

PASS IT ON:

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

