10. THE LOB

INTRODUCTION

Lob is a slow shot with a large 45-55-degree arching ball flight with slow rotating ball spin.

Lobs are thrown from an angle at the goalie.

Lob shot goes over the head of the out-of-position goalie when aimed at lob aiming point.
Lob scores on out of position goalie.

Lob: high arcing ball thrown from an angle.
10. THE LOB

Lob is an accurate shot. There are no bad lobs only bad lob shooters.
10. THE LOB

Lob is an accurate shot.

A lob thrown with good technique scores.
10. THE LOB

LOB FUNDAMENTALS

Power shot rules apply to lob.

1. Point left foot
2. Right leg straight back
3. Rotate hips
4. Vertical back
5. Legs elevate & shoot
6. Whole body throw
7. Angled body not square
10. THE LOB

LEFT FOOT POINT, RIGHT LEG STRAIGHT BACK, AND ROTATE THE HIPS (L. R. R.)

Lob shooter is never square to the goal.
Left foot point/right leg back creates angled body.

L. Left Foot Point
R. Right Leg Straight Back
R. Rotate
10. THE LOB

L. FOOT POINT, R. LEG STRAIGHT BACK, ROTATE HIPS (L. R. R.)

Sharp Left Shoulder Point:

Result of left foot point and right leg straight back.


L. R. R. Left, Right & Rotate
10. THE LOB

AIM: LEFT FOOT POINT
Lob shooter points left foot at corner to aim ball.
10. THE LOB

VERTICAL BACK

Lob shooter has a vertical back so the hand can reach the 30-inch (76 cm) release point.
10. THE LOB

WHOLE BODY SHOT

The lob is not solely a right arm shot.

The lob shooter’s whole body throws the ball.
10. THE LOB

LEGS THROW THE BALL

The lobber uses the legs to elevate, be vertical and position the ball high.

Lob is not a weak leg shot.
LOB: left foot point, right leg straight back, hips rotate, vertical back, legs elevate, high elbow/release point.
10. THE LOB

LEGs ARE THE LOB

Power for the lob comes from the legs.

Weak lob: no leg power.

Lob: Is not an arm shot.
SHORT WEAK LOB

No power = no lob.
A 10 mph (16 k/ph) lob cannot reach the goal. Lob thrown at 15 mph (24 k/ph) reaches the goal.
10. THE LOB

HIP ROTATION, ANGLED BODY

Shooter rotates the hips to throw the lob shot.

Hip rotation requires:

1. Vertical body
2. Body angled to the goal
3. Left foot pointing at corner
10. THE LOB

HIP ROTATION, ANGLED BODY

A lobber with a square positioned body with feet, hips and shoulders parallel the goal, cannot rotate the hips and throws a weak lob.
10. THE LOB

THE WHOLE BODY THROWS THE BALL

The whole body throws the lob by Slowing and Controlling the amount of:

- Force,
- Spin,
- Arc,
- Touch on the ball.
10. THE LOB

THE WHOLE BODY THROWS THE BALL

Whole body of lobber is angled to the goal, left foot forward, with the hips rotating to throw a 15 MPH lob shot.
10. THE LOB

VERTICAL BODY

Vertical shooter throws a 45-55-degree lob.

Horizontal lob shooter throws an inaccurate 75-degree lob.

END REVIEW
10. THE LOB

TEN LOB RULES

1. Legs Kick High & Hard
2. Back is Vertical
3. Long Arm Cock
4. High Elbow & Release Point
5. Controlled Hip & Torso Rotation
6. Slow Controlled Arm Motion
7. Cradle or Pinch Grip
8. Touch
9. Aiming Point
10. Lock & Lob
10. THE LOB

1. LEGS KICK HIGH & HARD

Lob distance and lob height comes from leg power.

Lying-on-back lobber throws an inaccurate 75-degree lob.
10. THE LOB

2. BACK IS VERTICAL

Lob shooter is vertical and elevates to reach high release point for correct ball arc.
10. THE LOB

2. Back Is Vertical

   No one, male or female can score a lob lying on the back.

   A lying-on-the-back lob is thrown at an 75-degree trajectory and flies over the goal.
10. THE LOB

VERTICAL LOBBER

HORIZONTAL LOBBER

Vertical lob shooter throws an accurate 55-degree lob. Horizontal lobber throws inaccurate 75-degree lob.
10. THE LOB

3. LONG ARM/ARM EXTENSION

Only a long arm cock supplies the necessary power to lob the ball.
10. THE LOB

3. LONG ARM/ARM EXTENSION

A square shooter cannot have a long arm extension; throws a short weak lob.
10. THE LOB

4. HIGH ELBOW AND RELEASE POINT

Legs kick hard, elevates the shooter’s elbow and release point 30” or 76 cm high above the water.
10. THE LOB

