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Individual Shooting Mechanics

“Don’t mistake activity for achievement. Practice it the right way.”

- John Wooden

Remember - Deliberate Practice makes you better. Practice what you can’t do until can do it, and then perfect it

The following drills are from Salisbury University’s Coach Jim Berkman. We rely on these drills for our pre-season Training Camps and use them through each season. They are designed to develop power and proper shooting mechanics. Below are 500 reps of perfect practice.

For Best Results:

1. Use tennis balls. They don’t break windows, it’s easy to collect at least 50, they demand perfect form to throw and catch correctly, don’t travel as far after shooting, etc, etc.
2. These drills can be done with little space using any target – You do not need a field and a goal. Use any flat brick, concrete wall with one block as a target, a trashcan, a broken lacrosse stick, plastic water bottle, anything.
3. Place hands at the bottom half of the stick, spaced shoulder length apart. You are looking to generate torque.
4. One cradle and out. Cradle to seat and load the ball in the pocket, grip it and rip it.
5. Every drill is over the top, no sidearm.
6. Rotate shoulders and torso
7. Hands up and out, high and away from your body. Elbows at 90 degrees.
 - On Both Knees; square to goal, load and pause, then shoot over the top. 50 right, then 50 left
 - One Knee; build up from above, transfer weight from knee to foot. 50 right, then 50 left
 - Standing, Feet Planted; Shoot using your core and snap your wrists. 50 right, then 50 left
 - One Step Toward Goal; Work on hand speed, whipping motion, pull from bottom hand. 50 right, then 50 left
 - Two Crow Hops; Combine the above into a Time and Room, over the top, hard and fast release. 50 right, then 50 left