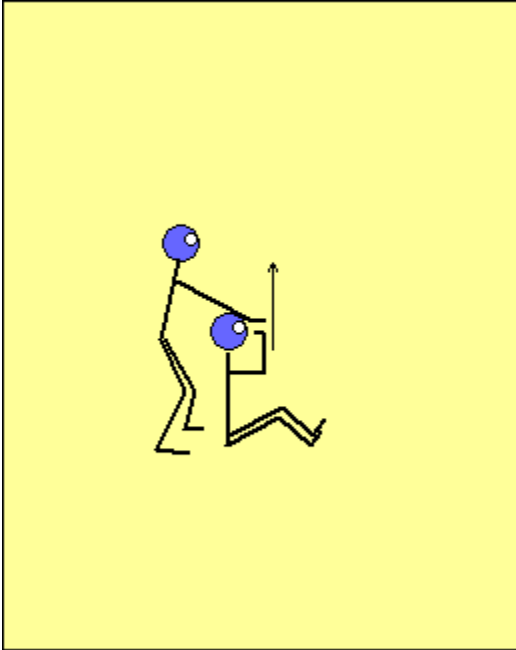


**Mike M<sup>ac</sup>Kay - Manager of Coach Education and Development**

Here is a shooting tip given to me by Denise Dignard. I tried it out and it is excellent for players who struggle with the proper release action.

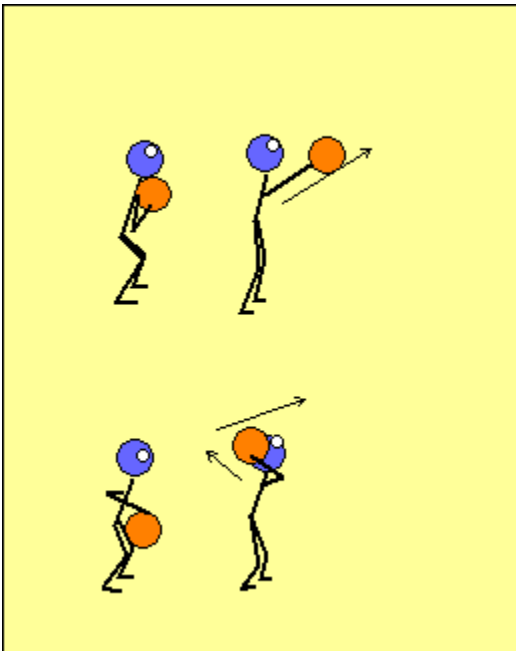


**Pushing up not out or back**



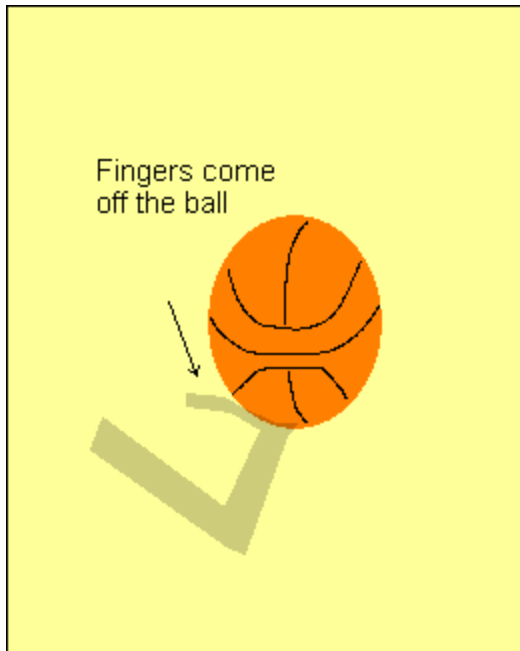
The player is seated on the ground (you could use a chair, I am not tall enough to just stand behind) with the shooting arm forming the perfect 90 ° angle. It is like they are holding a tray. The coach stands behind and gives down ward resistance. The player must push up and slightly out. At the very end the coach releases the hand and the player snaps the wrist like elastic. Have them close their eyes to focus on the feeling.

Too many young players never develop the proper feel for a release.



Players who tuck the ball in tight by their chin have a tendency to push out. It is next to impossible to start upward unless you bend backwards, which is what some players do.

Players who start on top of the ball with a flat wrist will get a backward action in their shot. This is negative energy. These players feel that the ball is too far out in front of them when they shoot in the correct manner.



Some players actually take their fingers off the ball just as they duck the shoulder to generate power. They push the ball up with the palm. They might get a slight slap with the fingers at the end. They fool you into thinking the shot form is ok. You will only see it when you look from the side.

I used Denise's drill with a young player who had this problem but kept the ball in the hand. It allowed him to feel the proper hand position.