

Lacrosse Stick Skills – Jen Adams: Cradling

<https://www.youtube.com/watch?v=z3ISs5DECxs>

Loyola University head coach Jen Adams, give some pointers on cradling basics.

As coach Adams mentions, cradling is really used to keep the ball in your stick. Players do not need to cradle excessively as that increases the chances they drop the ball on their own.

When cradling, your top hand should be the main driver. Your bottom hand simply guides the stick and makes sure you are protecting the stick from your defender. The wrist roll is important to master, take time and work on it at your house or in the yard.

For more tips on stick protection check out this blog: (link to JA stick protection)