9. CURVE SHOTS

INTRODUCTION

The advanced shooter curves the ball on the power shot and on the skip shot.

Special hand adjustments are made so the ball curves in the air or off the water.

The goalie is out of position for these shots.
9. CURVE SHOTS

INTRODUCTION

Ball is curved in the air or water.

Ball is curved to the left or right.

Goalie cannot stop the well-thrown high corner curve ball or curved skip shot.
9. CURVE SHOTS

INTRODUCTION

There are variety of curve shots:

Boyer Pseudo Curve
Mild Curve Power Shot
Mann Sharp Curve Shot
Hungarian 90-Degree Curve Skip Shot
Right Curve Skip Shot
9. CURVE SHOTS

CURVE SKIP SHOTS LEFT & RIGHT

Skip curve thrown from left wing or left flat curves left, cross-cage, into the right corner.

Right curve from point (center cage) curves (breaks) right into the right corner.
9. CURVE SHOTS: Boyer

BOYER PSEUDO CURVE SHOT
9. CURVE SHOTS

BOYER PSEUDO CURVE SHOT

The Boyer Pseudo Curve shot appears to have the ball sharply curve to the left.

This is an illusion.

An illusion the goalie buys.
9. CURVE SHOTS

BOYER PSEUDO CURVE SHOT

Step-forward with all of player’s weight on right leg.
Right arm moves forward to release ball.
At last millisecond, ball is not released for pass.
Left hand turns body to face goal and shoots.
9. CURVE SHOTS

BOYER PSEUDO CURVE SHOT

Ball appears about to be passed and then is shot at corner.
BOYER PSEUDO CURVE SHOT

Boyer Pseudo Curve shot appears to be a cross-court pass. Goalie sees passing motion and moves to right corner.
BOYER PSEUDO CURVE SHOT

Shooter moves right leg forward and arm moves to release ball.
BOYER PSEUDO CURVE SHOT

Boyer shooter uses left hand to turn body to face goal and shoots.
BOYER PSEUDO CURVE SHOT

Ball does not actually curve. Appears to goalie that ball curved.
9. CURVE SHOTS

BOYER PSEUDO CURVE

Secret:
Shooter steps-forward, places weight on right foot, crunches abs Ball almost leaves hand.

Shooter’s mind must think pass. Then shoot.
9. CURVE SHOTS: Mild Curve

MILD CURVE TO LEFT SHOT

Ball has a mild curve to the left. Shooter is outside the left post. Hand in front of the ball. Hand position on ball curves it.

Shooter throws curve fastball from flat with topspin.
9. CURVE SHOTS

MILD CURVE TO LEFT SHOT

Power shot thrown at 100%.

Hand position curves ball.

Shooter is afraid to shoot in left wing as ball misses cage.

Curve shot is the answer!
9. CURVE SHOTS

MILD CURVE TO LEFT SHOT

Standard backspin pushes ball outside goal post
In front hand position curves ball into right corner.
Shooter now has confidence to take left wing shot.
9. CURVE SHOTS

MILD CURVE SHOT TO LEFT

Shooter curves the ball from left wing.

CURVE SKIP SHOT CURVES LEFT
9. CURVE SHOTS

Mild Curve to Right Corner  Sharp Curve to Left Corner
MILD LEFT CURVE
Football grip, long arm cock, full power, ball aimed at goal post.
Mild curve to left ball skipped or curves in air.

CURVE SKIP SHOT LEFT
Shooter throws curve fastball from flat with topspin.
9. CURVE SHOTS

MILD LEFT CURVE

Curve ball technique to the left uses a football grip, long arm cock, full power with the ball aimed at the water 12” above right post.

Shooter’s fingers point inward causing the ball to curve to the left.
9. CURVE SHOTS

MILD LEFT CURVE

Goalie facing a cross-cage curve skip sees the ball going outside of right goal post and does not move.

Ball skip curves into the goal for the score.
9. CURVE SHOTS

MILD LEFT CURVE

Ball goes straight and mildly curves into right corner.

If ball curves early, ball hits center goal.

Curve appears late, ball misses corner.

