CHAPTER 5
THE PUMP FAKE
39 Slides

PowerPoint based on Science of Shooting books

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5. THE PUMP FAKE

INTRODUCTION

The best shooter in the world cannot score unless he or she has a good fake. Throwing the ball hard is not enough.

Pump fake tires and sinks the goalie.

Then the shooter shoots at the high corner.
5. THE PUMP FAKE

INTRODUCTION

The pump fake technique swings the ball back and forward using the hips and left hand to rotate the body.

The right arm moves at the elbow and wrist to bring the hand behind and in front of the ball. Impossible!

There is no right arm-only pump fake.
5. THE PUMP FAKE

INTRODUCTION

There is no such fake as a right arm-only pump fake.

Above the water it looks like the right arm is moving by itself. It is not.

Hips and left arm sweep swing the ball.
5. THE PUMP FAKE

The universal fake is the pump fake.

The ball is swung forward and backward.
5. THE PUMP FAKE

Right arm moves back and forth tiring goalie.

Shoot at the high corner when goalie sinks.
Backswing swings ball back.
Fore swing swings ball forward.
PUMP FAKE

Left hand assists in rotation for Backswing & Fore swing.
PUMP FAKE

BACKSWING

FORE SWING

Fore Swing Forward  LEFT HAND PUSH
Backswing Backward  LEFT HAND PULL
PUMP FAKE

BACKSWING

FORE SWING

Pump Back--Backswing   Pump Forward--Fore Swing

Left Hand Rotates Body and Arm
5. THE PUMP FAKE

FORESWING

1. Arm swings forward
2. Palm twists in front
3. R. hip rotates forward
4. Hand in front of the ball
5. L. hand sweeps right
5. THE PUMP FAKE BACKSWING

1. R. arm swings back
2. Palm twists back
3. R. leg steps-back
4. L. hand sweeps left
LONG STROKE PUMP FAKE

Long stroke pump fake uses a long backswing and long stroke fore swing. Ball is swung bought in front of the face.
5. THE PUMP FAKE

LONG STROKE PUMP FAKE

Advantages:

Different pump fake than the goalie has seen; advances the ball against the dropback.
5. THE PUMP FAKE

LONG STROKE ADVANCING THE BALL

Player leans forward, scoops water with left hand, as right arm swings forward and back using long arm stroking movements.

Player fakes and moves forward 3-5-meters.
5. THE PUMP FAKE

SHORT STROKE FORE SWING

SHORT STROKE FORE SWING

SHORT STROKE FORE SWING

SHORT STROKE FORE SWING
5. PUMP FAKE

SHORT STROKE PUMP FAKE
This fake uses a short arm length fore swing. Ball is bought slightly passed the shoulder.

Short stroke pump fake uses short quick fakes to tire goalie.

Short stroke fake cannot advance the ball.
ADVANCING THE BALL SITUATION

GUARD SLOUGHS ON CENTER

WHEN TO SHOOT AND WHEN TO PASS

Passer faces a slougher on the 2-meter man. Passer has two options: pass or shoot.
ADVANCING THE BALL ATTACKED

Slougher stays on 2-meter man.
Passer open, *shoots the ball*. Passer is the shooter. Don’t pass the ball.
5. THE PUMP FAKE

Long stroke fake is used to beat the slough. The passer has two choices:

Shoot or Pass into 2-meters.

Passer is isolated and open. Player shoots.

DO NOT Pass To Another Player.
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The player must have the courage to shoot the ball when the guard sloughs.

No one is open. You are open.

The only open player in the pool is the passer.

FIGHT THE FEAR
5. THE PUMP FAKE

The Situation: Pass into 2-meters or Shoot.

GUARD ATTACKS: PASS

GUARD STAYS: SHOOT

THERE ARE NO OTHER OPTIONS.
Woman lies on side, sidestrokes and swings ball back and forth to advance the ball 3-4-meters.
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ADVANCING THE BALL

Women advance the ball by side stroking.
5. THE PUMP FAKE

When advancer reaches 5-meter line, the legs drop to the vertical and pump fake begins.
When advancer reaches 5-meter line, the legs drop to the vertical and pump fake begins.
**WOMEN ADVANCING THE BALL**

Women float so they lie on the side and side-stroke forward to advance-the-ball.

*A Great Idea!*
5. THE PUMP FAKE

WOMAN ADVANCE THE BALL TECHNIQUE

Woman pulls with the left arm, swings the left arm or keeps it stationary.

A sidestroke kick is used to move forward.
5. PUMP FAKE DRILLS

6 Drills 2 Slides

DRILLS

1. Pass in group of 2’s pump fake the ball and pass for 10 minutes.
2. Pump fake and advance the ball and pass.
3. Pump fake lap swims for 2-3 laps.
4. 2-on-1 slough drill.
5. Half-court scrimmage with sloughers.
5. PUMP FAKE DRILLS

6. 2-on-1 Drill

Slougher stays on 2-meter player forcing the shot or attacks forcing the pass into the 2-meter player. Uses 3 players in a line: 2 passers and one guard in the middle.
5. PUMP FAKE

**SUMMARY**

1. The whole body fakes the ball.
2. The left hand and right hip swing the right arm.
3. The pump fake has a backswing and a fore swing.
4. Fake once or thrice but never twice.
5. Left hand sweeps left—backswing.
6. Left hand sweeps right—fore swing.
5. PUMP FAKE

SUMMARY

6. A vertical shooter must use a long stroke pump fake to advance the ball.

7. Women use a horizontal advancing the ball technique.

8. When the slougher stays guarding the center—shoot.

9. If the guard attacks—pass to center.
5. PUMP FAKE Q & A

1. Pump fake is only a right arm motion.
   True
   False

2. The pump fake uses the left hand and legs to swing the ball back and forth.
   True
   False

3. The right palm faces inward after fore swing.
   True
   False
5. PUMP FAKE Q & A

4. Fake the goalie down and shoot low.
   True  False

5. Never fake twice. Goalie can predict the shot.
   True  False

6. Center is sloughed on, the faker advances the ball.
   True  False
5. PUMP FAKE Q & A

7. Slougher stays on the 2-meter player. The player passes the ball into 2-meters.
   True
   False

8. The perimeter player shoots if not attacked. The player passes if attacked by slougher.
   True
   False
5. PUMP FAKE Q & A

9. Women advance the ball using a different technique.
   True
   False

10. Men use a vertical advancing-the-ball technique due to lack of buoyancy, short legs and narrow hips.
    True
    False
5. PUMP FAKE Q & A

Answers to Science of Shooting PowerPoint Chapter 5 The Pump Fake.

1F 2T 3T 4F 5T 6T 7F 8T 9T 10T
END

CHAPTER

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