

face the mark you throw at, and jerk the ball up off the crosse straight before you. It requires no change of position, and therefore can be done quickly; but it is the weakest throw of all. It is, however, accurate, for you have the advantage of a good view. You cannot throw this way *with a low trajectory* (to use a term well understood by volunteers), and therefore the ball is easy to stop. You must hold the crosse short with one hand, and try to get the ball on the middle of the net. It is not a bad throw to end a run-in close to goal. By turning the left side a little to the mark you gain power. Except in throwing from the shoulder, the more you face away from the mark the stronger you will throw.

There are various ways of *throwing past the side* (the left). You turn your back to the mark, but with the left side more