

SCIENCE OF SHOOTING POWERPOINT

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**PowerPoint based on the
Science of Shooting books**

**Dr. Jim Solum
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CHAPTER

11

ADVANCED LOBS

63 Slides

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11. ADVANCED LOBS

INTRODUCTION

Advanced lobs requires a skilled shooter with smart hands. The 2-finger, middle finger and curve lobs require great touch on the ball.

Each lob has a different arc on the ball.

Each lob has a different lob aiming point.

11. ADVANCED LOBS

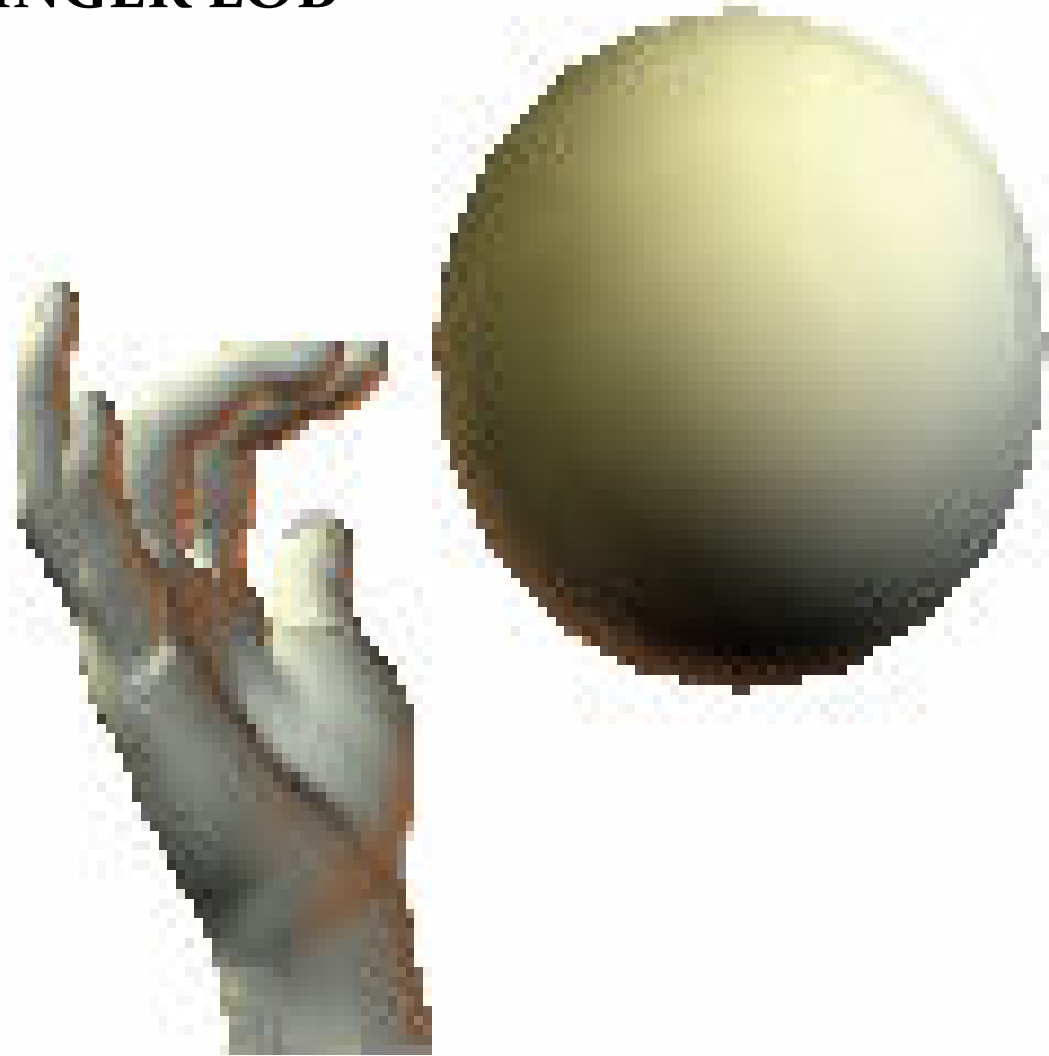
LOB AIMING POINTS

3-Finger Lob	24" 61 cm	55-deg.
2-Finger Lob	12" 30 cm	20'
1-Finger Lob	6-12" 15-30 cm	5-20'
Power Lob	12" 30 cm	20'
Off Speed Shot	High corner	0'

2-FINGER LOB

Index and
Middle
fingers
snap down
on the ball.

2-FINGER LOB



INDEX AND MIDDLE FINGERS SNAP DOWN

2-FINGER LOB

2-fingers snap down
on the center of the
ball.

