



Partner Stick Work Progression

STK	Hands	Position	Pass	Cradle	Feet
R/L	2 hands	Big arms	Regular passing – not QS	No Cradle	Moving in place
R/L	2 hands	Regular	Quick stick – SLOW – watch ball into your stick	No Cradle	Athletic stance, shift weight forward→back
R/L	2 hands	Regular	Quick stick – FAST – work on consistency/placement	No Cradle	Athletic stance, shift weight forward→back
Switch partners					
ALT	2 hands	Regular	Quick passing – switch on catch **drop step switch	No Cradle	Moving in place
ALT	2 hands	Regular	Quick passing – switch on pass	No Cradle	Moving in place
ALT	2 hands	Regular	Quick stick – FAST – switch on pass	No Cradle	Move feet to remain in proper athletic stance
Switch partners					
R/L	2 hands	Regular	Lead passes/catches	One Cradle	Move feet to remain in proper athletic stance
R/L	2 hands	Regular	Trail passes/catches	One Cradle	Move feet to remain in proper athletic stance
R/L	2 hands	Regular	OTS – back to ball, catch, turn, pass, turn	Cradle to fake	Move feet to remain in proper athletic stance
Switch partners					
R/L	2 hands	Regular	Pass strong, catch off stick	No Cradle	Moving in place
R/L	2 hands	Regular	Off stick pass, catch strong	No Cradle	Move feet to remain in proper athletic stance
R/L	2 hands	Regular	Catch off stick, cradle to strong side, off stick pass	No Cradle	Move feet to remain in proper athletic stance
Switch partners					
R/L	2 hands	Regular	Regular passing – hard, fast passes	One Cradle	Moving in place
R/L	2 hands	Regular	Passing levels: High, reg, side arm, riser	Cradle to fake	Move feet to remain in proper athletic stance
R/L	2 hands	Regular	Cradle levels: low fake, diagonal fake, pass	Cradle to fake	Move feet to remain in proper athletic stance
Switch partners					
Switch partners → →Extra stick vertical in front of you					
R/L	2 hands	Regular	Catch on move, drop step back to start, pass	Cradle-hitches	Run forward/drop step back around stick
R/L	2 hands	Regular	Quick stick on the move	No Cradles	Run forward/drop step back around stick
R/L	2 hands	Regular	Bounce pass, catch on move, drop step back	Cradle-hitches	Run forward/drop step back around stick
Switch partners					
R/L	2 hands	Reg.-Outside	Flip pass → switch places → 2 passes→Flip	No Cradles	On the move – change of speed up after flip
R/L	2 hands	Reg.-Outside	Flip pass → switch places → OTS, pass back →Flip	No Cradles	On the move – change of speed up after flip