Shooter throws curve fastball from flat with topspin.
9. CURVE SHOTS: Sharp Curve

MANN SHARP CURVE TO LEFT CORNER
9. CURVE SHOTS

MANN SHARP CURVE SHOT

Boyer body position
Step-out at 30-degrees
Right Foot cocked back
Look at far corner
Snap-in right foot
Ball curves into near corner
9. CURVE SHOTS

Step-Out at Angle, Right Foot Cocked, Snap-In Foot to Pull Ball to Left Corner
Mann Shot curves ball into the left corner of the goal
9. CURVE SHOTS

Differences Between Boyer and Mann Shots

Boyer is a pseudo curve using the *left hand* to turn body. Shot trajectory is straight. The ball only appears to curve.

Mann uses the *right foot* to snap inward to turn body and curves the ball.
9. CURVE SHOTS: Hungarian

HUNGARIAN CURVED SKIP SHOT
9. CURVE SHOTS

HUNGARIAN CURVE SKIP SHOT BREAKS TO LEFT ON 6-on-5
HUNGARIAN LEFT CURVE SKIP 6-ON-5

Pinch grip, step-out 30-degrees, slide hand down side of ball at release.

Ball breaks at a sharp 90-degree angle and curves into right corner.
9. CURVE SHOTS

HUNGARIAN 6-ON-5 CURVE SKIP

1-spot shooter (EU-5) shoots at a watery spot 1-foot in front left post.

Shooter steps-out 30-degrees, ball curves at sharp 90-degree angle.
9. CURVE SHOTS

**Diagram 1**

- **1.** The starting point.
- **2.** The initial direction.
- **3.** Movement towards the target.
- **4.** Adjustments for direction.
- **5.** Final approach to the target.
- **6.** Release point.

**Diagram 2**

- **10.** Hungarian 90-degree skip shot.
- **11.** Hand behind.
- **Hand slides.**

Hungarian 90-degree skip shot uses two hand motions to release the ball.

Hungarian skip shot breaks at 90-degrees.
9. CURVE SHOTS

HUNGARIAN 6-ON-5 CURVE LEFT SKIP

Hand slides down side of ball placing sidespin on ball, ball breaks 90-degrees to left.
9. CURVE SHOTS

HUNGARIAN 6-ON-5 CURVE LEFT SKIP

Remember:

A subtle hand movement of a few inches, not a giant hand slide. Slide in last nano-second before release.

Palm up after hand hits water indicates proper release.
9. CURVE SHOTS

HUNGARIAN CURVE LEFT SKIP SHOT

Too mild a curve and the ball hits center cage.
Too sharp: ball hits left goal post.
No curve and the ball hits the goalie.
9. CURVE SHOTS

HUNGARIAN 6-ON-5 CURVE SKIP LEFT

Goalie sees ball hit water at left post and predicts ball will hit center cage. Instead ball bounces over goalie’s right shoulder.
9. CURVE SHOTS: Right Curve

MANN RIGHT CURVE SKIP SHOT

Wrist snaps to right, middle finger lifts off the ball.

Angled wrist dips index finger to push the ball to the right.
9. CURVE SHOTS

RIGHT SKIP CURVE

The right curve skip shot breaks sharply to the right.

Goalie thinks stomach shot.
RIGHT CURVE SKIP SHOT

Right curve has ball break sharply to the right.

RIGHT SKIP CURVE

Ball sharply breaks 30-degrees to right.

Ball shot from point at center cage.
RIGHT CURVE SKIP SHOT

Right curve has ball break sharply to the right.

RIGHT CURVE SKIP

Pinch grip, at release wrist snaps to right, middle finger lifts off.

Index finger increases pressure to curve ball.
9. CURVE SHOTS

RIGHT CURVE SKIP SHOT

Shooter at center cage. Ball hits water, sharply curves right.

Goalie expects head shot.

Ball skips into the right corner.
9. CURVE SHOTS

RIGHT CURVE SKIP

Ball curves or breaks to the right after the ball hits the water as a skip shot.

Ball spin is diagonal spin caused by index finger pushes ball to right.
9. CURVE SHOTS

RIGHT CURVE SKIP SHOT

Index finger pushes the ball from the side.

