

become necessary to *throw* the ball either at the goal, if near enough, or to another of one's own side. A "checker" may be kept at bay by turning the back to him, which makes it difficult for him to reach your crosse, and at the same time puts you in the best position for throwing if necessary. In reaching past your side to strike your crosse he gives you an opportunity to turn to the other side and run on.

A vigorous, charging sort of run does not pay at all, at least with good players. Quickness and suppleness are the chief things to attend to. Mind while engaged in front you are not also attacked from behind. When there are two to one it generally becomes expedient to get rid of the ball at once. When near enough to the goal, throw to your "home man" without trying to get too close.