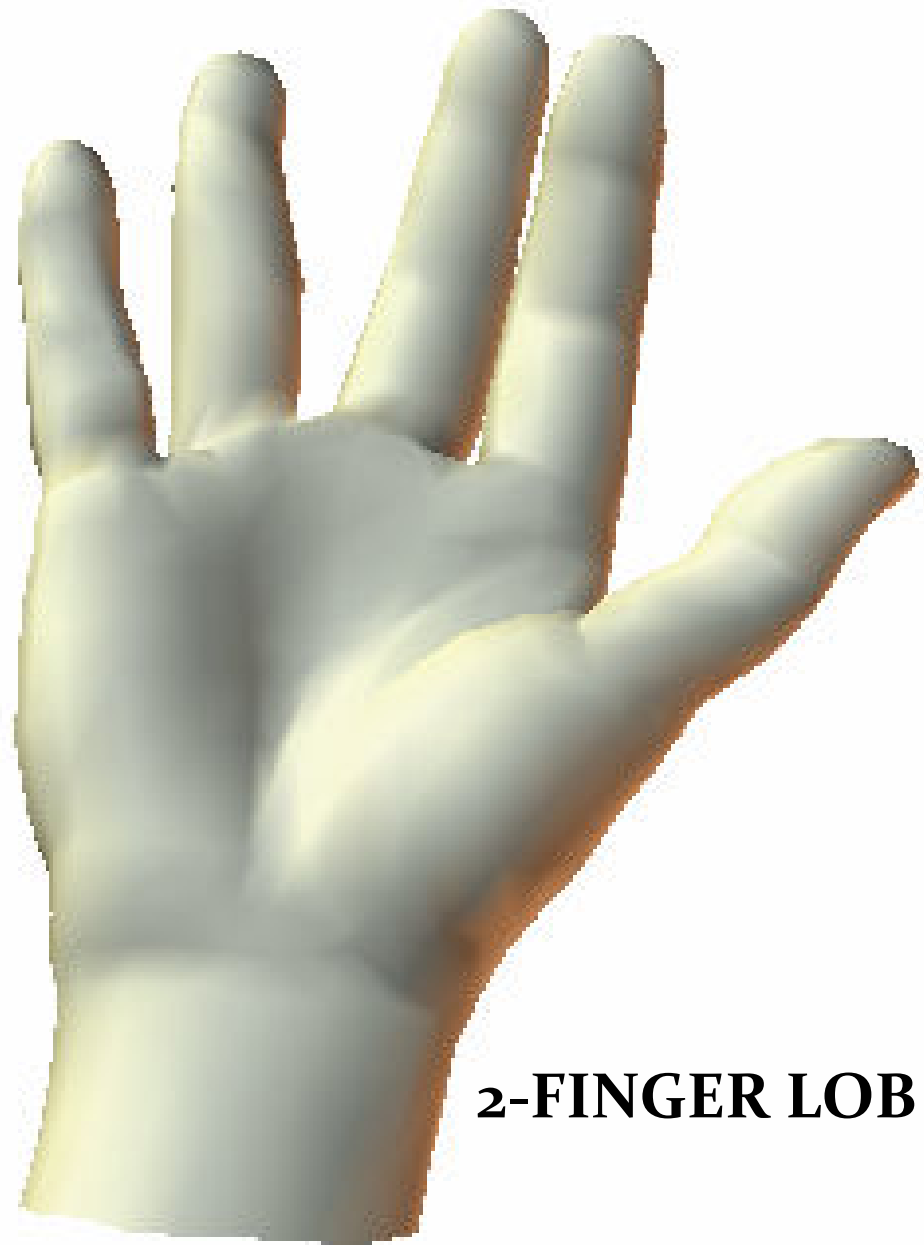


2-FINGER LOB

2-FINGER LOB

2-fingertips place
spin on the ball.

A vertical pinch grip
is used.



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2-FINGER LOB

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2-finger lob has a slower ball spin & 30-degree ball arc.

Aiming point 1-foot above the goal.



2-FINGER LOB

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2-Finger Lob is an Accurate Shot

Slower ball rotation and reduced 30-degree arc make lob more controllable than 3-finger lob.



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2-finger Lob Is An Accurate Lob

Shooter: vertical, high release point, index/middle fingers snaps down and **spins** the ball.



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2-Finger Aiming Point

2-finger lob aiming point has lower aiming point, 12" (30 cm) above goal, due to lower 20-degree ball arc.



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2-Finger Lower Aiming Point

Amount of ball drop determines height of aiming point.

2-finger lob only drops a 12”.

