

THE SCIENCE OF SHOOTING POWERPOINT

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SHOOTING





IS WATER POLO

BECOME
A
GREAT
SHOOTER

CONTENTS

OUTSIDE SHOOTING 249 Slides

1. VERTICAL GAME	27-51	24S
2. THE PREP STAGE	52-82	30S
3. THE PERFECT CATCH	83-158	76S
4. THE PERFECT PASS	159-195	27S
5. THE PUMP FAKE	196- 233	38S

CHAPTER

1

THE VERTICAL GAME

21 Slides

6-27

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1. THE VERTICAL GAME

INTRODUCTION

The vertical game is the game of water polo played by vertical outside shooters and centers in the front-court and 6-on-5 offense.

Vertical game demands a shooter with a vertical back who elevates high out of the water with strong legs.

The vertical game cannot exist with a player lying on the back or low in the water.

V S
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THE VERTICAL SHOOTER

**The
Vertical
Shooter
Is
The
Vertical
Game.**





**THE HORIZONTAL GAME IS THE GAME
OF COUNTERATTACKS AND DRIVES.**

**The vertical
game is the
legs.**

No legs

No shot

No pass

No win



1. THE VERTICAL GAME

After the counterattack ends the horizontal game of driving ends and the frontcourt offense and 6-on-5 of vertical play begins.

Water polo player is both a good swimmer in the horizontal and a good shooter in the vertical.

1. THE VERTICAL GAME

The player needs strong vertical legs.

Vertical legs require eggbeater leg exercises.

Flutter kicking during the counterattack is an example of horizontal legs.

Swimmers have weak vertical legs.

1. THE VERTICAL GAME



The legs are the shooter.

Swimming laps does not build strong legs.

Flutter kick and eggbeater use different muscles.

