

## Lacrosse Shooting Drills – Advanced shooting concepts

<https://www.youtube.com/watch?v=vwmjMydx0OI>

Denison Men's lacrosse puts together another great video (link Denison defense). This time they discuss shooting. In terms of Lax IQ I really like how they open the video establishing goals. To get the most out of your players in practice, you should establish the end goal. We want to take a high percentage shot, which means we learn the following techniques to put ourselves in the best position to be successful.

**Sweep:** Again the coach does a great job clearly explaining the points of emphasis.

- Get topside
- Change Speed out of the dodge
- Hands high and away
- Torso rotation on the shot as we learned in this video (espn mechanics).

**Alley Dodge:**

- Attack the middle of the field, which drives the defender back and gives up the alley
- Change of speed out of the dodge
- Quick release out of the dodge, with good form and proper technique
- Keep a good angle by dodging north and south. Don't round out the dodge or you will give up the angle.

**Alley Dodge & Roll back:**

- Anytime you roll, it is important to keep your stick tight. I always tell my players, we want our stick between our shoulders. This ensures players are not hanging the stick allowing a back check.
- Again make sure you are exploding out of the roll to get separation and increase your shooting angle.

**Quick Hitch:** The hitch is an effective way to freeze a defender who is approaching you off a pass. A hitch should be done to gain a few more yards and/or increase your angle. If you are within 10 yds of the goal, no need to hitch, just let it rip!

- In the video the coach talks about a hard step down the alley. I would recommend also adding a shoulder fake. We don't want to do a stick fake, because that will expose a player to a simple poke check.
- Again explode to the middle of the field and aim for net.

**4 Cone 5 x 5:**

- The changes of directions (CODs) behind GLE should be just like our dodges. Explode out of each of them, changing your speed and gaining a step on your defender.
- Stick protection is paramount throughout these drills. As I mentioned with the roll backs. Work on keeping your stick between your shoulders.
- Question mark- hold that stick in your off hand for an extra second as you step away from the defender. A common mistake is to switch hands immediately, which exposes players to a back check.

**Turning the corner:**

- Its all about taking the extra step toward your target!