ADVANCED SKIP SHOTS
CHAPTER 8
ADVANCED SKIP SHOTS
8. ADVANCED SKIP SHOTS

**INTRODUCTION**

Advanced skip shots use less or more than 3-fingers on the release to skip the ball.

There are index finger, middle finger, ring, 2-finger, topspin, and curve skip shots.

Each skip shot is a different look to the goalie.
8. ADVANCED SKIP SHOTS

INTRODUCTION

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There are index finger, middle finger, ring, 2-finger, topspin, and curve skip shots.

Each skip shot is a different look to the goalie.
8. ADVANCED SKIP SHOTS

Four Major Skip Shots

3-Finger Skip Shot

2-Finger Skip Shot

Index Skip Shot

Topspin Skip Shot
8. ADVANCED SKIP SHOTS

Three Minor Skip Shots

Middle Finger Skip Shot
Ring Finger Skip Shot
Five-Finger Skip Shot
8. ADVANCED SKIP SHOTS

ADVANCED SKIP SHOTS ARE:

1. Create a unpredictable skip shot to goalie.
2. Change the skip point on the goalie.
3. Change the angle of the skip shot.
4. Increase quickness of the ball skip.
8. ADVANCED SKIP SHOTS

3-FINGER SKIPSHOT

3-finger skip shot standard release.

Ball digs hole in water, may stop.

Not for girls, women, age group

Requires lots of strength & ball spin.

3-meter skip point
8. ADVANCED SKIP SHOTS

3-FINGER SKIPSHOT

3-finger skip shot standard release.
Ball digs hole in water, may stop.
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3-meter skip point
8. 3-FINGER SKIP SHOT

3-FINGER SKIP SHOT
8. ADVANCED SKIP SHOTS

2-FINGER SKIP SHOT

2-Finger skip shot uses a pinch grip with Index & middle finger snap.
Recommended: college women/men.
Superior to 3-finger skip shot.

2-meter skip point
2-FINGER SKIP SHOT

2-FINGER SKIP SHOT HAS A 45-DEGREE ANGLE AND A 2-METER SKIP POINT.
2-FINGER SKIP SHOT

2-FINGER SKIP SHOT HAS A 45-DEGREE ANGLE AND A 2-METER SKIP POINT.
8. ADVANCED SKIP SHOTS

INDEX FINGER SKIP SHOT

Index-finger skip shot uses pinch grip.

Index finger snaps down on ball making final contact, spinning the ball.

1 meter to 1-1/2 meter skip point
INDEX FINGER SKIP SHOT

INDEX FINGER SKIP

INDEX SNAP

INDEX FINGER SKIP SHOT USES INDEX FINGER, 60-DEGREE SKIP ANGLE, 1-METER SKIP POINT.
8. ADVANCED SKIP SHOTS

TOPSPIN SKIP SHOT

Topspin shot uses a football grip with hand on top of ball, fingers point in.

Football grip places topspin on ball.

Topspin: forward ball spin.

1-meter to 1½-meter skip point
TOPSPIN SKIP

FOOTBALL GRIP

BALL SPINS FORWARD

TOPSPIN SKIP SHOT: 60-DEGREE ANGLE SKIP
1-METER SKIP POINT.
8. ADVANCED SKIP SHOTS

Three Minor Skip Shots

Middle Finger Skip Shot

Ring Finger Skip Shot

Five-Finger Skip Shot
8. ADVANCED SKIP SHOTS

MINOR SKIP SHOTS

Minor skip shots are practice shots.

Strengthen fingers, creates dexterity, sensitivity.

Middle finger, ring & 5-finger knuckle ball (no spin) releases develops creativity & smart hands.
8. ADVANCED SKIP SHOTS

MIDDLE FINGER SKIP SHOT

Pinch grip

Ball snapped off the middle finger


2-meter skip point
8. ADVANCED SKIP SHOTS

RING FINGER SKIP SHOT

Pinch grip, snap the ball off the ring finger.

Cross-cage shot at left corner.

Makes a low skip shot or 4-spot (EU 2-spot) perimeter 2-meter entry pass into the center.

Practice shot: strengthens the ring finger.