Vertical Game
demands a
vertical back
with strong legs



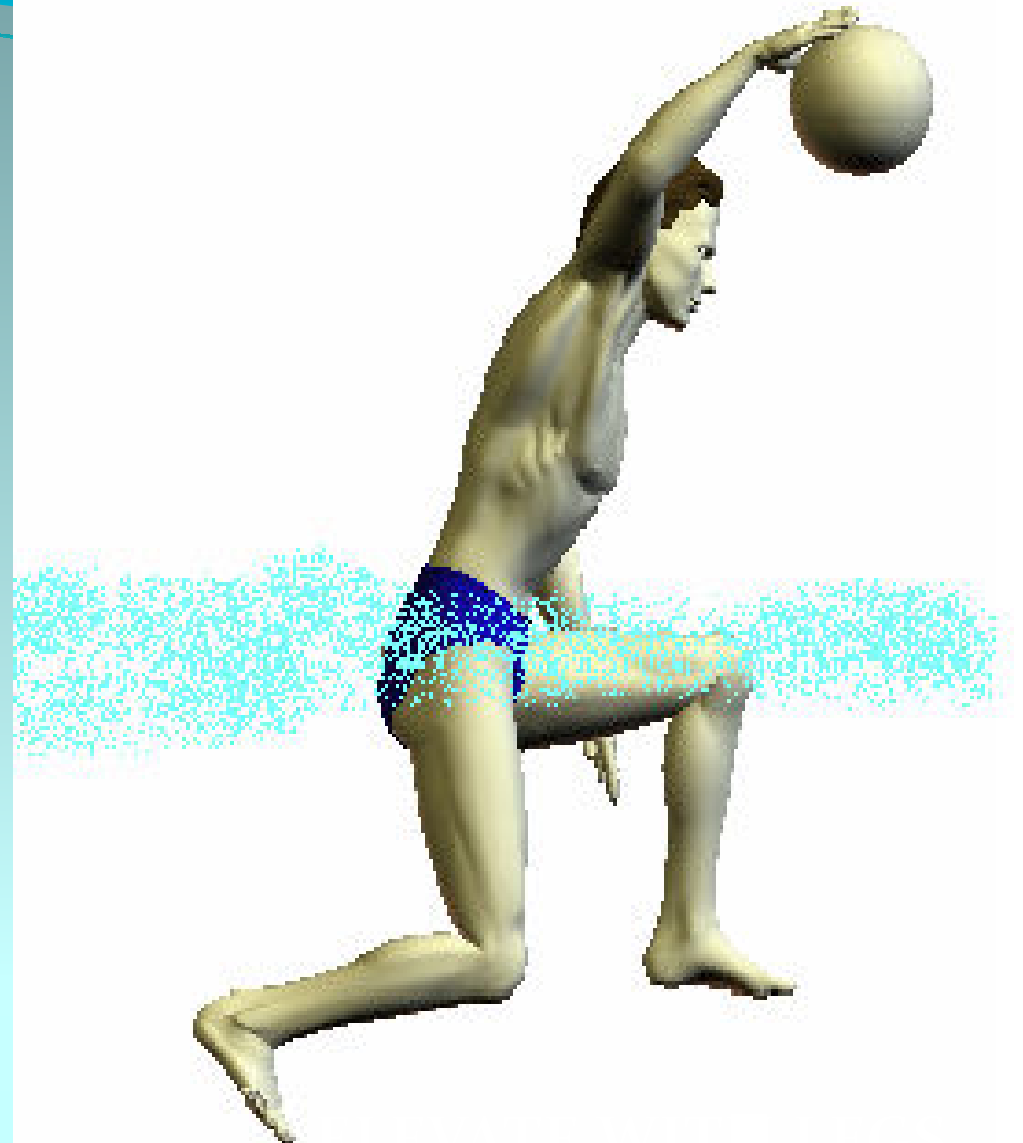
Elevate With The Legs

Legs elevate the shooter
and throw the ball.

No legs = no shooter.

Swimming uses arms.

Water polo uses legs.



1. THE VERTICAL GAME



The Vertical Shooter develops the legs.

The stronger the legs, the stronger the shooter.

All mistakes in shooting are leg mistakes.

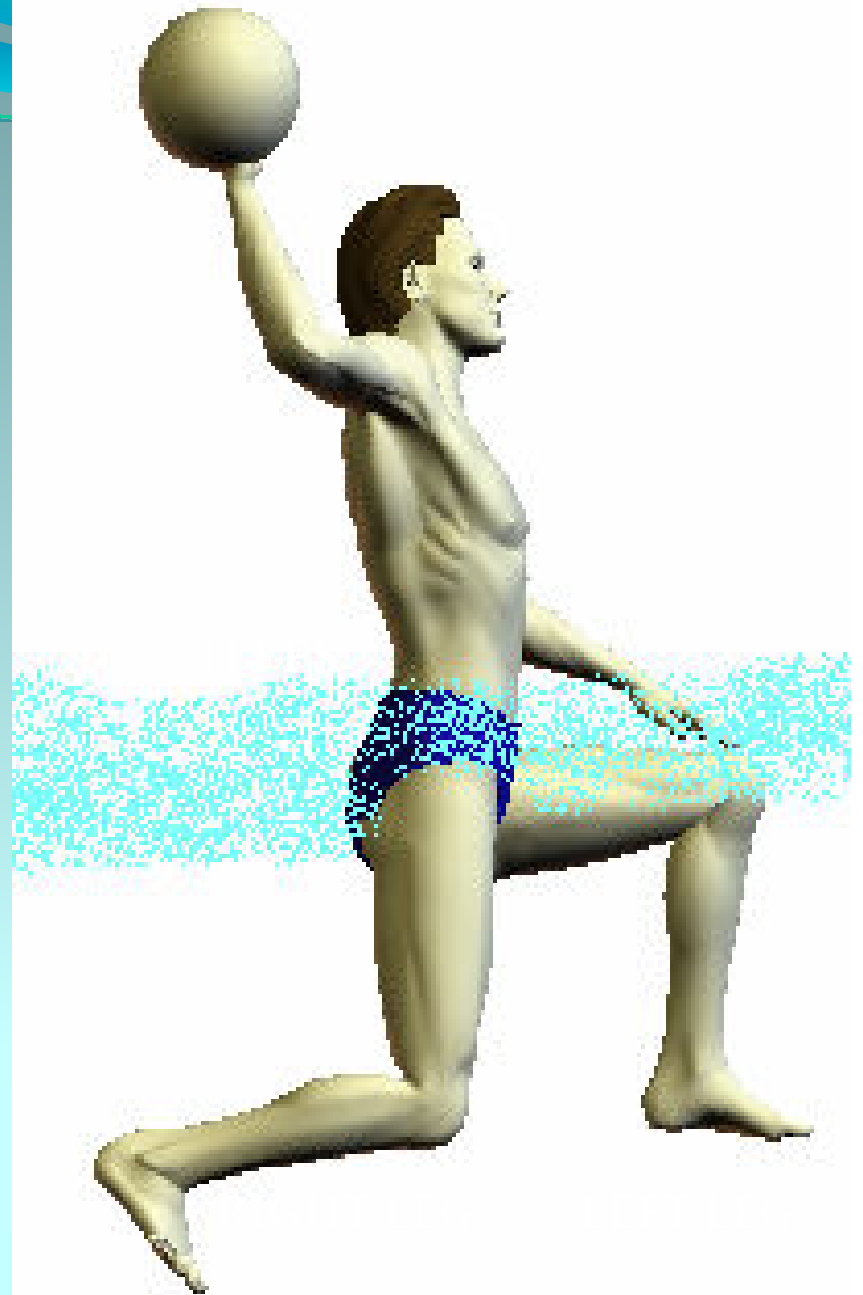
VERTICAL GAME

The Vertical Game demands proper leg positioning.