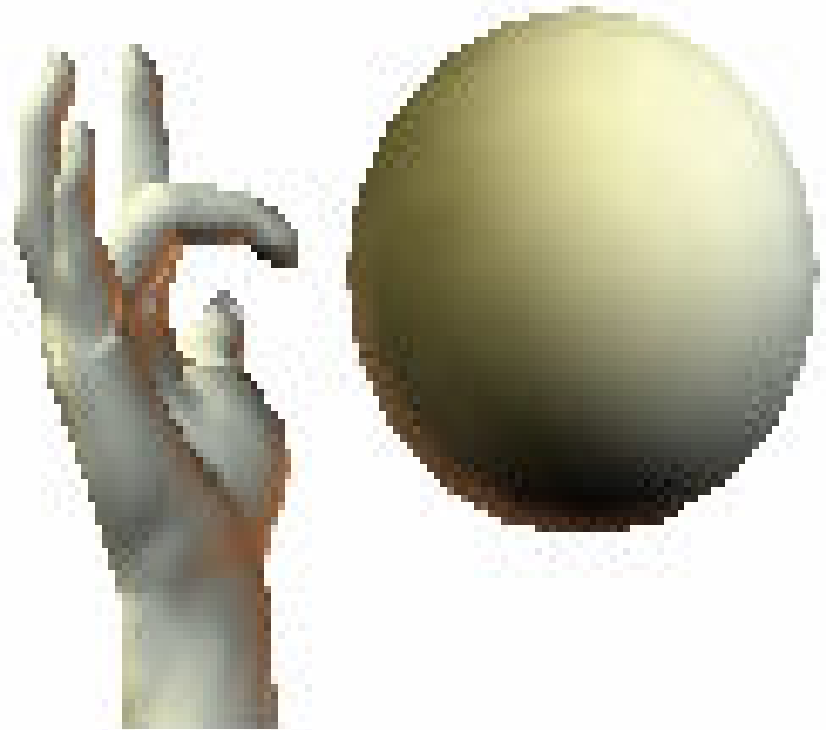
Use a 12” (30 cm) aiming point.



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MIDDLE FINGER LOB

Pinch grip. Middle finger jabs at ball. Creates no-spin ball.



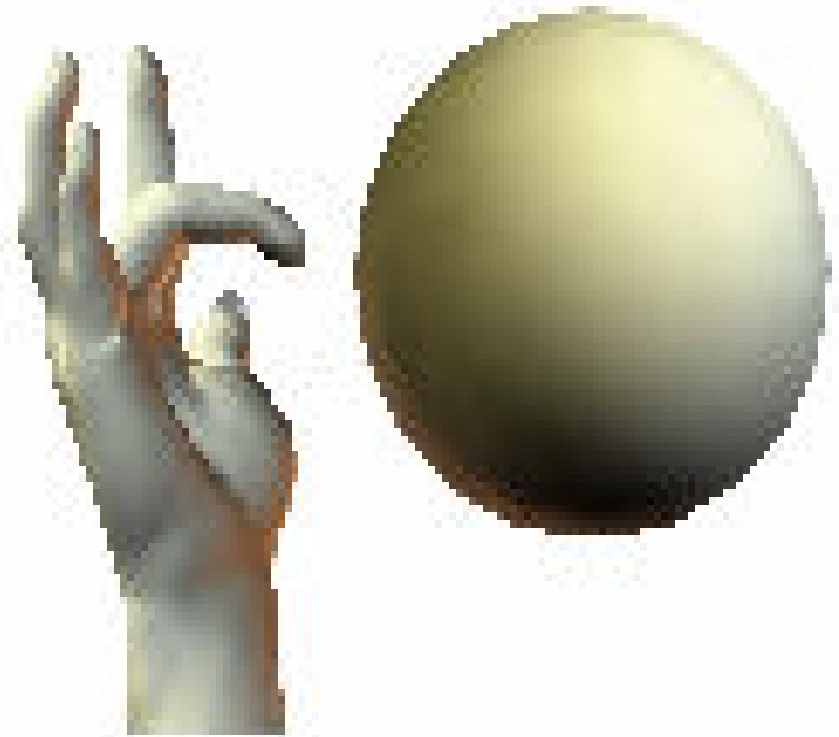
MIDDLE FINGER LOB

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MIDDLE FINGER LOB

Do not spin the ball off the fingertip.

No-spin ball creates a low arching lob.



MIDDLE FINGER LOB

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MIDDLE FINGER OFF SPEED SHOT

Middle finger release is used for off-speed (20 mph, 32 k/ph) shot.

The hand is vertical, not angled back.



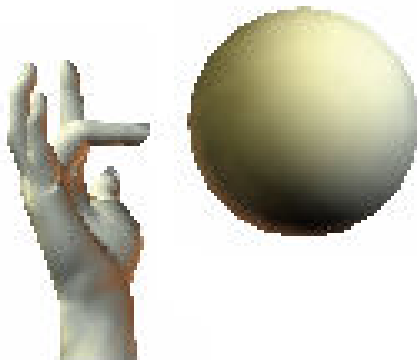
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MIDDLE FINGER OFF SPEED SHOT

Slower ball speed upsets the goalie's timing, ball scores.

Goalie expects a faster ball.



