



S.T.A.R.

S for Set (or Stance)

T for Technical

A is for Analysis

R is for Reposition or “Repo”

Set means that when the ball comes into your defensive end or the opposition gains a loose ball in your end, you must get set into your ready position or stance. **Remember:** Quick Stick Stance!

Technical means the things you do to see the ball and stop the ball. Do you attack the ball? How do you cheat to control where the shooter puts the ball. How do you react to off-ball situations? Things like this.

Analysis means you have to quickly analyze the shooter. Is he right or left handed? Which way are his feet pointing? Is his stick high or low? Learn how the opposition players shoot.

Reposition or “**Repo**” means that you need to adjust your original position to a new position based on your analysis of your opponent’s offence and how the shooter will shoot the ball. **Remember:** Quick Stick Stance!