LEFT

RIGHT

ROTATE



VERTICAL GAME

LEFT, RIGHT, ROTATE

LEFT FOOT Forward, Point, Pivot

RIGHT LEG Balance, Power

ROTATE HIPS Cock and Shoot



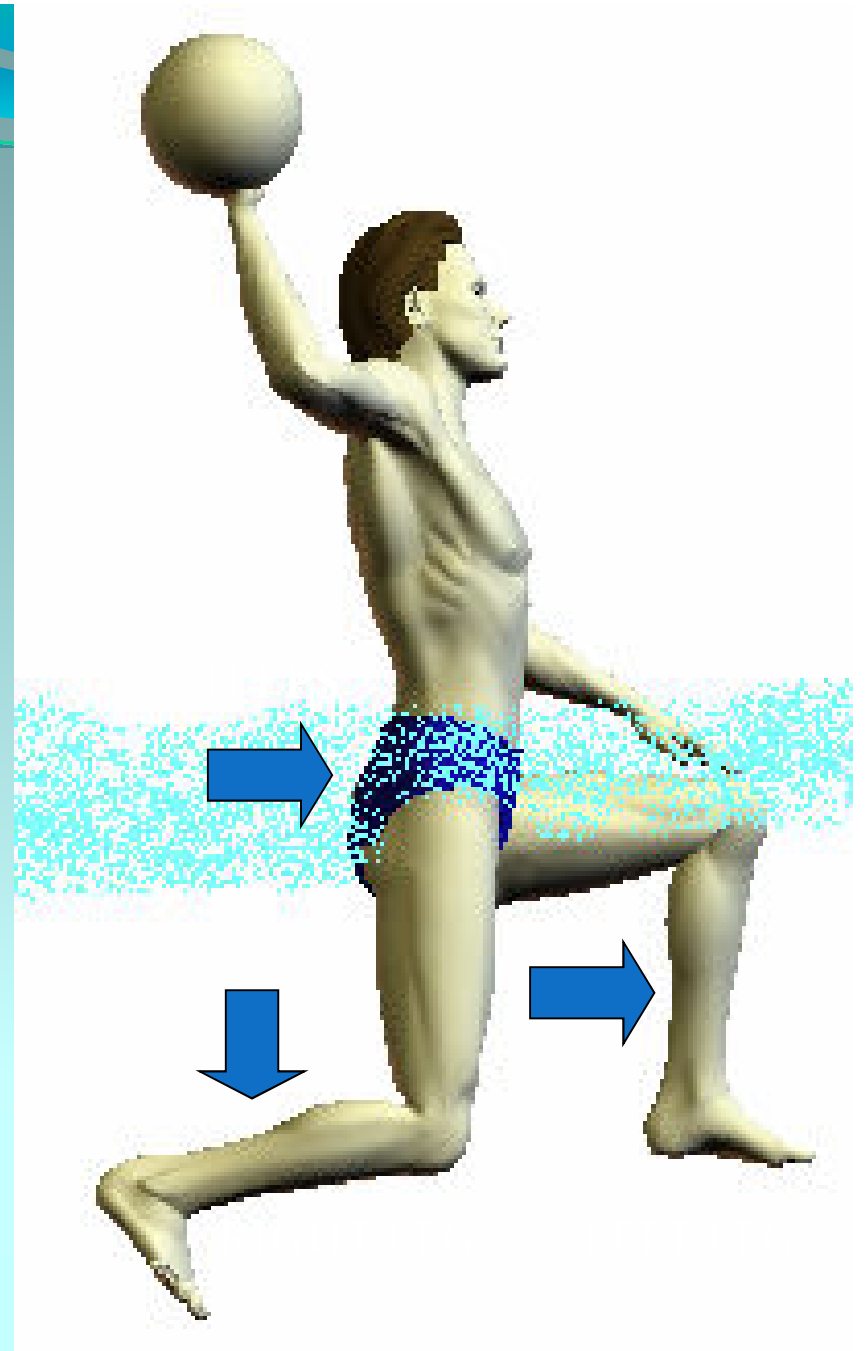
VERTICAL GAME

LEFT, RIGHT, ROTATE

LEFT FOOT Forward, Point, Pivot

RIGHT LEG Balance, Power

ROTATE HIPS Cock and Shoot





LEFT

RIGHT

&

ROTATE

Point Left Foot
Right Leg Back
Rotate Hips

1. THE VERTICAL GAME

SUMMARY

1. The vertical game is vertical play in the frontcourt offense.
2. Horizontal game is counterattacks & driving.
3. Vertical game: outside shooting, 6-on-5's, 2-meter play.
4. The shooter has a vertical back and strong legs.

