CHAPTER 15
Part 2
6-on-5 SHOOTING

Based on Science of Shooting books.
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Dr. Jim Solum
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15. 6-on-5 SHOOTING

The hardest pass to throw in water polo is the 6-on-5 pass.
15. 6-on-5 SHOOTING

The hardest shot to score in water polo is the 6-on-5 shot.
15. 6-on-5 SHOOTING

IF YOU HAVE POOR SHOOTING FUNDAMENTALS...

6-on-5 CANNOT SCORE.
15. 6-on-5 SHOOTING

6-on-5 throwing demands greater hand skills:

1. Touch
2. Ball arc
3. Slower ball speed
4. Control and accuracy

The 6-on-5 shows whether the team is skilled at passing and shooting.
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15. 6-on-5 SHOOTING

The 6-on-5 pass is a short lob-like throw.

If you cannot lob you cannot pass on a 6-on-5.

Great passers are great lobbers and shooters.

A bad shooter never becomes a great passer.

If you cannot pass and lob. You cannot shoot.
15. 6-on-5 SHOOTING

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You cannot shoot.
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Anyone can throw the ball hard.

Passing, however, requires skill.

Passing requires skill & control of the ball and control of the player’s body.
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15. 6-on-5 SHOOTING

Passing requires skill.

Few players can throw a soft, short, arched pass with touch. The question is why not?

6-on-5 Demands The Good Pass.
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6-on-5 Demands the Good Pass.

Passing requires skill.
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The 6-on-5 is a concentrated example of how well a team throws the ball.
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Inability to pass on the 6-on-5 is a team failure.

A failure to learn the fundamentals of passing, lobbing and shooting.
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THE CURE

The good 6-on-5 passer is able to complete all types of passes.

1. Long 1-6 pass (Euro 5-1).
2. Short 4, 5 passes (Euro 2,4)
3. Inside post passes 2, 3 (Euro 3,6).
4. Pass left-footed and right-footed.
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THE CURE

The good shooter has:

1. Vertical back with a high elbow.
2. Able to throw short passes from anywhere.
3. Knows all the 6-on-5 passing sequences.
4. Passing techniques for different positions.
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THE CURE

The short 6-on-5 passers from the US 1-4, 1-5, 4-5, 4-6, 5-6 are short lob-like passes.

5-to-4, 5-to-1 are right footed passes.

1-6, 1-4, 1-5 are left footed passes.
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THE CHALLENGE

Throwing accurately, timely, short, with arc and touch on the ball makes the long 1-6 pass difficult. If the passer cannot lob no 1-6 pass is possible.
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THE CHALLENGE

The long pass, 1-6, (below) is thrown over the 3 guards (X-1, X-2, X-3).
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THE CHALLENGE

The long pass, 1-6, (below) is thrown over the 3 guards (X-1, X-2, X-3).
1-6 PASSING LANE
1-6 PASSING LANES WITH GUARDS
NO 1-6 PASSING LANE
15. 6-on-5 SHOOTING

How the Offense Creates the Freeman

The guards cannot move faster than the ball.

A quick long 1-6 pass leads to a score.

Guards defending righthander-1 cannot move to 6 fast enough to block the lefthander’s shot.
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1 or 6 Should Not Shoot When Guarded!

1 or 6 only shoot when open.

If 1 is guarded, 6 is open, throw to 6.
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1 or 6 Should Not Shoot When Guarded!

1 does not shoot when guarded—pass to 6.

6 does not shoot when guarded—pass to 1.
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Shoot Off the Pass, Do Not Shoot 1\textsuperscript{st} Pass

The 1 or 6 player should never shoot if they start with the ball or after the 1\textsuperscript{st} pass.
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Shoot Off the Pass, Do Not Shoot 1<sup>st</sup> Pass

Freeman is created by several long 1-6 passes (Euro 5-1) In the right or left corner.

No One Is Open After One Pass.
6-1 Pass
Guards Shift
Left Block 1
1-6 Pass
Guards Shift
Right Block 6
6-1 Pass
Guards
Shift Left 1
Slow
6-1 Pass Guards
Shift Left 1 Slow
6-1 Pass Guards
Shift Left 1
Fast
6-1 Pass Guards Shift Left 1 Fast II
1-6 Pass Guards
Shift Right 6
Slow
1-6 Pass Guards
Shift Right 6
Fast 1
1-6 Pass Guards Shift Right 6 Fast II
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NOT THE CURE

1-6 pass is intercepted or flies out of the pool due to lying-on-the-back passer’s position.

Bad posture: no ball control, ball height, arc and distance.
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NOT THE CURE

1. The lying-on-the-back 1-6 pass is a 75-degree lob that flies away.

2. Bad correction: lie-on-the-back passer has less power, pass is short and low.
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NOT THE CURE

Lying-on-the-back 6-on-5 pass is short and hits middle guard.

The 6-on-5 passer cannot generate enough power or ball arc to throw the long 1-6 pass.
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NOT THE CURE

The same player who threw the lob 10-feet over the goal when shooting now throws a 1-6 pass short or too long.

Mechanics of a bad lob, the same for a bad 1-6 pass. Cure: Vertical back when passing or shooting.
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INTELLIGENT PASSING

2 passing/shooting techniques:

System Passing
and
Situational.
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System Passes
Specific pass sequences to a shot—1-4-6

Situational Passes
1-on-1 passes.
Passer sees open man and passes.
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RULES: SITUATIONAL PASSER/SHOOTER

Situational: Look for the open man.

Main rule: “If you are open, shoot the ball.”

Read the Defense and Think.
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INTELLIGENT PASSING 6-5-3

Triangle passing: 6-5-1-3-Shot
Three 6-to-5 passes (5)
Pass 5-to-1 to 3-right post-shot
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Read the Defense and Select Open Man

If no one is guarding you, and the goalie is out of position, the situation is telling you to shoot.

SHOOT
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Read the Defense and Select Open Man

Never avoid passing to the open man even if the system says to take 5 passes before a shot.

PASS
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Never Avoid Shooting When It Your Shot
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INTELLIGENT PASSING

Never aimlessly pass the ball around!

Passing has a purpose—to set up the score.
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INTELLIGENT PASSING

The ball is goal-bound. Pass with purpose.

The pass is as important as the shot.
The End of Chapter 15
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