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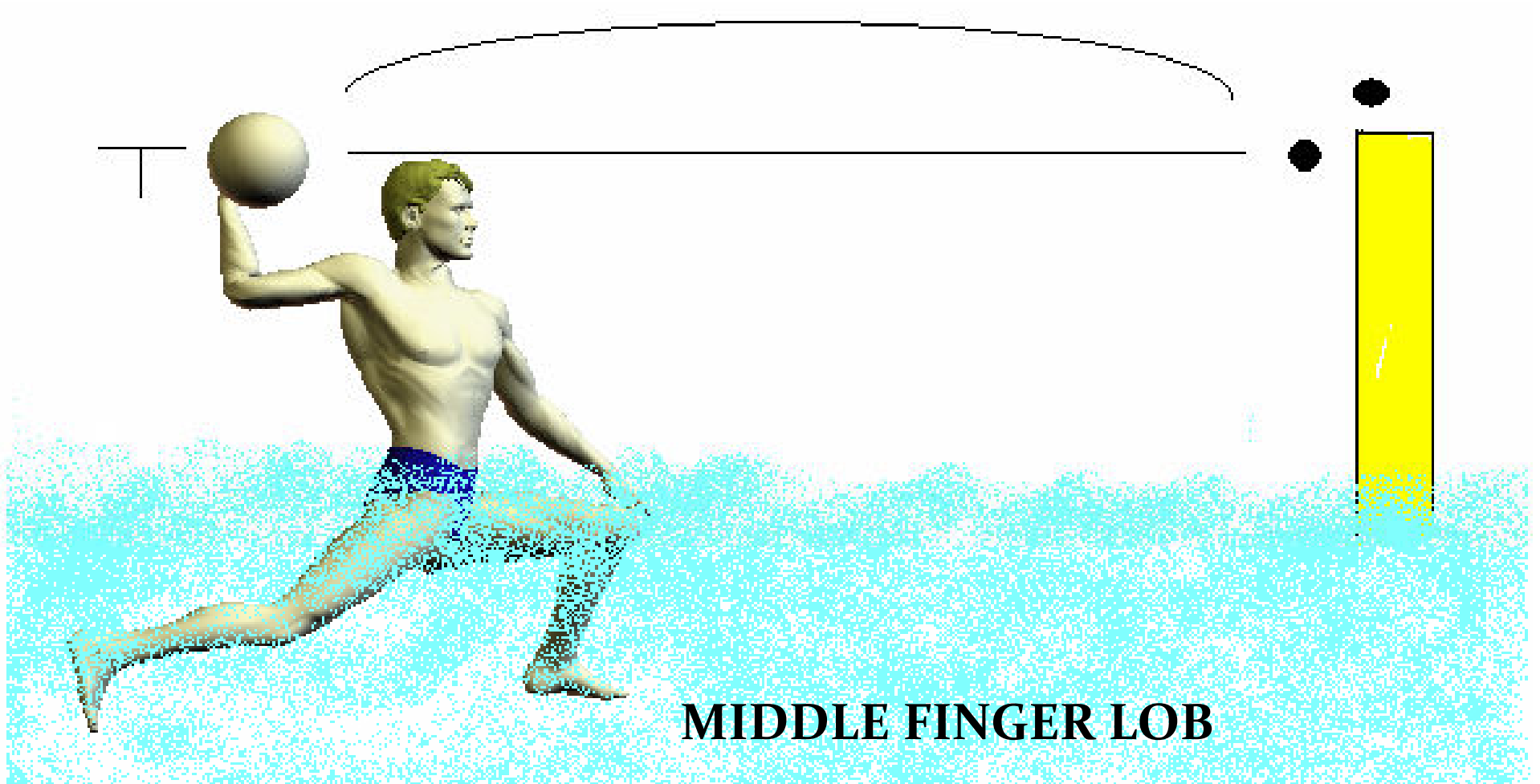
MIDDLE FINGER OFF SPEED SHOT

Middle finger jabs at ball. **No-spin ball.**

Ball travels at 1/2 speed to high corner.

