

8. ADVANCED SKIP SHOTS

SUMMARY

The correct skip shot uses perfect technique, 100% of shooter's strength, correct release and skip point.

A skip shot shooter kicks hard with the legs, elevates, rotates and crunches. The body is angled, left foot forward/right leg back with strong hip rotation. Fingertips spin the ball.

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SUMMARY CONTINUED

3-finger skip shot is widely used but hard to skip.

2-finger skip is a better skip, men & women use it.

Index finger skip is good for girls and age group.

Topspin skip shot, best skip shot, difficult to learn.

The sharper the skip angle, closer the skip point.