1-meter skip point
8. ADVANCED SKIP SHOTS

5-FINGER KNUCKLE BALL SKIP

Pinch grip, ball leaves all 5 fingers equally.

Ball is not spun off fingertips, a no-spin shot.

Goalie is confused by lack of ball spin.

3-meter skip point
8. ADVANCED SKIP SHOTS

7 Skip Shot Pointers

1. Shooter with poor technique cannot skip ball.

2. On back, low in water, weak leg kick, square.

3. Women can skip the ball using an index finger or 2-finger skip release. YES! YES!

4. Girls and age group players use index skip.
8. ADVANCED SKIP SHOTS

7 Skip Shot Pointers Continued

5. Ball bounces over goal, move skip point in.

6. Skip shot is accurate with a skip point.

7. Goalies hate skip shots; ball is unpredictable.
The Skip Point
A spot in the water the ball hits to skip into the goal.
8. SKIP POINTS

SKIP POINTERS

The skip shot to score must be aimed.

Aiming the skip shot requires throwing the ball at a specific skip point in the water.

Ball hits the skip point and skips into the goal.
Different skip shots use different skip points due to different skipping angles.

3-finger skip shot  3-meter skip point
2-finger skip shot  2-meter skip point
Index finger skip   1-meter skip point
Topspin skip shot   1-meter skip point
Three lines indicate the three skip points for the four different skip shots.
8. ADVANCED SKIP POINTS

Why are there different skip points?

Each skip shot rises at a different angle and needs a different skip point.

- 3-finger skip: 30-degree angle, 3-m skip point
- 2-finger skip: 45-degree angle, 2-m skip point
- Index skip: 60-degree angle, 1-m skip point
- Topspin skip: 60-degree angle, 1-m skip point
Three skip points for the four different skip shots.
The 3-finger skip shot uses a 3-meter skip point. The ball slowly rises at 30-degree angle.
2-FINGER SKIP 2-METER SKIP POINT

2-finger skip shot uses a 2-meter skip point. Ball rises quickly at a 45-degree angle.
1-FINGER SKIP SHOT/ 1M POINT

Index finger, topspin skip shots use 1-1½ meter skip pt. Ball quickly rises at a 60-degree angle.
8. ADVANCED SKIP SHOTS

Why is the exact the skip point important?

The skip shot is a math and mechanics

1. Ball rises at a predetermined angle.
2. Reaches high corner in a specific number of feet.
3. Shooter knows angle of skip shot and skip point.

Ball Skips The Same Way Every Time.
8. ADVANCED SKIP SHOTS

SKIP POINT AIMING MISTAKES

Sharper skip angle, closer skip point is to goal

3-finger skip     skipped 4-meters     over cage
2-finger skip     skipped 3-meters     over cage
Index-finger      skipped 2-meters     over cage
Topspin skip      skipped 2-meters     over cage
8. WOMEN SKIP SHOTS

2-FINGER SKIP WITH 2-METER SKIP PT.
8. WOMEN SKIP SHOTS

Women Can Skip The Ball! Change The Release And Ball Skips!

Women and girls have half the arm strength of males. Use a 3-finger skip shot = ball dies.

Solution: Change the release!
8. WOMEN SKIP SHOTS

Solution: Change the release!

Index-finger skip shot for high school girls.

Index-finger or 2-finger skip shot for women.
8. WOMEN SKIP SHOTS

Women using a lying-on-the-side or lying-on-back shooting style cannot produce enough power to skip.

The bad shooter’s legs are not kicked hard, body is not angled (left foot forward) or vertical=no power.

LAZY LEGS = NO SKIP SHOT
8. WOMEN SKIP SHOTS

A woman shooter who is square-to-the-goal cannot use a long arm cock/arm extension and generates little power to skip the ball.

STRONG LEG POSITIONING=STRONG SHOT
8. WOMEN SKIP SHOTS

A long arm cock/arm extension requires an angled body: left foot forward/right leg back.

GREAT LEG POSITIONING = GREAT SHOT
8. WOMEN SKIP SHOTS

Woman elevates and get her hips out of water to reduce drag and increase hip rotation.

She kicks hard to elevate high out of the water for a sharp angle for skipping the ball.