1. VERTICAL GAME Q & A

1. The vertical game is the driving game.

True

False

2. The vertical game has shooters lying on their back when passing and shooting.

True

False

1. VERTICAL GAME Q & A

3. The vertical game demands vertical players and shooters.

True

False

4. 6-on-5, 2-meter play and the outside shot are examples of the vertical game.

True

False

1. VERTICAL GAME Q & A

5. A shooter falling over throws the ball accurately.

True

False

6. A shooter who does not use the legs throws a powerful and accurate shot.

True

False

7. The left foot aims the ball.

True

False

1. VERTICAL GAME Q & A

8. All mistakes in throwing are leg mistakes.

True

False

9. To elevate high out of the water requires:

A. No legs

B. A strong right arm

C. Strong leg kick



END
CHAPTER
1

CHAPTER 2 THE PREP STAGE

26 Slides

28-54

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THE PREP STAGE

Pre-Catch Technique

Player sets up to catch the ball.

Good prep stage leads to a good shot.

2.THE PREP STAGE

INTRODUCTION

The prep stage is the pre-catch stage.

The preparatory stage sets up the catch and the eventual shot by angling the body. It is a different stage than cocking the ball and throwing the ball.

Mistakes made in the prep stage are irreversible and destroy the throwing motion.

2. THE PREP STAGE

INTRODUCTION CONTINUED

The player prepares, a head of time, to catch the ball by angling the body with the left foot forward, the right leg half way back and left hand ready to sweep to the left.

2. PREP STAGE

INTRODUCTION CONTINUED

The prep stage set ups the good catch.

The good catch sets up the shot by positioning the shooter to cock the ball correctly.

Good cocking sets up the good shot.

Bad prep, bad catch, bad cocking, bad shot.

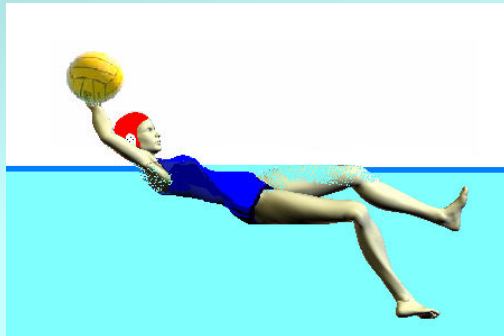
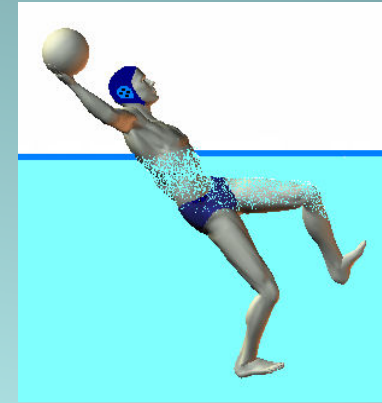
2. THE PREP STAGE

BAD PREP

BAD CATCH

BAD COCKING

BAD SHOT



2. THE PREP STAGE

POOR PREP

The shot is **dead** before the ball ever hits the shooter's hand.

2. THE PREP STAGE

POOR PREP

Ball hits hand of the poorly positioned player and knocks him over.

Horizontal shooter takes a bad shot.

2. PREP STAGE



Prep stage angles the player to the ball.

Sets up the catch before the ball arrives.

2. PREP STAGE

Angled position allows player to catch the ball and rotate back.