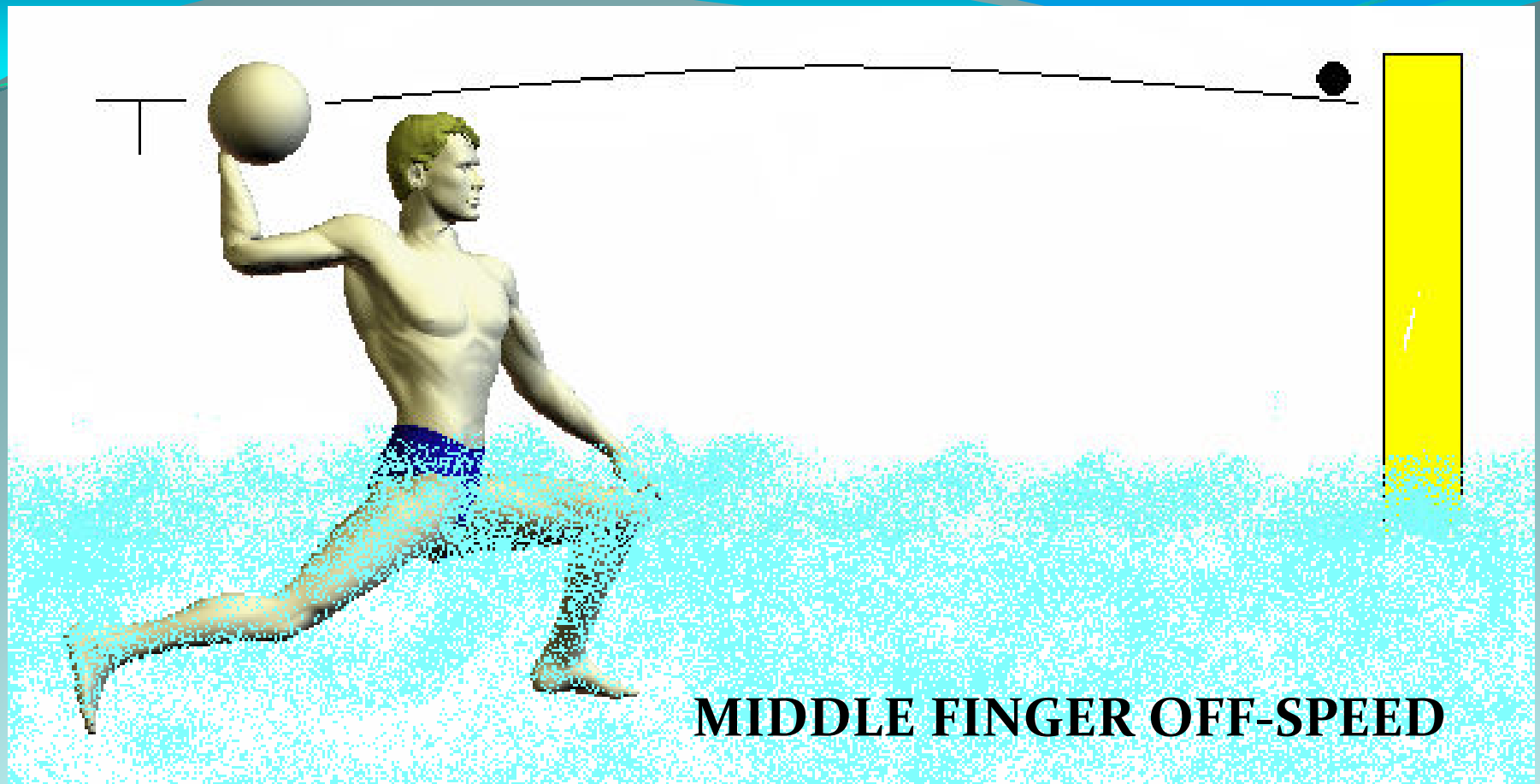
Goalie expects 40 mph (64 k/ph) shot and sinks.





MIDDLE FINGER LOB

Middle finger lob, a 20-degree ball arc, 12" (30 cm) aiming point.



MIDDLE FINGER OFF-SPEED

Middle finger off speed shot rises a little, drops a little.
Aim at crossbar and ball hits high corner.

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CURVE LOB

Curve lob requires a slower ball rotation and a diagonal spin to curve the ball. The slower the ball spin the greater the curve.

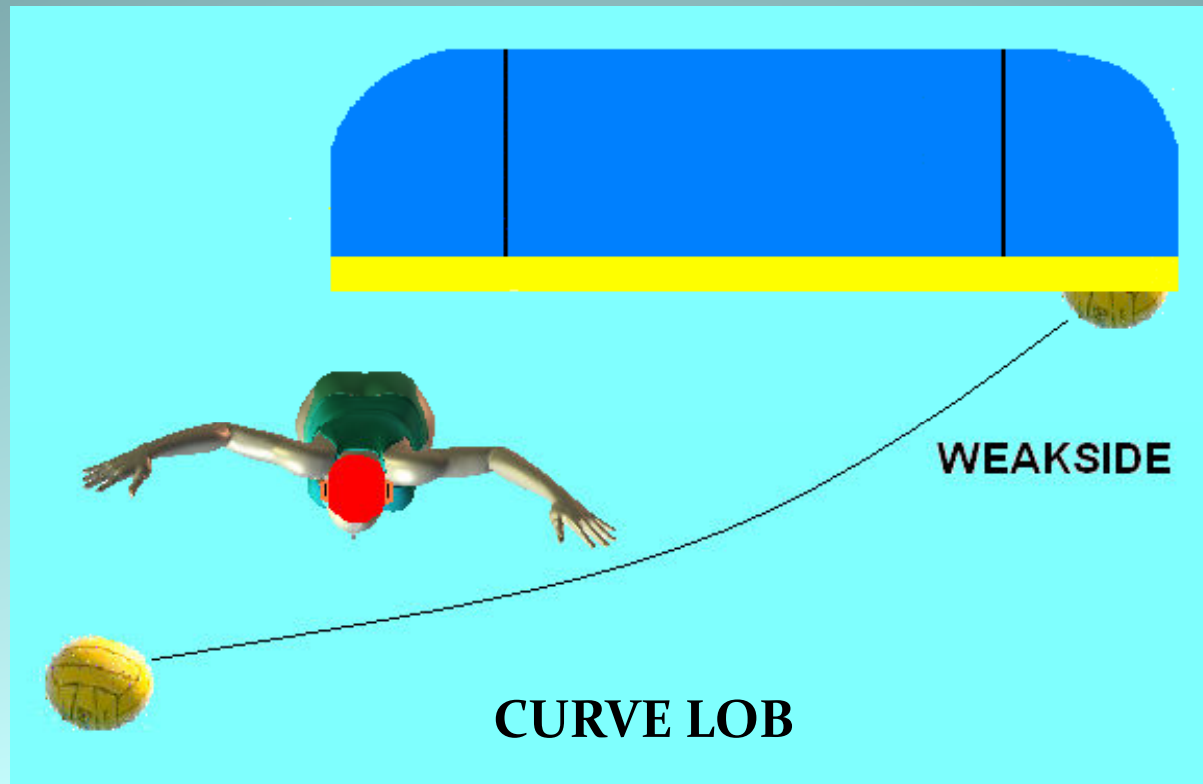
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CURVE LOB

