6. THE POWER SHOT

SUMMARY

Uses 100% of the shooter’s strength.

Perfect technique required to apply all of the shooter’s strength onto the ball.

Elevate, Rotate and Crunch.
The players get in passing groups of two and practice skip shots. The player throw index finger skip shots, 2-finger skip shots, 3-finger skip shots and topspin skip shots. If the throwing technique is not correct the ball will not skip.
SKIP DRILLS

The skip shot passing drill forces the players to perfectly execute the shot or have the ball stop in the middle of the pool. The coach can immediately see if the shooters are using the correct technique.

When a player fails the coach reminds the player of having perfect technique, kicking up hard with the legs, having a vertical back and the proper release.
The coach can also subtly remind the player to work harder on eggbeater drills or sit ups so he or she has the ability to throw the ball hard. And to work the medicine ball drills or weight work out a lot harder so he or she has the greater strength.

A strong body is necessary to have the strength to throw the ball hard. Technique is not enough.
SKIP DRILLS

Move the players to the goal and have them try throwing skip shots at the goal. It helps to develop a real-world situation for the shooters.

The goalies also benefit from blocking skip shots. All shooting practices improve the shooter and the goalie. Each work out should have 45-minutes of shooting.