4. HIGH ELBOW AND RELEASE POINT

Low hand position (elbow or hand in water) makes inaccurate 75-degree lob.
Vertical, Elevates, High Elbow, Aims at Lob Point
10. THE LOB

6. SLOW CONTROLLED ARM MOTION

The Lob: Hard Legs, Soft Arm

Lob shot: 100-percent leg strength

50-percent arm strength

Angled Body, high elbow

Body high out of the water
10. THE LOB

6. SLOW CONTROLLED ARM MOTION

The Lob: Hard Legs, Soft Arm

DO NOT DROP THE ELBOW
DO NOT BE SQUARE
DO NOT BE LOW IN THE WATER

Duplicate the power shot throwing motion
10. THE LOB

7. CRADLE AND PINCH GRIP

Cradle grip uses a horizontal hand.
Ball rests in hand.
Used for the 3-finger 55-degree lob.
10. THE LOB

7. CRADLE AND PINCH GRIP

Cradle grip uses a horizontal hand. Ball rests in hand. Used for the 3-finger 55-degree lob.
10. THE LOB

CRADLE

Cradle Grip

PINCH

Pinch Grip
10. THE LOB

8. TOUCH ON THE BALL

Lob shooter’s sensitive hand places:

1. Correct amount ball spin
2. Correct ball arc
3. Correct amount of power
9. LOB AIMING POINT

30” 76 cm high release point, 55-degree arc, 2-foot aiming point.
10. THE LOB

9. LOB AIMING POINT

Lob has aiming point like a power shot. Lob is aimed 2-feet above crossbar and scores. Compensates for lob’s 2-foot drop.

Ball aimed at the high corner has the ball drop and hit the water.
CORRECT AIMING POINT

Ball is aimed at 24” lob aiming point.
Ball drops 2-foot into high corner.
Shooter incorrectly aims at the high corner. Ball drops 2-feet and hits the water.
Shooter aims at high corner with low release point of 15” 37 cm. The ball takes a 24” 51 cm drop and hits the water.
10. THE LOB

10. LOCK AND LOB

Pump fake locks goalie onto the right post, nearside post, the strongside of the goal.

Goalie stays on nearside post. Leaves the far side, weakside left corner, open for the lob.
10. THE LOB

Lock goalie on left post with fake, lob weakside corner.
10. THE LOB

10. LOCK AND LOB CONTINUED

Slow deliberate arm motion-**tells** goalie its a lob.

Most lob shooters **look** at the corner they are going to shoot at and use a **slow arm motion**.
10. THE LOB

10. LOCK AND LOB CONTINUED

Slow deliberate arm motion telegraphs shot.

Ball blocked before ball leaves shooter’s hand.

Goalie reads lob, sets up, and blocks the shot.
10. THE LOB

DRILLS

A 2-foot high flag, a 10-gallon can on top of goal or the coach's fist 2-feet above the goal are used as visual aids for the aiming point.

Ball hits the high corner of goal.

Ball drops into water: lob aiming point was low.
10. THE LOB

DRILLS: TENNIS BALL DRILL

Tennis ball used to increase accuracy and shooter’s hand-eye coordination.

Player stands 5-feet away from the wall and throws a tennis ball where the deck meets the wall.

Ball hits the crack and bounces back to the hand.

Do it for 5-minutes a day. A great drill.
10. THE LOB

DRILLS: HOOP THROWING

Player has a small basketball hoop on wall. Practices throwing a small ball at the basket. Teaches the shooter how to place spin and arc on the ball for the lob shot.
10. THE LOB

**SUMMARY**

1. Vertical and Elevate
2. Kick high and hard with the legs
3. Don’t be square, slow, low or drop elbow
4. Spin the ball off the fingertips
5. Use lob aiming point
10. THE LOB Q & A

1. The lob shooter lies on his/her back.
   True  False

2. The lob shooter should not kick up high.
   True  False

3. Lob aiming point is the high corner.
   True  False
10. THE LOB Q & A

4. The lob is a low corner shot.
   True
   False

5. Lob has a high arching ball trajectory.
   True
   False

6. The lob has little ball spin.
   True
   False
10. THE LOB Q & A

7. The lob is thrown at an angle to goal.
   True  False

8. The 3-finger lob uses the middle three fingers, index, middle and ring, to release the ball. These three fingers make final contact with the ball.
   True  False
10. THE LOB Q & A

9. The player drops the elbow to throw the lob
   True
   False

10. The position of the lobber’s body is square.
    True
    False

11. The lob shooter duplicates the power shot throwing motion so as not to telegraph the lob.
    True
    False
10. THE LOB Q & A

12. Ball spin causes the ball to rise and have an arc.
   True
   False

13. Women need to place more spin on the ball.
   True
   False

14. Too much ball spin the ball goes over goal.
    Too little ball spin the ball hits the crossbar.
    True
    False
10. THE LOB Q & A

Answers to the Science of Shooting PowerPoint
Chapter 10 on the lob shot.

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

CHAPTER

10