

## Lacrosse Shooting – Jen Adams: Outside Shot

<https://www.youtube.com/watch?v=9oaVy9chw5w>

Loyola University head coach Jen Adams, talks about how to improve your shooting mechanics. By mastering our shooting mechanics, we can increase our shot speed and accuracy.

As coach Adams talks about there are several components to taking a great shot. Let's take a look at her B.E.E.F model.

- **Balance:** Setting up your footwork is essential for maximizing the mechanics and getting your entire body behind your shot. The one thing coach Adams demonstrated but didn't mention is, Your front foot should be pointing towards your target.
- **Eyes:** Similar to finishing in tight, players should always aim for the net. Find net and look for net.
- **Elbows:** Having your arms up and away from your body increases your range of motion, which in turn allows the shooter to generate more power behind the shot. Think of your arms as a big lever. The greater the distance of the ball from your body, the more time and energy behind the shot.
- **Follow through:** As you wind up your front shoulder and elbow should be pointing at your target. As you shoot, rotating the shoulders helps increase the velocity on your shot. You want to finish your shot, with your opposite shoulder facing your target.

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