

Shooting Tips – Jen Adams

<https://www.youtube.com/watch?v=ROoIn9RkyFs&list=UUefHUmUky4FeOMKu08VdHg&index=27>

Jen Adams, head coach Loyola University talks about finesse shots in women's lacrosse.

Coach Adams talks about the importance of stick protection and precision when finishing a shot in close to the goal. Here are some coaching points:

- As with every other aspect of the game, your first job is to maintain possession of the ball. So shield your stick with your body. By keeping your hands and stick in front of your body.
- Use your shoulders and stick fakes to deceive the goalie.
- Aim for net, do not shoot just to shoot. Direct the ball around the goalie.