

Lesson 1

Ready Position and Cradle

Skill Objective: To maintain control of the ball while moving.

Learning Outcome: To utilize a proper grip to maintain control of the ball while in motion.

- Objective
- Equipment
- Rule of the Day
- Pre-Class Activity
- Skill Introduction
- Learning Activities
- Error Observations

PRE-CLASS ACTIVITY

Students are to experiment with how many ways they can balance and hold the stick while moving around the field or gym. Students should get comfortable using their left hand, right hand, and one hand or using two hands.

EQUIPMENT

1 stick per student,
1 tennis or sponge
ball per student,
5 cones,
obstacle course
equipment

SKILL INTRODUCTION

Ready Position

*Thumbs and
Fingers*

The handle rests in the pads of the fingers and the thumbs are placed along the shaft.

Holding the stick this way helps keep the hands soft and the wrists flexible.

Position of Stick

1. The top hand is placed below the throat of the stick, about 1/3 of the way down the shaft.
2. The bottom hand is placed toward the butt end. (Hand spacing depends upon the size of the person.)
3. The top hand indicates whether the player is right or left-handed. Allow players to experiment to determine which hand feels more comfortable.
4. The arm of the top hand is bent at the elbow.
5. The head of the stick is positioned slightly in front of the shoulder and at eye level.

[Click to view the Ready Position](#)



The Cradle Motion

- 1) Refer to the various parts of a stick, butt, shaft, throat, and head.
- 2) Utilize a natural grip when holding the stick.
 - a) Top hand - hold the stick in a manner which the student finds most comfortable. The "V" formed by the thumb and the index finger is placed near the throat of stick.
 - b) Lower hand - grasps the handle at the butt end with the palm facing down. The lower forearm is held parallel to the ground at waist level. The stick is held in a vertical (ready position) in front of the body.
- 3) There are two types of cradling that may be utilized to cradle the ball.

[Click to view Cradling](#)



RULE OF THE DAY

A ball may never be caught with your hands.

[Click to view the Stick](#)



SKILL INTRODUCTION (CONTINUED)



Two Hand Cradle:

1. Hands apart, upper hand near the throat, the other at the bottom.
2. Stick in the ready position.
3. The top hand creates the motion, the lower arm is close to the body.

One Hand Cradle:

1. The top hand is near the throat with the thumb pointed up.
2. The other hand is released from the stick, extended in front of the body with the "V" palm pointed towards the ground.
3. The stick is in a vertical position with the ball at shoulder level protected from the opponent by the body and the head.

4. Motion - a gentle-rolling motion of the wrist with the head of the stick held close to the body.



[Click to view Sit and Cradle](#)



[Click to view Cradle and Run](#)



LEARNING ACTIVITIES

SIT AND CRADLE

1. While cradling, students change positions from standing, to kneeling, to sitting and then back to standing.

CRADLE AND RUN

1. Students start to cradle using the one hand grip. Have students check each other's grip.
2. While cradling, students change positions from standing, to kneeling, to sitting and then back to standing.
3. Have students practice cradling with one hand while moving from stop to go and while changing direction on the whistle.
4. OPTION: Have students upon hearing the whistle change from a one to two hand cradle and back again several times. This should be done while running.

ERROR OBSERVATIONS	CAUSE	CORRECTION
CRADLE: Head of the stick moving in the direction opposite to that of the butt.	Upper hand is not synchronized with the lower hand.	Keep the stick vertical while cradling.
Ball is falling out of the stick.	Lower hand is not moving. Gripping the stick to lightly.	Instruct the student to move the lower arm. Relax wrist and arms.