

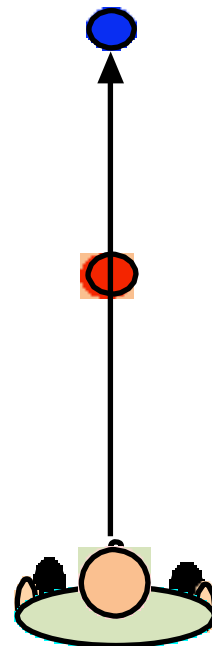
STALK

Like all sports in which you hit a ball it is vitally important that you line things up and stand correctly to maximise your chances of sending the ball where you want it to go.

To line up where you want to send a ball, you must **stalk** it. This means going back 3 or 4 paces with the centre of your body on a line, which runs between the centre of your ball and the centre of the target (another ball or a hoop). *This will be the line of swing (LOS)*. Eyes remain on target as you walk in to take stance.

Routine

1. Back 4 paces
2. Set grip
3. Eyes on target
4. Mallet behind ball and take stance



If you are not happy with your LOS go back to the stalking position and start again.