Lob shooter slides the hand, middle finger, 2-fingers, down the side of ball to curve the ball.

A curve lob requires great touch on the ball.

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Lob curves around the goalie with a narrow curve and slow ball rotation.

11. ADVANCED LOBS

MIDDLE FINGER CURVE LOB

Shooter is vertical, elevates, uses a pinch grip, slides middle finger to the right placing a diagonal spin on the ball and creating a curve.

11. ADVANCED LOBS

MIDDLE FINGER CURVE LOB

A middle finger curve lob is an off-speed shot with a mild curve that can be shot from the left goal post.

It is a close-to-goal lob.

If the goalie jumps early, throw a curve lob.

11. ADVANCED LOBS

SIDE GRIP CURVE LOB

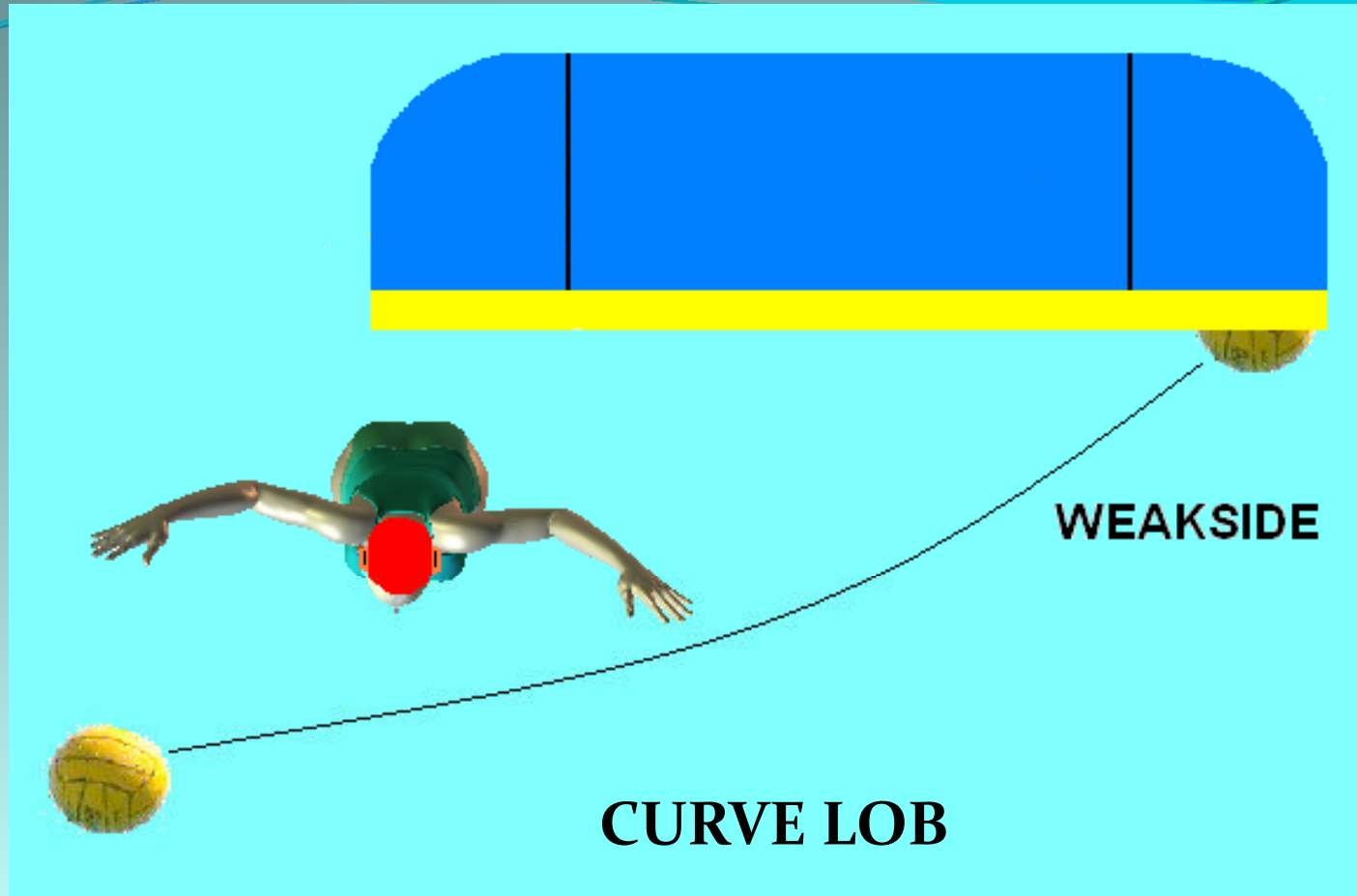
Player grips the side of the ball. Ball is thrown without sliding the fingers. The fingers point inward and automatically curve the ball.

