

Shooting Technique- Sue Hawkins 2013

1. THE BALL

Set The Ball Position.

Address the ring as quickly as possible so concentration on the shot occurs.

Bounce the ball to yourself and set the correct grip is on the ball. Allow for space from your palm to the ball. (**Don't rest it on the palm.**) Rest ball on tips of your spread fingers, thumb to the side of the ball. You should not be able to see the ball as it is above your head.

Guiding the ball

Lightly hold the ball using the middle finger of the other hand on the side. This becomes the guiding hand on the shots release. The elbow is pointing towards the goal ring not away. Imagine a string through the middle of the head - ball - ring, all to be in line.

Balance of the ball.

Allow the ball to be above the head in the middle or slightly to one side to encourage straight arm action of the shot. Both arms are as high as comfortably possible.

The less bend in the arms, the more accurate the release of the ball to the post will become. More movement encourages the elbow swing to the side and the shot will be off away from the ring. Keep the elbow to the ring at all times of the shot.

2. THE POWER OF THE SHOT AND STANCE

Stand tall, hips to the ring, balanced on your two feet shoulder width apart. Weight is on the balls of your feet. With a quick spring action with the ankles the power is released through to the finger tips onto the ball.

(Imagine a fireball at the base of the legs and as you spring it releases the energy of the shot. The ball is released high above the head. The strength of the shot comes from the legs not the arms.)

3. THE AIM

When releasing the ball, try and create a high arc above the ring. (*Imagine a upside down "J" shape*). Top of the "J" is at the top of the ring about 10cm in the middle. A follow through occurs with the wrists and the fingers flicking towards the ring on release. (*Imagine a glass large box in front of you and you have to touch it with your follow through on the top of the glass box.*)

4. CONSISTENCY

By doing 1 - 3 above again and again will create consistency to your shot.

5. BREATHING

Exhale when you get into your shooting position, this will help to relax you. Be strong but relaxed when shooting.

6. MENTAL PREPARATION.

Use of "Cue" key words i.e. 'Lift', 'Up', 'Steady', will remind you of all your movements for a successful shot.

Concentrate on the target and see no defender in front of you.

Have a routine worked out and stay with it, even under defensive pressure.

7. TRAINING

Shoot 200 goals - 5 times a week or more. No gain without effort.

Always go for your rebounds; never let the ball drop to the ground.

Never avoid any areas in the circle, challenge yourself from all areas.

Challenge yourself at trainings, physically and mentally, vary shots.

"Be a cool shooter not a hot headed shooter".