

Keep the pocket stretched...

It's important that you maintain your pocket. Keep a ball with a butter knife in it. If you don't keep the pocket stretched, when you go to play it won't have a pocket.

If you have trouble at first doing this, soak the head under water then put the ball in it. Try to keep the ball high in the pocket towards the shooting strings. You should also be doing this if you've played in the rain or had gotten it wet. Otherwise it will shrink.

A little bit of maintenance goes a long way.

There are a few things you should know about your stick and pocket. Believe it or not, stick knowledge can really help your game.

Figure out what a type of pocket will best suit your style of play.

Mesh vs. traditional?

How deep of a pocket?

Where do I want the ball to sit while carrying the ball?

Do I want a quick release?

How many throw strings do I need?

You can get answers to those questions by experimenting with your own stick or asking your teammates that may play with different pockets to try theirs.

Have a backup stick that plays exactly like the one you are currently playing with.

Take care of it! After you are through with a game or practice don't toss your stick in the garage or closet. If you play in the rain and mud, stuff some newspaper in the pocket so that when it dries it will keep its shape.

Know what makes a stick illegal.