SCIENCE OF SHOOTING POWERPOINT

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PowerPoint based on the Science of Shooting books

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6. THE POWER SHOT

INTRODUCTION

The basic shot in water polo is the power shot. It is same throw as the fastball in baseball.

The shooter throws the ball as hard as possible to reach maximum ball velocity while maintaining control and accuracy.
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INTRODUCTION

POWER SHOT RULES:

1. Elevate
2. Rotate
3. Crunch
4. Angle body: left foot forward, right leg back
5. Vertical back
6. High elbow
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*Power shot is thrown hard and accurately at the goal.*

1. ELEVATE
2. ROTATE
3. CRUNCH
ELEVATE WITH LEGS
ELEVATE WITH LEGS
CRUNCH THE ABS
ELEVATE, ROTATE, CRUNCH
ELEVATE, ROTATE, CRUNCH
6. THE POWER SHOT

Power shot begins with correct positioning:

1. Left foot and hand forward
2. Right leg back
3. Legs kick high and hard
4. Back vertical
5. Hips and body cocked
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POWER

Power for the shot does not come from the right arm.

It comes the legs, hips, abs, and left arm using a vertical and angled body.

Get Vertical!
6. THE POWER SHOT

POWER

Great power is only produced when the shooter is vertical.

For example, a toy top laying on its side cannot rotate.

Get Vertical!
6. THE POWER SHOT

Weak shooter has little power due to body being:

1. Square
2. Horizontal
3. Elbow drags
4. Weak leg kick
5. No left hand pull down
6. Weak hip rotation
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POWER SHOT REQUIRES PERFECT TECHNIQUE

A vertical back and angled body (left foot point, right leg straight back, left hand pull) and a high elbow provides the stable base for:

- Strong kick *(Elevate)*
- Great hip rotation *(Rotate)*
- Hard ab crunch *(Crunch)*
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POWER SHOT REQUIRES PERFECT TECHNIQUE

Without perfect technique little power is produced. The power shot is now a powerless shot. A weak shot that flies over the goal.

Great Strength, Weak Technique = Weak Shot
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Great Strength, Great Technique = Great Shot

From perfect form and technique comes great power. Strong shot is combination of great strength & technique.
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The properly positioned power shooter:

**ELEVATES** with legs

**ROTATES** the hips

**CRUNCHES** the abs

Ball is thrown with great force and total control.
THE LEGS ARE THE POWER SHOT
POWER SHOT:

ELEVATE

ROTATE

CRUNCH
6. THE POWER SHOT

**SUMMARY**

Power shot uses 100% of shooter’s strength.

Perfect technique required to apply all of the shooter’s strength onto the ball.

Elevate, Rotate and Crunch.

From perfect form comes great power.
6. POWER SHOT Q & A

1. The power shot is used for all shots.
   - True
   - False

2. The power shot is thrown on the back.
   - True
   - False

3. Elevate, rotate and crunch is the shot.
   - True
   - False
4. Power shot has left foot forward, the right leg straight back but no hip rotation.
   True
   False

5. A square shooter throws a hard shot.
   True
   False
6. POWER SHOT Q & A

6. All power comes from the right arm.
   True
   False

7. Shooter’s whole body throws the ball.
   True
   False

8. Power for the shot comes from the legs.
   True
   False
6. POWER SHOT Q & A

Answers to the Science of Shooting PowerPoint Chapter 6 The Power Shot are below.

1F 2F 3T 4F 5F 6F 7T 8T