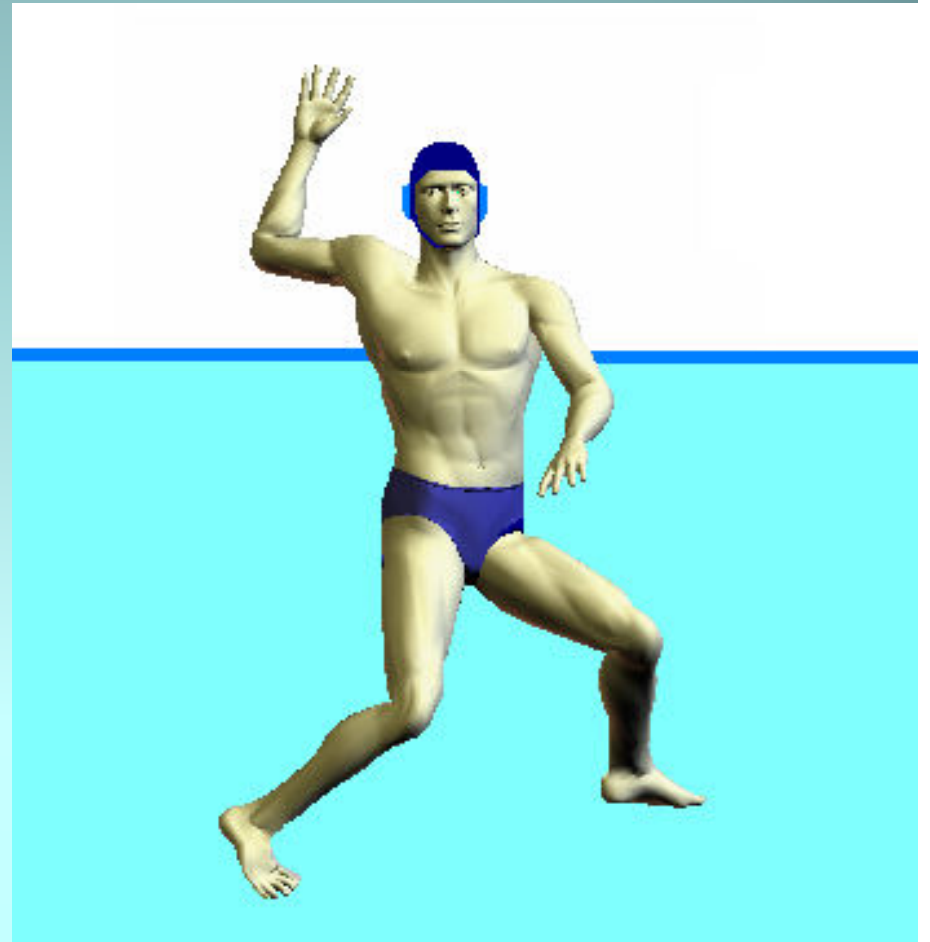


THE PREP STAGE

2. PREP STAGE

PREP STAGE

1. Left foot point
2. Right leg back
3. Mild left shoulder point
4. Left hand ready to sweep left



2. PREP STAGE

PREP STAGE

4. Left Hand Sweeps Left

Left hand supplies 50% of body rotation by sweeping to the left.

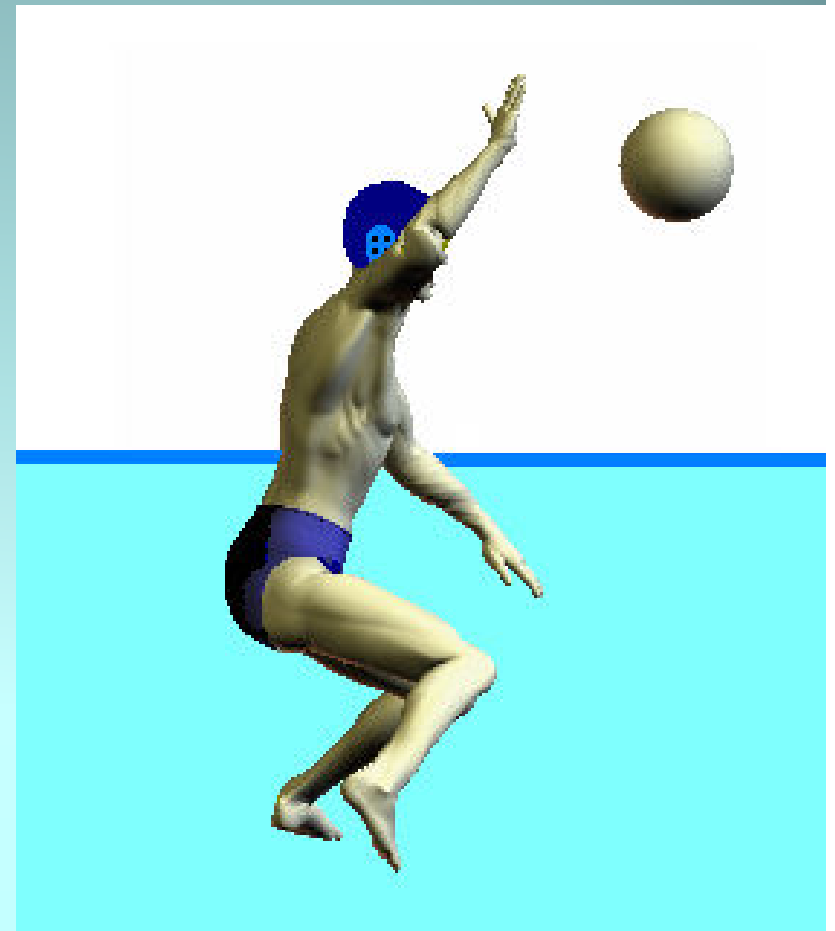
Left hand acts as 3rd hip.



