

Lacrosse Shooting – Jen Adams: Fake Shot

<https://www.youtube.com/watch?v=z3ISs5DECxs>

Loyola University head coach Jen Adams, discusses and provides some tips on how to be deceptive with your stick fakes.

Coach Adams talks about using your shoulders and wrists to perform quick fakes and move the goalie out of position.

Understanding how to use your wrist and shoulders in unison is important. We always want to fake out of the triple threat position as this will keep opponents guessing, while protecting your stick.

One thing coach Adams didn't talk much about is the importance of faking one direction and shooting in another. Many youth players fake to the same spot they end up shooting. I teach my players to cut the cage into 4 quadrants: Far high, far low, near high, near low. This way depending on which angle you approach the goal from, you fake to any one quadrant and finish in another.

For more shooting drills and tips [CLICK HERE](#) (link to GB FX shooting channel).