

It requires practice, as the ball may be easily dropped. Keeping the crosse level, you bring it round towards your right side, but pointing straight out from the body. At the same time raise the arm and the crosse; swing the latter round, using the hand as a pivot, until the net is over the shoulder, and level enough for the ball to remain on. In coming round the fingers instinctively change their hold on the handle, and the wrist gets bent back. With a sudden spring from the elbow and wrist you swing the crosse upwards and forwards, and drive the ball both hard and sure. The difficulty lies in bringing the crosse round to the shoulder without dropping the ball. Besides this *throw from the shoulder*, there is what we may call

The *underhand throw* (to borrow another name from cricket). In this you