11. ADVANCED LOBS

SIDE GRIP CURVE LOB

Side grip curve lob uses a slow hand release
slow diagonal ball spin for maximum curve.

Lob aiming point is 12" (30 cm) above crossbar
and slightly wide of curve post (ball curves in).



CURVE LOB: Pinch grip, hand slides down side of ball placing a diagonal ball spin that curves the lob.

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SCREW SHOT LOB

Screw shot lob scores on a goalie on 2-m. line.

Screw shot arm motion is a forward screw shot-like fake to lock the goalie in the water.

Shooter's elbow drops. High arc shot put lob sails over the goalie's head.

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SIDE GRIP HOLE PASS

Many hole passes skim past the center.

New hole pass invented to cure the problem.

Diagonal Spin Hole Pass

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SIDE GRIP HOLE PASS

The ball is thrown with a side grip.

Side grip places a diagonal spin on the ball.

Diagonal spinning ball digs into water, stops.

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SIDE GRIP HOLE PASS

Ball is thrown very hard at the water.

Ball digs into the water and **stops** with a **thud**.

The ball does not skim.

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SIDE GRIP HOLE PASS TECHNIQUE

Square passer kicks up high, bends arm, the ball stays above and in front of the shoulder.

Hand on side of ball.

Side grip slices downward on the ball creating a diagonal ball spin. Ball stops in water.

11. ADVANCED LOBS

SIDE GRIP HOLE PASS TECHNIQUE

Side grip slices downward on the ball creating a diagonal ball spin. Ball stops in the water.

11. ADVANCED LOBS

SIDE GRIP HOLE PASS TECHNIQUE

Square body makes long arm cock impossible.

Hand stays on the **side of the ball.**

Do not angle body. No long arm cock.

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SIDE GRIP HOLE PASS TECHNIQUE

Hand slides down the side of ball creating a diagonal ball spin that digs into the water.

Ball thrown at up to 30 mph (48 k/ph)) without skimming.

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SIDE GRIP HOLE PASS TECHNIQUE

Do not angle the body, a long arm cock results.

Long arm cock moves hand behind the ball and places **backspin** on the ball for skim.

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TOPSPIN LOB

Football grip is used for the topspin lob.

Ball has a forward spin.

Aiming point: crossbar.



11. ADVANCED LOBS

POWER LOB

Combination of a power shot with a lob arc.

Shooter throws ball hard with football grip.

Ball travels at 30 mph (48 cm) with a small lob curve.

Lob aiming point is the crossbar.

11. ADVANCED LOBS

POWER LOB

Thumb *pushes up* for lift.

Index and middle fingers *push down*.

Ball curves up and then drops down.

Power lob is a practice shot.



POWER LOB

Power lob shot has a low ball arc, a high ball spin and a high ball velocity.

11. ADVANCED LOBS

LOB MISTAKES

1. Horizontal body
2. Low elevation
3. Using cradle grip
4. Too much ball spin
5. Too much ball arc
6. 3-finger lob aiming point
7. Dropped elbow



11. ADVANCED LOBS

LOB MISTAKES

On-back lob shooter has hand in the water.

Creates a highly inaccurate
75-degree lob.

Ball is thrown over goal.



11. ADVANCED LOBS

LOB CORRECTIONS

The posture (position) of the lob shooter's back is vertical with a high elbow for a high release point to release the ball.

The lobber must have the correct lob arc, ball spin and the proper (lower) aiming pt.

11. ADVANCED LOB DRILLS

16 Drills, 13 Slides

ADVANCED LOB DRILLS

The lob: great hand skills and hand mechanics.

Drills emphasize skill rather than repetition.

