



1. **Stroke** (right arm)



2. **Stroke** (left arm)



3. **Chop** (right arm)



4. **Cross** (left arm)



COMMON MISTAKE:

Players drive wide and away from the defender.

HOW TO FIX IT:

Drive tight to the defender. The first stroke should be right next to the defender's ear. Drives are most effective when moving toward the goal, not out wide.

COMMON MISTAKE:

Players take additional strokes after the Cross stroke, swimming past the seal instead of finishing the release.

HOW TO FIX IT:

Emphasize that the Cross stroke must be the final stroke of the release. Players may take more setup strokes if needed, but once they Chop and Cross, they must stop and seal. Say the phrase "Stroke—Stroke—Chop—Cross" out loud to reinforce the finish.