



2015 National Conference

Developing Shooters Skillsets

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AUSTRALIAN LACROSSE ASSOCIATION

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The Aims of today's session is to:

- **Discuss and demonstrate the mechanics of shooting** – 3 types of shots, deception and power
- **Discuss the importance of being a quality shooting side** – statistics, how and why, **create and develop a shooting culture**
- Discuss the importance of giving players plenty of reps through shooting drills each day – **replace lines drills with shooting drills**
- **Demonstrate and provide your with shooting drills to replicate the shots you get within your offense** – **commit practice time**
- Provide the coaches with some simple drills they can get their players to do unsupervised



Mechanics of Shooting

3 Types of Shots:

- Time and Room (Set Shot)
- Inside shot
- On the run

BEEF

Balance – set a good base, feet and body perpendicular to goal

Eyes – looking at net

Elbows – high and away from body, hide stick,

Follow through – (**Power**) half skip or crow hop, feet, stick and transfer weight towards your target – snap wrists!

Q: what are the best shots? A: high bounce shots under the basket? Know your field, goalies strengths, deep on line, high arc, hands, feet...

Key Coaching Points: Angle of release, hands, shoot where the goalie came from



Statistics

- Goals/Shot Attempts
 - Goals per game **(12-15)**
- Shots per game = **(35-45)**
 - (Shots/Games)
- Shot % = **(30-40%)**
 - (Goals/Shots)
- Shots on Goals % = **(60-65%)**
 - (Shots on Goals/Shot attempts)
- Man-up = **(30-40%)**

2009 – Australian Women's Team as the Offensive Coordinator (**100g, 7 games = 14.2 goals per game**), **#2 in scoring, Silver Medal**



Summary

One of the coach's role is to organize practices that will:

- Challenge them with repetitions – push them
- Replicate game patterns in your shooting drills
- Create an environment that the players want to get better in e.g. Naz
- Create and develop a shooting culture!
- Commit practice time **(in-season)**
- Replace line drills with shooting drills
- Players must invest time in their stick skills
- Players must be individually determined and motivated **(off-season)**

Thank you and good luck!



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