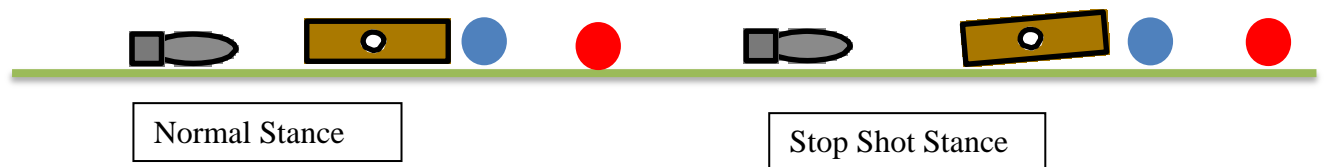


STOP SHOT

The stop shot can be very important. The aim of the stop shot is to both clear an opponent ball while still remaining close to the hoop yourself, hopefully in position to run the hoop in the next turn.



Routine

1. Stalk the ball and approach the ball as normal
2. Take normal stance
3. Move feet 1" - 2" (25-50mm) further back from the ball than usual stance. This causes the face of the mallet to come up about $\frac{1}{4}$ " - $\frac{1}{2}$ ".
4. Take swing but ensure there is no follow-through, at the moment of impact, stop the mallet's forward motion – grounding the back of mallet assists in limiting follow-through