2. PREP STAGE

SQUARE CATCH POSITION

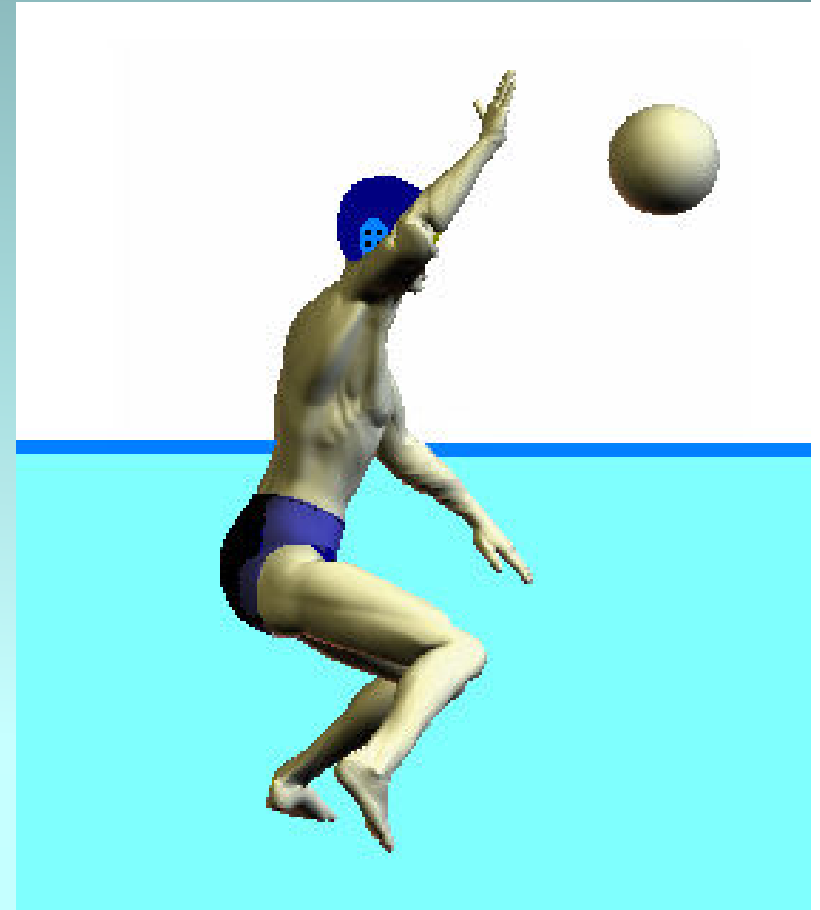
1. Feet, hips and shoulders are square to the ball.
2. A bad idea.

