SKIP SHOTS SCORE EVERY TIME
THE SKIP SHOT
THE SKIP SHOT
THE SKIP SHOT

Release Point (RP)
30"

Skip Point (SP)
7. THE SKIP SHOT

SKIP SHOT TECHNIQUE

1. Strength and technique
2. Hand and Spin Technique
3. Skip Point
4. 3-Finger Release
7. THE SKIP SHOT

SKIP SHOT

The skip shot is a high percentage shot that is both a power shot and a deceptive shot.

The goalie cannot predict the ball skip on the shot.
7. THE SKIP SHOT

GOALIES AND SKIP SHOTS

The goalie believes it is a power shot thrown to the low corner of the goal and dives low.

The ball hits the water and skips up.
7. THE SKIP SHOT

1. Shooter has a strong arm & strong legs.

2. Fingertips spin the ball.

3. Skip point: where skip shot bounces in water.

4. 3-Finger skip shot release: middle 3 fingers make final contact with ball.
7. THE SKIP SHOT

I. STRONG ARM, LEGS & TECHNIQUE

Shooter: strong arm and strong legs to skip.

Perfect technique needed: angled, vertical, legs kick hard, elevate, rotate and crunch.
THE SKIP SHOT
II. FINGERTIPS SPIN THE BALL

No spin = No skip shot

The hand places maximum spin on ball by spinning the ball off the fingertips.
II. FINGERTIPS SPIN THE BALL
The fingertips not the arm create ball spin.
7. THE SKIP SHOT

III. THE SKIP POINT

The Skip Point is where the ball bounces in the water so the ball can skip into the high corner.

Skip point is the aiming point for skip shot.

Skip point is 3-meter line for 3-finger skip shot.
7. THE SKIP SHOT

III. THE SKIP POINT

The Skip Point is where the ball bounces in the water so the ball can skip into the high corner.

Skip point is the aiming point for skip shot.

Skip point is 3-meter line for 3-finger skip shot.
3-FINGER SKIP / 3M SKIP PT.

INCORRECT SKIP POINT AT 4 METERS

Shooter selects the wrong skip point at 4-meters. Ball bounces over goal. *Skip point is off by 1-meter.*
7. THE SKIP SHOT

IV. 3-FINGER RELEASE

3-finger skip shot uses middle three fingers. Middle 3 fingers make final ball contact.

3-finger skipped ball rises slowly off the water at a 30-degree angle.
7. THE SKIP SHOT

3-Finger Skip Shot

3-finger skip shot takes 6-feet (1.8m) to elevate to high corner; requires a 3-meter skip point.

It takes 6-feet of skipping distance to lift the center of the ball 30” (76cm) off the water up to high corner.
7. THE SKIP SHOT

Wrong Skip Point For 3-Finger Skip Shot

3-finger ball thrown at 2-meter skip point rises 15” (38 cm) and into goalie’s mid-cage arms.

Move skip shot back to the 3-meter skip point and the ball has time to rise up to high corner.
7. THE SKIP SHOT

3-FINGER RELEASE

Ball released from a cradle or pinch grip.

Middle three fingers make final contact with ball.
7. THE SKIP SHOT

SKIP SHOT MISTAKES

1. The skip is an inaccurate shot.
   Use the correct skip point, the ball scores.

2. The ball does not skip.
   Use perfect technique and lots of ball spin.
   Use index finger or 2-finger skip shot.

3. The ball hops and turns.
   Don’t twist the wrist, angle the body, point left foot.
7. THE SKIP SHOT

SUMMARY

1. Strength and perfect technique necessary.

2. Fingertips spin the ball.

3. Skip point in water is the 3-meter line.

4. 3-Finger skip shot uses the middle 3 fingers.
7. SKIP SHOT Q & A

1. Skip shot requires strength and technique to score.
   True  False

2. The skip shot uses a vertical back, left foot forward, hip rotation and ab crunch.
   True  False

3. Hip rotation is not part of the skip shot.
   True  False
7. SKIP SHOT Q & A

4. The ball will skip for the horizontal shooter.
   True
   False

5. Twisting the wrist skips the ball.
   True
   False
7. SKIP SHOT Q & A

6. Skip shot does not need a lot of ball spin to skip.
   True
   False

7. The skip shot is an inaccurate shot.
   True
   False

8. A 3-finger skip shot uses the middle 3 fingers.
   True
   False
7. SKIP SHOT Q & A

9. A horizontal shooter can skip the ball.
   True
   False

10. The higher the shooter’s elevation the sharper the angle for the skip shot.
    True
    False
7. SKIP SHOT Q & A

11. The skip point is where the ball bounces in the water to skip into the goal.
   True
   False

12. Skip point: In-the-water aiming point for skip shot.
   True
   False

13. Skip point for 3-finger skip shot is 4-meter line.
   True
   False
7. SKIP SHOT Q & A

Answers to Science of Shooting PowerPoint Chapter 7 The Skip Shot.

1T  2T  3F  4F  5F  6F  7F  8T  9F  10T  11T  12T  13T
END

CHAPTER

7