

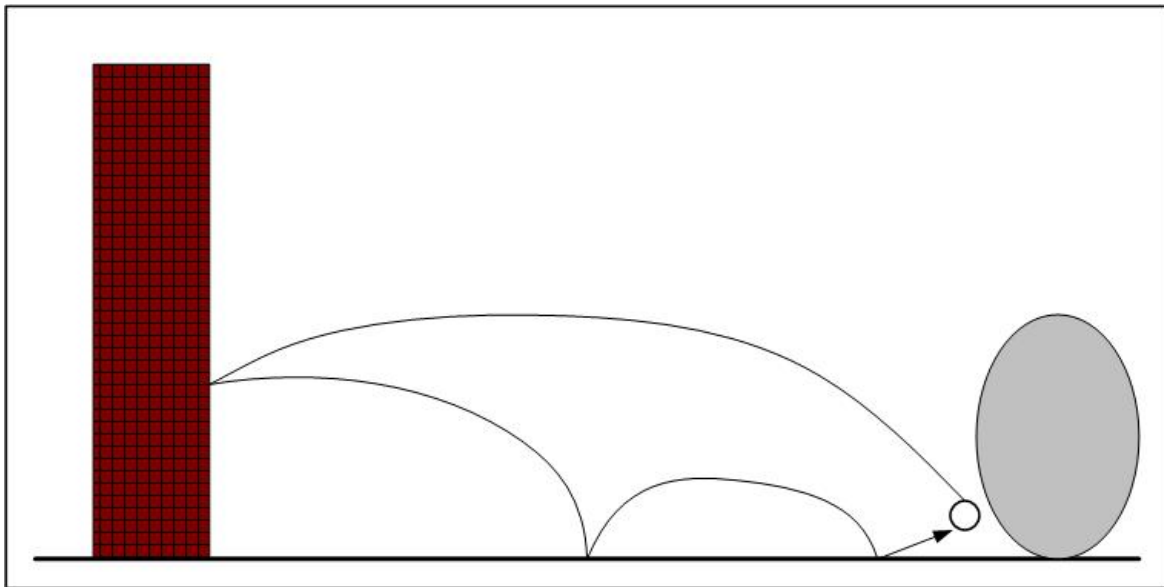
Title: Receiving a Bouncing Ball

Aim: To learn how to control a bouncing ball on the receive

Equipment Needed:

- Stick
- Ball
- Wall

Set Up:



Description:

- Bounce the ball against the wall
- Control the bouncing rebound on your forehand.
- Once you become good at controlling the ball on your forehand, try controlling the bouncing ball on your reverse.

Coaching Points:

- Get your body and stick behind the ball
- Keep your stick upright and slightly angled forward
- Watch the ball onto the stick
- Receive the ball on the shaft, then take the ball on the right side in front of your right foot
- For reverse receive on the left side of your body.

Variations:

- Try this exercise with a tennis ball.