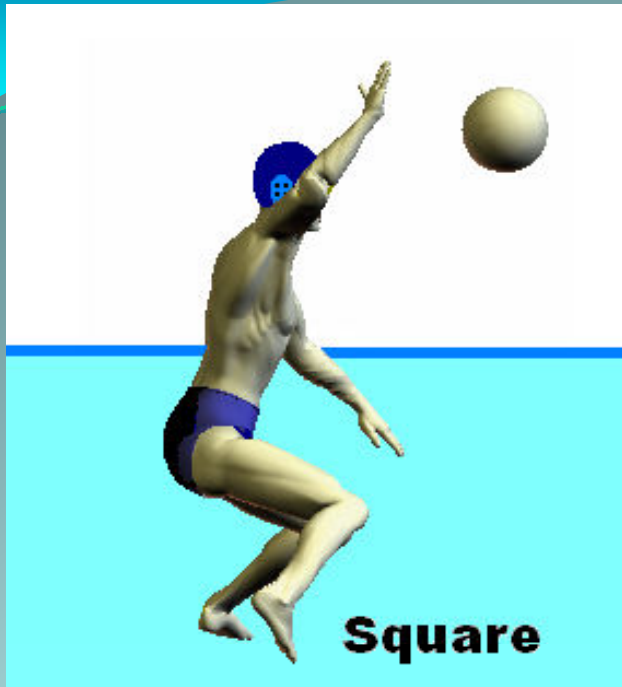


2. PREP STAGE

SQUARE CATCH POSITION

2. Square position prevents
 - a. Arm Cock
 - b. Left Hand Sweep
 - c. Hip Rotation
 - d. Vertical Back





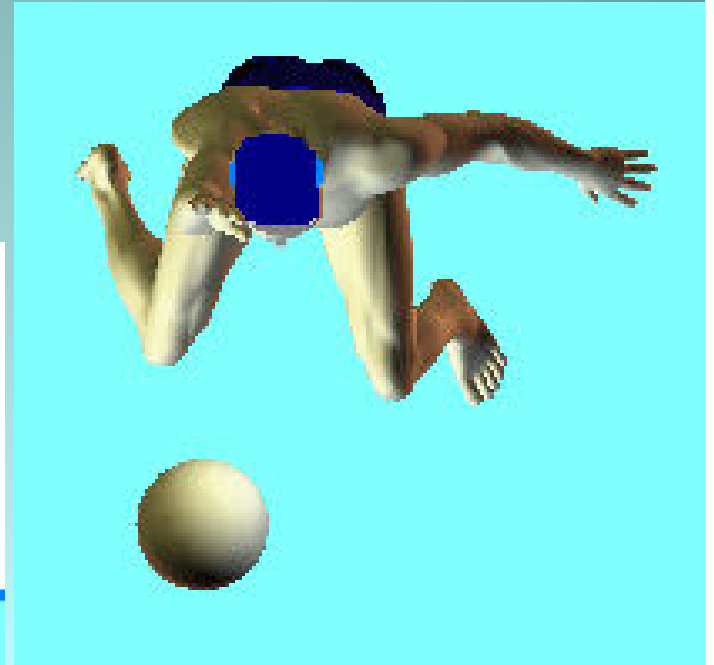
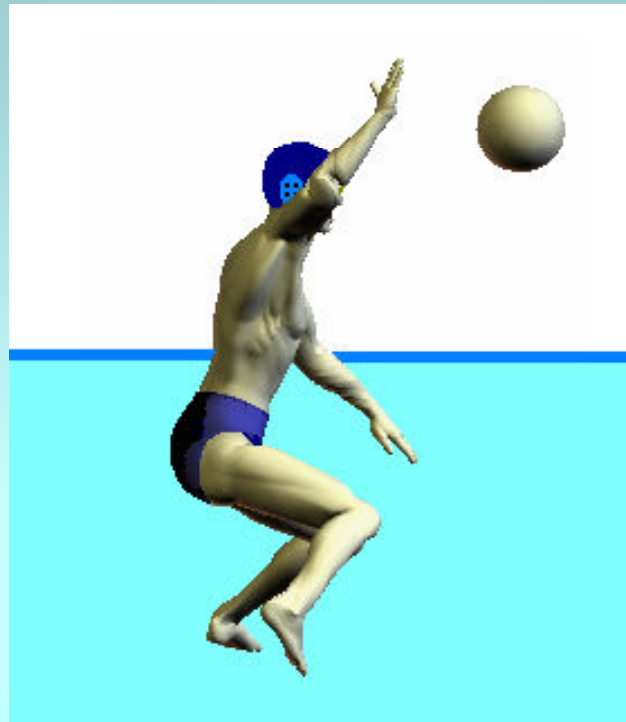


On Back

2. PREP STAGE

Square shooter's right arm and body cannot catch ball correctly.

Catch Weak
Cocking Weak
Shot Weak



2. PREP STAGE



SQUARE POSTURE

Common posture in girls and age group players.