Perfect technique, not large number of shots.

Sensitive hands with strong, flexible fingers are developed as part of hand training.

11. ADVANCED LOB DRILLS

ADVANCED LOB DRILLS

Two types of drills: dry land drills and in-the-water drills to develop hand strength, sensitivity and control.

Dry land drills are fingertip training exercises.
In-the-water drills are shooting at the goal drills.
Both drills must be done daily.

11. ADVANCED LOB DRILLS

ADVANCED LOB DRY LAND DRILLS

Three Device Drills

Grip Master, Putty, Rubber Bands

These 3 tools allow the player's hand to develop strength and control of the ball.

Daily drills done at home (while studying, T.V.).

11. ADVANCED LOB DRILLS

ADVANCED LOB DRY LAND DRILLS

1. Grip Master ([www.Perform Better.com](http://www.PerformBetter.com))

Device has 4 small springs on a plastic strip with plastic keys covering each spring.

One finger, 2-fingers or more can be used.

Use 1 hour a day. Also relieves stress.

11. ADVANCED LOB DRILLS

ADVANCED LOB DRY LAND DRILLS

2. Thera-Putty Drill

Use Grafco **Thera-Putty** plastic putty.

Putty placed between the fingers and pressed.

Putty is placed in the palm and squeezed.

Comes in various hardness coded by color:

Yellow soft; **red soft medium**; **green hard**.

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ADVANCED LOB DRY LAND DRILLS

3. Rubber Band Extension Drill

Player has a thick rubber band wrapped around the fingers. Lifts the fingers up to open the hand. Daily, 20 x 30-second reps.

Hardest bands are the blue rubber bands around cauliflower stalks.

11. ADVANCED LOB DRILLS

ADVANCED LOB DRY LAND DRILLS

1. Tennis ball throws at the edge of wall/deck
2. Polo ball toss R. to L., 1 and 2-fingers jabs
3. Hold tennis ball and gently feel the fuzz
4. Trace fingers over the ball stripes
5. Spongy ball: different fingers jab ball
6. Shoot spongy ball at small indoor basket

11. ADVANCED LOB DRILLS

IN-THE-WATER DRILLS

1. Shoot from the left wing and right wings
2. Shoot from the 5, 6, 7, 8, 9-meter lines
3. Shoot 3-finger lobs
4. Shoot 2-finger lobs
5. Shoot Middle finger lobs
6. Pump fake near side and lob weakside

11. ADVANCED LOB DRILLS

IN-THE-WATER DRILLS

Mistakes are made in ball spin, arc & aiming point.

1. Short of the goal lob are caused by:
 - a. A right arm only shot
 - b. Short arm extension
 - c. Square body.
 - d. Lobs thrown on the back
 - e. Not enough ball spin from fingertips

11. ADVANCED LOB DRILLS

IN-THE-WATER DRILLS

Ball arc problems deal with hand angle.

Short lobs: no power, short arm cock, square.

Missing goal wide: square body, no left foot pt.

Low corner lobs: no power, square body,
low aiming point.

11. ADVANCED LOB DRILLS

IN-THE-WATER DRILLS

75-degree lob arc means horizontal shooter.

2-finger and middle finger lob has a lower aiming point than a 3-finger lob.

Ball flies over the cage if 2-foot (61 cm) high aiming point is used.

1-foot (30 cm) aiming point is correct height.

11. ADVANCED LOB DRILLS

IN-THE-WATER DRILLS

Situation: Lob wide from the right wing lob to left corner.

Reason for miss: poor aim, a square body or left foot pointing center cage.

Correction: The shooter angles the body and points the left foot deep into the left corner.

11. ADVANCED LOBS

SUMMARY

- 1. Read the goalie's position.*
- 2. Read the angle.*
- 3. Select the proper lob: 3-Finger, 2-Finger, Middle Finger, and Curve.*
- 4. Select proper ball arc.*
- 5. Select correct lob aiming point.*

11. ADVANCED LOBS

SUMMARY CONTINUED

- 5. Correct Lob Aiming point for type of lob.*
- 6. Place the correct arc on the ball.*
- 7. The lob shot is a high corner shot.*

11. ADVANCED LOBS Q & A

1. 3-finger lob has a 55-degree ball arc.

True

False

2. 2-finger lob uses the index and middle fingers.

True

False

3. 1-finger lob uses the index finger.

True

False

11. ADVANCED LOBS Q & A

4. Curve lob has a backspin on the ball.

True

False

5. Lob aiming point is the high corner.

True

False

11. ADVANCED LOBS Q & A

6. The most accurate lob is:

- A. 3-Finger Lob
- B. 2-Finger Lob
- C. Middle Finger Lob

7. 2-Finger Lob uses a 1-foot lob aiming point.

- True
- False

11. ADVANCED LOBS Q & A

Answers to the Science of Shooting PowerPoint
Chapter 11 Advanced Lobs.

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

END
CHAPTER
11