

Skill of the Week: Shooting

It's all Mental

- Accuracy in shots goes hand in hand with shot selection
- In girls' lacrosse there are only three ways to score: off a 1v1, a pass from a teammate or an 8 meter free position shot.
- Players need to develop confidence and creativity in their shots
 - This comes from practice, practice, practice
 - Give your daughter specific goals (shoot high, lower left, shoot from this position, etc) instead of just practicing to shoot.
- Encourage your daughter to have a short memory. So what if she misses the cage or the shot, try again and again!

Mechanics of Shooting

- Loose/Light Grip
 - The stick should be held at the base of the player's fingers NOT in the palm of her hand.
- Motion
 - The physical motion of shooting is just like throwing.
 - Arms up and Away,
 - Push and snap from the top hand and pull of the bottom hand give the shot power and accuracy
 - Body Weight shifts from back to front
 - More emphasis is placed on the release point of the ball
 - High Shot → release point of the ball is at shoulder level
 - Low Shot → release point below shoulder, stick head ends up facing the ground.
 - Follow through to the targeted space after the initial release.
- Encourage quick hands & release
- Be sure your daughter squares (faces) the goal before she shoots!
- BEEF
 - A good acronym to focus your daughter's shooting
 - Balance (balance your body weight)
 - Eyes (look for open space not at the goalie)
 - Elbows (Up and away from the body)
 - Follow Through
- As ALWAYS, practice using BOTH HANDS!!

Ways to Practice

- If you have a goal in your backyard or can get to one of the Parks & Rec fields that have a goal: hang a flag in the goal and have your daughter avoid the flag when shooting or put paper plates in the corners of the goal to make targets.
- Use a wall or makeshift other sport goal to give your daughter a place to shoot. You can easily tape off or chalk off the outline of a goal on a wall. The idea is to give your daughter targets so they can practice accuracy in shooting.
- Start your daughter about 5yds back from the goal on her knees. Practice shooting from here. Emphasize the rotation of the body and following through. Stand

- behind your daughter and place the ball in her stick as soon as she brings it back up in the ready to shoot position. Work to standing up and shooting.
- Number the corners of the goal (remember those paper plates!) Call out a number to your daughter. She aims at that numbered plate. Vary it from shot to shot.
 - Place cones at different spots around the goal. Place a ball near each cone. Have your daughter run to the first cone, scoop the ball and shoot. Then she runs to the next cone and repeats until all balls are in the net.
 - Build up to shooting on the move. Place cones around the goal. Have your daughter start at one cone and then run in to score. Move up to running to more than one cone (simulate getting away from a defender) and then running in to shoot.
 - Next move up to throwing the ball to your daughter first and then she runs into shoot. Then she can catch on the run and shoot.
 -

Advanced

- Fakes
 - Simple deception to convince the goalie you are shooting one way and then aiming somewhere else.
 - Divide a goal in half (use duck tape) and simply tell your daughter to pretend she is shooting above/below the duck tape and then doing the opposite.
 - Call out a way for your daughter to fake before the shot
 - Fake High
 - Fake to the trees
- Encourage fancy, creative shots. It builds confidence and originality!