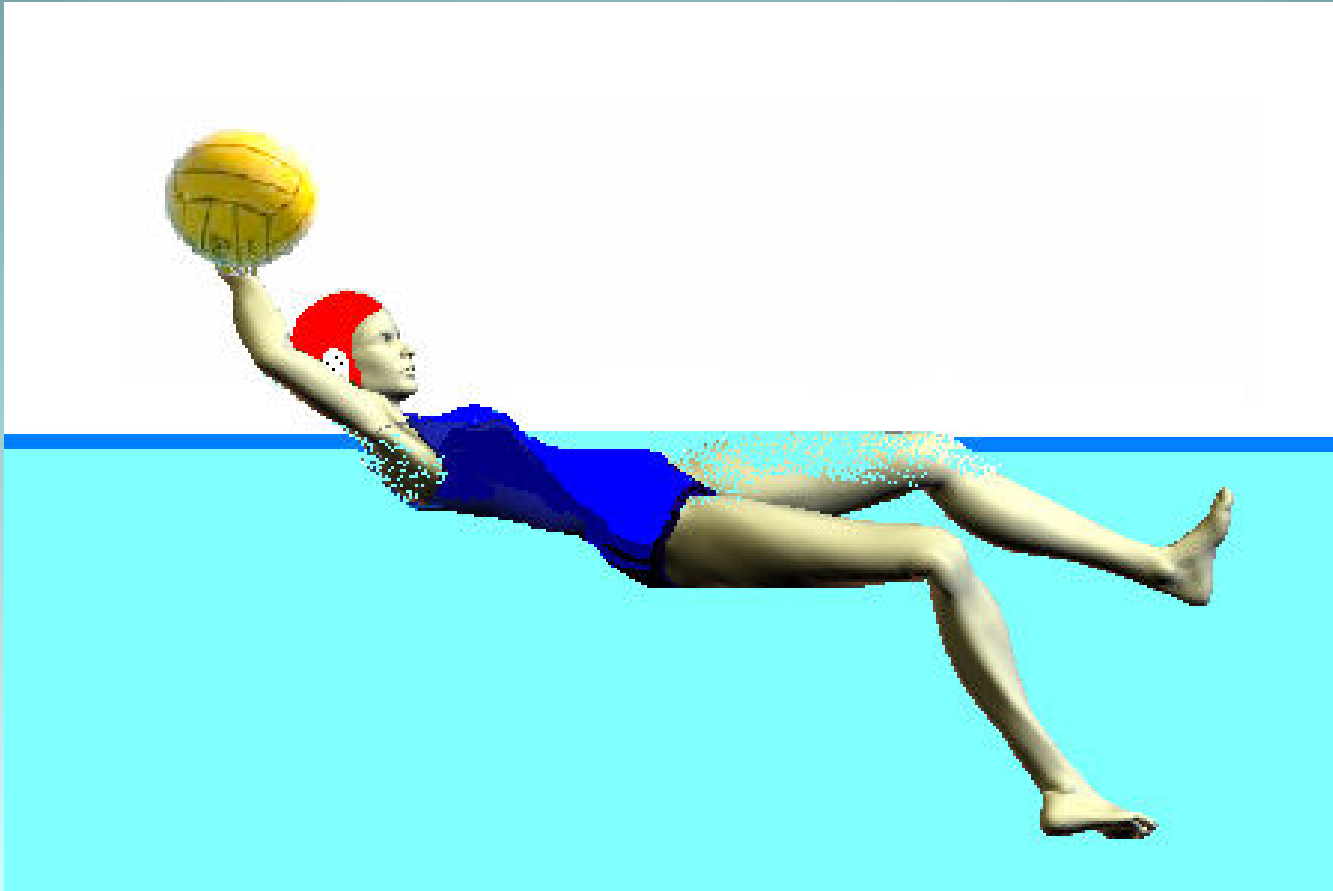
2. PREP STAGE

SQUARE PLAYER
FALLS OVER

1. Square player can't rotate body during catch.
2. Falls on back.



2. PREP STAGE



SQUARE PLAYER ON BACK = NO PASS, NO SHOT

PREP STAGE POSITONS

THE

PLAYER'S LEGS

PREP STAGE LEG POSITIONING

LEFT Leg forward

RIGHT Leg back

LEFT Arm ready to sweep

2. PREP STAGE

SUMMARY

- 1. Prep stage prepares the player to catch the ball.*
- 2. Player points the left foot forward, mildly points the left shoulder, the right leg is partially back.*
- 3. The angled player catches the ball and rotates back into a cocked position using the left hand.*
- 4. A square player catches the ball and falls over.*

2. PREP STAGE

SUMMARY

- 5. Left hand rotates body 50% for catch.*
- 6. Left hand sweep rotates body 50% for catch.*
- 7. The good prep stage leads to a good catch, good ball cocking and a good shot.*

2. PREP STAGE Q & A

1. Prep stage is more important than the shot.

True

False

2. Prep stage sets up the catch and cocking the ball.

True

False

3. The prep stage positions the player to be square.

True

False

2. PREP STAGE Q & A

4. Prep stage has a mild left shoulder point, hips partially rotated and the right leg back.

True

False

5. The shot is dead before the player ever catches the ball if the prep stage is wrong.

True

False

2. PREP STAGE Q & A

6. A poorly prepped player falls over on the back and throws the ball over the cage.

True

False

7. A square player falls over when catching the ball.

True

False

8. Good catch. Good cocking position. Good shot.

True

False

2. PREP STAGE Q & A

9. Left hand is unimportant in catching the ball.

True

False

10. Left hand sweeps to left to help rotate body.

True

False

11. Only the right hand catches the ball.

True

False

