

# STICK TRICKS

NO TURF REQUIRED!

## TRICK THREE: GROUND CONTROL

### WHAT TO DO:

This trick is all about ball control. With the ball on the ground control it on your stick and try and spin around 360° - without losing the ball. Once you can do this, see how many times you can spin around without the ball flying away – or getting too dizzy!

This trick can be done both forehand and reverse, two hands or one!

Click [here](#) to view a video example of this trick. The best shots are about a minute and a half into the video.

### 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!

