

that the ball shall only be thrown when its possessor for the time can run no further, owing to the opposition he encounters.

When "checked" hopelessly by an enemy, the runner should throw the ball to a friend further advanced or more free to advance than himself. The commonest plan is to turn the back to the checker, or rather to the person you desire to throw to, and then throw straight overhead. The finish of the movement is shown in Plate V. It is surprising how straight a throw can be made in this manner, and how well distance can be calculated by a rapid glance over the shoulder before throwing. The ball can be sent to a long distance if required. Turn quickly round, slanting the crosse sideways as you do so to prevent the ball flying off; put the left hand to the handle above the right, which slide down to the