HIGH ELEVATION = HIGH SKIP SHOT
8. WOMEN SKIP SHOTS

Women can get as high out of the water than men. No reason for women to be low in water.

THE HIGHER OUT OF THE WATER
THE HARDER THE SHOT
8. WOMEN SKIP SHOTS

A low elevation shooter skims the ball.

The closer the hand is to the water, the greater the chance the ball skims instead of skips.

HIGHER IS A HARDER SHOT
8. WOMEN SKIP SHOTS

A woman with perfect skip technique applies all of her strength to the ball using an index finger or 2-finger release with lots ball spin.

Skipping is easy!
8. WOMEN SKIP SHOTS

A ball thrown correctly skips into the goal. Technique, not strength, is important. A well-trained girl can skip the ball while a stronger horizontal positioned boy fails.

Go for it!
8. ADVANCED SKIP SHOTS

SUMMARY

A skip shot uses perfect technique, 100% of shooter’s strength, correct release/skip point.

Skip shot shooter kicks hard with the legs, elevates, rotates and crunches.

Body angled, left foot forward/right leg back with strong hip rotation. Fingertips spin ball.
# 8. ADVANCED SKIP SHOTS

**SUMMARY CONTINUED**

<table>
<thead>
<tr>
<th>Skip Shot</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-finger skip shot</td>
<td>Widely used but hard to skip.</td>
</tr>
<tr>
<td>2-finger skip</td>
<td>A better skip, used by men &amp; women.</td>
</tr>
<tr>
<td>Index finger skip</td>
<td>Good for girls and age group.</td>
</tr>
<tr>
<td>Topspin skip shot</td>
<td>Best skip shot, difficult to learn.</td>
</tr>
</tbody>
</table>

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*Sharper the skip angle, closer the skip point.*
8. ADVANCED SKIP SHOTS

SUMMARY CONTINUED

Girls and women skip the ball as well as boys and men using index-finger or 2-finger release.

No reason for a girl not to skip the ball in high school if she has the strength and the proper technique.
8. ADVANCED SKIP SHOTS

SUMMARY CONTINUED

A missed skip shot is a missed skip point.

3-finger skip       30-angle       3-m skip pt.
2-finger skip       45-angle       2-m skip pt.
1-finger skip       60-angle       1-m skip pt.
8. ADV. SKIP SHOTS Q & A

1. Advanced skip shots use less than 3-fingers or more than 3-fingers.
   True
   False

2. 2-finger skip shot uses middle/ring finger for shot.
   True
   False

3. 2-finger and 1-finger skip shots have sharper rise angles than 3-finger skip shots.
   True
   False
8. ADV. SKIP SHOTS Q & A

4. 3-finger skip shot has a 30-degree angle, rises slowly, travels 6-feet (1.8 m) in air to high corner.
   True
   False

5. The topspin skip shot has a backspin.
   True
   False

6. Sharper the angle of skip shot, the closer ball is thrown to goal.
   True
   False
8. ADV. SKIP SHOTS Q & A

7. A topspin skip has a forward ball spin.
   True
   False

8. The 2-finger skip point is the 3-meter line.
   True
   False
8. ADV. SKIP SHOTS Q & A

9. Index finger skip use a 2-meter skip point.
   - True
   - False

10. Topspin skip use a 1-meter skip point.
    - True
    - False
8. ADV. SKIP SHOTS Q & A

11. A high elevation shooter has a sharp ball angle and skips the ball with ease.
   True
   False

12. Lying-on-the-back shooter can skip.
   True
   False

13. A ball with little ball spin skips high.
   True
   False
8. ADV. SKIP SHOTS Q & A

14. When wrist twists, a diagonal ball spin appears. Ball hits water and stops.
   True
   False

15. Middle finger, ring finger & 5-finger skip shots are practice shots; develops hand strength & dexterity.
   True
   False
8. ADV. SKIP SHOTS Q & A

Answers for Science of Shooting PowerPoint Chapter 8 Advanced Skip Shots.

1 T  2 F  3 T  4 T  5 F  6 T  7 T  8 T  9 F  10 T  11 T  12 F  13 F  14 T  15 T
END
CHAPTER
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