

<b>DECEMBER STICKWORK CHALLENGE</b>				<b>MESA</b>				
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<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>				
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>				
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>				
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>				
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>				
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>				

<b>COMPLETE THE EXERCISE TO UNLOCK THE NEXT EXERCISE</b>							
<b>HOW FAR CAN YOU GO?</b>							
<b>WHAT LETTER CAN YOU GET TO?</b>							

- A) catch with top hand, one cradle, pass with both hands - 40 catches strong hand, 40 catches off hand
- B) catch with bottom hand across body, one cradle, pass with both hands - 40 catches strong hand, 40 catches off hand
- C) angled pass to Over the Shoulder Catch - 40 catches strong hand, 40 catches off hand
- D) standing backward, back facing the wall, snap bottom hand pass - 40 catches strong hand, 40 catches off hand
- E) catch, switch hands, pass - keep stick to the inside - 40 catches strong hand, 40 catches off hand
- F) catch, switch hands, 1 fake away, pass – keep stick to the inside - 40 catches strong hand, 40 catches off hand
- G) pass, switch hands (while ball is in the air) catch - 40 catches strong hand, 40 catches off hand
- H) big pump fake (turn your body 180 degrees behind you) and pass - 40 catches strong hand, 40 catches off hand
- I) quick fake away from intended target (snowball fight) and pass - 40 catches strong hand, 40 catches off hand
- J) behind the back fake and pass - 40 catches strong hand, 40 catches off hand
- K) around the world fake and pass - 40 catches strong hand, 40 catches off hand
- L) 2 fakes away and pass, catch - 40 catches strong hand, 40 catches off hand
- M) behind the back pass - strong hand only - 40 catches strong hand only
- N) around the world pass - strong hand only - 40 catches strong hand only
- O) 2 passes in an open posture , 1 pass in a closed shooting posture - 40 catches strong hand, 40 catches off hand
- P) behind the back to self and pass - 40 catches strong hand only
- Q) 20 Face Off Clamps
- R) 20 Alphabet Checks X's
- S) 20 Alphabet Checks M's
- T) 20 Alphabet Checks W's
- U) 20 Jab moves - both hands
- V) 20 Quick Switches
- W) 20 Ear Back Splits
- X) 20 cupping north south - both hands
- Y) 20 cupping east west - both hands
- Z) 20 one handed ½ cradle, fake and switch
- All League) 20 two handed ½ cradle, fake & switch**
- All State) 20 two handed ½ cradle & sky whammy and switch**
- All American) 20 front twirl and cradle**
- All World) 20 backward twirl and cradle**
- All World MVP) 20 sit low "in the chair", tight wrist cradles**