

# HOOKIN2 HOCKEY

## EPISODE 1

### YOUR HOCKEY STICK KEY COACHING POINTS



#### Hockey grip

1. Left hand at the top of your hockey stick
2. Right hand at the bottom of the grip
3. Stick head on the ground



#### Hockey ready position

1. Bend your knees and not your back!
2. Imagine there's a magnet holding your stick on the ground
3. Don't let your stick come up off the ground!



SCAN TO WATCH

