SCIENCE OF SHOOTING DRILLS

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It is recommended for the coach to have the PowerPoint Throwing CD along with the PowerPoint Drills CD. The coach can see the shooting technique and the shooting drills. Over 265 pages of drills are described.
The coach can quickly look up any of the drills necessary for teaching a shot. It is important to also have the knowledge of the mechanics of the shot. The combination of correct technique and the correct drills makes the complete shooter.
The coach can quickly look up any of the drills necessary for teaching a shot.

Though a drill CD is important for quickly looking up a drill or organizing a work out It is important to also have the knowledge of the mechanics of the shot.
The coach will find the PowerPoint CD with all of the shooting drills useful in coaching his or her players. Over 263 pages of drills are described in this CD. The combination of correct technique and the correct drills makes the complete shooter.
It is not enough when teaching shooting to do the drill without analyzing each shot. To not critique every shot taken during the drill allows the shooter to develop bad habits. A shooter with bad habits doing a good drill results in a poor shooter.
DRILLS

INTRODUCTION CONTINUED

Perfect technique and the perfect drill cannot be separated. The shooter must be able do the drill correctly and he or she must score. Having a well-run drill without scoring defeats the purpose of the doing the drill. The purpose of all drills is to score.
DRILLS

ORGANIZATION OF THE CD

The drills in the Drill CD are organized according the chapters in The Science of Shooting PowerPoint Throwing CD except for chapters 1 and 2. Both CD’s are necessary for the coach to understand and implement the shot. It is helpful to buy Science of Shooting book available from lulupress.com.
The player must practice, experiment, fail, learn from the mistakes and create new shots. Practice is failure time for the great shooter as he or she experiments with new fakes and shots.

The average shooter is bored during shooting practice. He or she is bored because every shot is exactly the same shot. The shooter must have the courage to fail while learning new shots.
The creative shooter tries new shots, takes risks, fails and succeeds, in mastering new shots. The learning process is never boring. The bored shooter never tries new shots. The bored shooter becomes a robot with a mechanical motion.

Learning is exciting. Mastering a new shot is exciting. Scoring is exciting. Boredom is the end result of the shooter who no longer wants to learn or take risks.
The coach must encourage creativity.

Goalies love the predictability of the robotic shooter who throws the same shot time after time to same corner. Before the shot is thrown, the goalie has blocked the shot.

Goalie knows exactly what the mechanical & uncreative average shooter is going to throw.
Lack of courage to take risks and the desire not to excel has doomed the uncreative shooter to endlessly having his or her shot blocked for their entire career.

The creative shooter enjoys learning new shots, is excited and scores often. The creative shooter is unpredictable to the goalie.
The goalie cannot “read” the creative shooter, The goalie does not know when and where the ball will be released. It is fun to score. Creativity is fun. The high-scoring shooter is a happy camper. Who wants to be a unhappy mechanical robot?