

or less to it. Raise the right side of the crosse to prevent the ball coming off, and then swing round. In most of these ways you keep the crosse as close in as possible, and jerk the ball off just clear of the left side or shoulder. (It is jerked back over the right shoulder sometimes.) But there is one way in which the crosse is kept out at right angles to the body the whole time of throwing. This is a good throw but a difficult one. It is performed with a short swing and a half jerk. Of course the left is the natural side to throw past in all these cases, but it is good to practise with the right as a means of baulking an opponent by an unexpected throw. A good swinging side throw *along the ground* is often effective.

There are several fantastic methods of throwing recommended, such as—face the goal and throw overhead from behind