This unique hand position is created by the shooter’s right leg accelerating forward.
9. CURVE SHOTS

RIGHT CURVE SKIP SHOT

The shooter has a long arm cock and accelerates the right leg forward as the arm moves forward.

Right shoulder point created, increases shoulder rotation.
9. CURVE SHOTS

RIGHT CURVE SKIP SHOT

Right shoulder point created, increases shoulder mobility and arm rotation.

Wrist can turn another 50%.

Shoulder controls wrist rotation.

Angled wrist dips index finger to push the ball to the right.
9. CURVE SHOTS

RIGHT CURVE SKIP SHOT

Wrist turns another 50% with the right foot forward and right shoulder point.

Demonstration:
Stand with feet square, wrist turns a little. Move right foot forward—wrist turns a lot.
9. CURVE SHOTS

RIGHT CURVE SKIP SHOT

Wrist turns in, the index finger is on side of ball and pushes the ball to the right.

Ball hits water with backspin, diagonal spin appears as ball skips up and breaks right.
9. CURVE SHOTS

RIGHT CURVE SKIP SHOT

Middle finger lifts off ball as wrist/hand turn inward.

Middle finger off ball increases index finger pressure.

Angled wrist dips index finger to push the ball to the right.
9. CURVE SHOTS

Ball hits water and breaks to right corner.
RIGHT CURVE SKIP SHOT

Long arm cock power shot. Right leg accelerates forward. Creates right shoulder point. Turns wrist to extreme right. Middle finger lifts off ball, index finger pushes ball to right.
9. CURVE SHOTS

RIGHT CURVE SKIP SHOT

Secret of right curve: index finger puts a lot of pressure on ball.

Ball thrown straight ahead.

When learning, keep middle finger off the ball.
9. CURVE SHOTS

SUMMARY

The shooter has 2 curve shots to the left plus a pseudo curve and one curve shot to the right.

There are frontcourt curves and 6-on-5 curve shots. Curves are from 30-90-degrees.

Curve shots:
Boyer Pseudo Curve, Mild Curve, Mann Sharp Curve, Hungarian 90-Degree Curve and Right Curve.
9. CURVE SHOTS

SUMMARY

Boyer Pseudo Curve
Step-out with right leg, transfer weight onto right leg, almost pass the ball, left hand sweep, turn and shoot

Mild Curve
Shooter in left wing with hand in front of the ball. Power shot that automatically curves into right corner.

Mann Sharp Curve
Shooter steps-out at a angle, looks at right corner, snaps right foot inward to turn body and shoots at left corner.
9. CURVE SHOTS

SUMMARY

Hungarian Curve Skip Shot
Uses a football grip, hand slides down ball on release. Ball hits water with backspin and skips up with side spin. Side spin creates 90-degree break to left.

Right Curve Skip Shot
Accelerates the right leg forward, creates right shoulder point, creates maximum wrist rotation for index release on side of the ball. Ball hits water, breaks sharply right.
9. CURVE SHOTS Q & A

1. The ball curves due to its release.
   True
   False

2. Hungarian curve uses a sliding hand ball release.
   True
   False

3. The cross-cage shot from left wing can be curved.
   True
   False
9. CURVE SHOTS Q & A

4. The ball cannot curve to the right.
   True
   False

5. Curves vary from 30 to 90-degrees.
   True
   False
6. Right curve has the middle finger lift off the ball and the wrist snaps to the right.
   True  False

7. Hand in front, positions the hand to mildly curve the ball to the left.
   True  False
9. CURVE SHOTS Q & A

8. Boyer shot uses the left hand to rotate the body.
   True
   False

9. Mann sharp curve to left corner uses right foot.
   True
   False

10. The Shoulder controls Wrist rotation.
    True
    False
9. CURVE SHOTS Q & A

11. Right Curve Skip Shot moves the right leg forward to make a sharp right shoulder point. The arm and wrist can rotate fully so the index finger can release the ball from the side. Ball breaks to the right.

True
False
9. CURVE SHOTS Q & A

Answers to the Science of Shooting PowerPoint Chapter 9 Curve Shots.

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

CHAPTER

9