



US LACROSSE COACHING EDUCATION PROGRAM

Shooting in Boys Lacrosse

Teaching a player to shoot requires more than a stick, ball and cage.

Teach shooting as a calculable means of putting the ball in the cage.

Though there are various arm angles, beginners should use a three-quarter arm shot before moving onto more advanced shots, which can be found in Level 2 of the Coaching Education Program.

Three factors determine the type of shot a player should take, and the power required to generate it:

- Distance to the goal
- How much time he has to release the ball
- The goalie's position

As distance from the goal increases, the power needed to generate a shot increases.

In this case, the shooter's release time is longer, because he must extend his arms.

As he gets closer to the cage, he should bring his stick in closer to his body for a quicker release, as the shot requires less power.

Regarding the goalie's position, a fundamental element of shooting is for the shooter to put the ball where the goalie is not.

A goalie who must adjust his stance and stick position will be less prepared and balanced for the shot being released.

Instruct your shooter to aim for the off-hip side of the goalie – it's the most difficult spot for him to move his stick.

Teaching the Skill: Shooting

The shooter should use the following mechanics for all shots:

Similar to throwing, his body is perpendicular to the target – the goal – with his non-stick side shoulder pointed toward the goal.





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The shooter pushes off his back foot and step toward the goal with his front foot, turning his shoulders and rotating his trunk.

As he generates this torque with his upper body, the shooter snaps his top wrist over his bottom wrist.

This helps the ball to keep revolving forward after it hits the ground or is deflected, causing it to pick up speed.

The shooter finishes by following through with his stick and hands.

To generate more power, the shooter can extend his arms from his body for a longer release, bring his hands closer together or move them farther down on the stick handle.

Lowering the stick head to the ground increases power and release time, but decreases accuracy.

Releasing with the stick head closer to box position increases accuracy.

Encourage younger players to use a bounce shot for any attempt more than 8 yards from the goal.

After your player learns the basic mechanics of shooting, hone in on his arm angle.

A three-quarter arm shot is recommended for beginners because it maintains accuracy with little speed.

It is also the simplest to teach:

The shooter tilts both stick and shoulders slightly from box position.

His hands are at chest level and 8 to 12 inches apart on the stick.

He pushes with his top hand and pulls with his bottom hand; the hands come together on the follow-through by sliding the top hand down to the bottom hand.

Supplement the three-quarter arm shot with a quick stick for feeds in tight to the cage.

A quick stick offers the quickest release time, the best stick protection and good accuracy, with little speed necessary.

Think of it as you would an alley-oop in basketball.





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With a quick stick, the shooter receives the ball in box position.

As soon as he feels it in his stick, he gives slightly to control the ball, then immediately begins the shooting motion as previously explained.

Release and placement take precedence over velocity.

Error Detection and Correction

Error:

Low shot accuracy.

Correction:

Make sure the player's body is perpendicular to the goal, and that his hands are not too low on the stick.

He needs to be able to come over the top of the ball by snapping his top wrist.

If it's not in the mechanics, check his equipment.

Some prefabricated sticks come with additional whip, which lessens accuracy.

Minimize whip by tightening the pocket and sidewalls, and loosening the lower shooting strings.

Error:

Low shot velocity.

Correction:

The shooter needs to generate more power from his legs.

Check his footwork, beginning with the initial push off his back, stick-side foot.

