

## Chapter 5

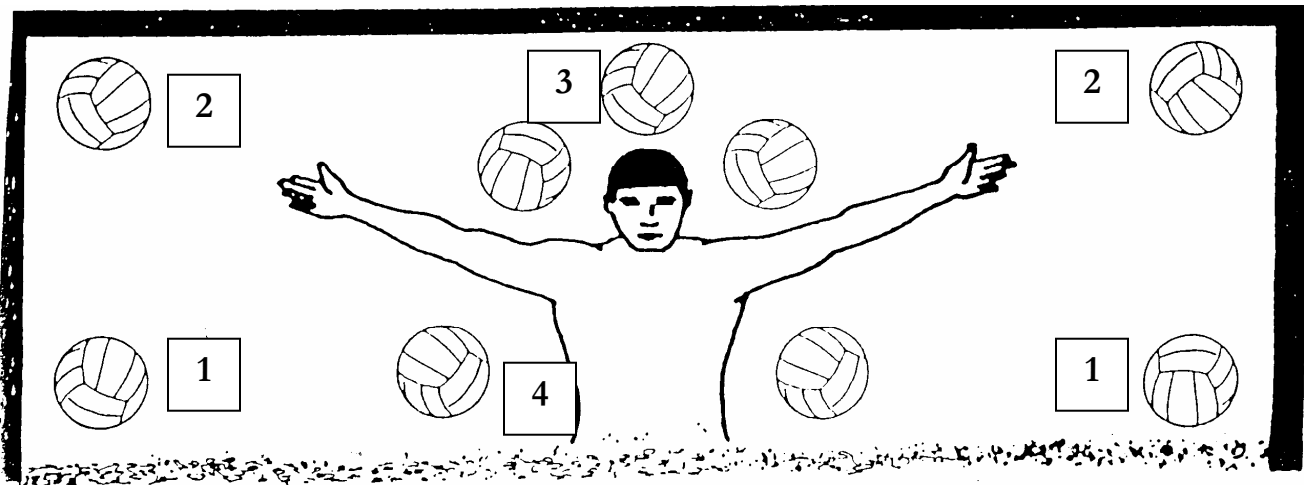
### Individual Offensive Skills – Team Offense

A. Where to Shoot, targets on the goal: (see diagram #1 below)

*Technique points:*

1. In general, low shots should be taken when closer to the goal (<5m.); any shots that are “skipped” on the water with backspin should have the ball bounce start < 1m. from the cage.
  2. High shots should be taken from a further distance (>6m.).
  3. Over the head shots should be mid-range or closer (<5m.).
  4. Under the arm shots should be closer to the goal (<4m.).
- ◆ Lob shots should be taken from the corner angles and not within the confines of the goal posts to allow more space to shoot towards.
  - ◆ Cross-cage shots should be taken from the angled (i.e. outside the posts) positions – not center cage as the goalie will likely cover the near side.
  - ◆ Players should focus on a spot that is open and strive for accuracy first, speed second.

Diagram #1



Follow thru on shot



Stanley Hu

[www.sportsworld.photorelect.com](http://www.sportsworld.photorelect.com)

**Cross-face reception for Shot or Assist (dark cap, below), with defenders.**  
**Note: fingers spread apart, ready to absorb, decelerate and draw the ball back**



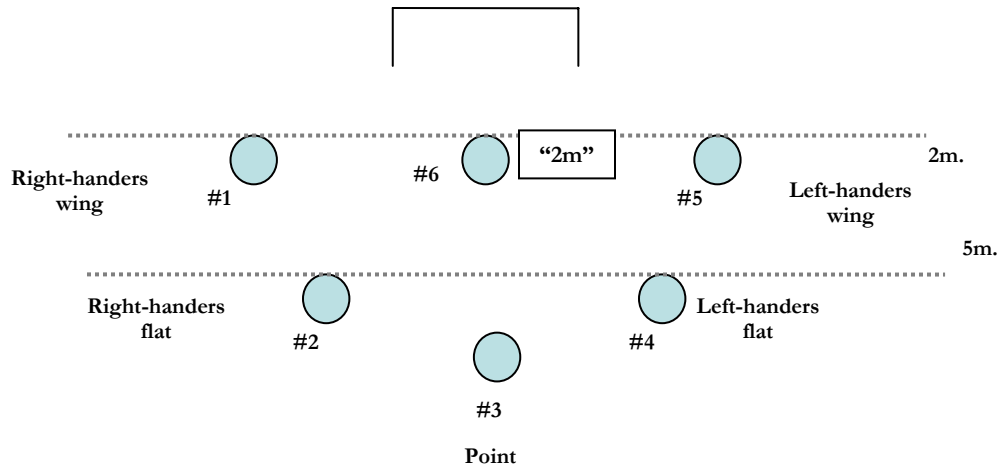
Mike Sandford

#### B. Basic shooting Drills:

##### *Technique points:*

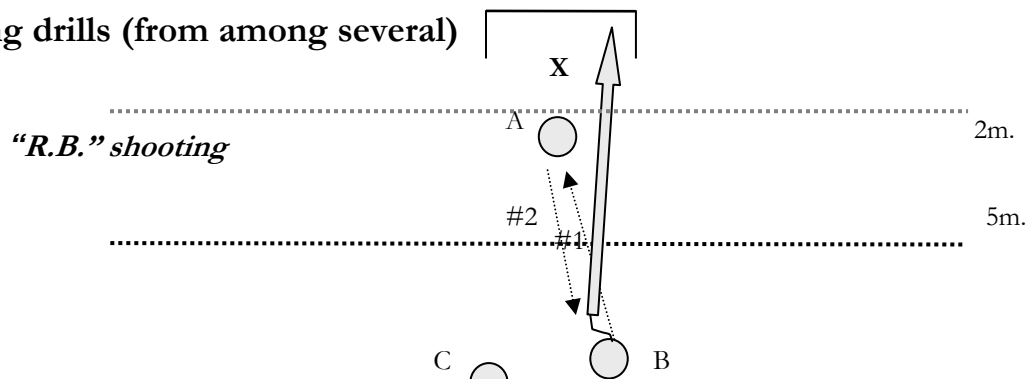
- Passing (assist) accuracy and velocity are essential – must know where and how the shooter wants the ball on an assist.
- Players should be equally adept receiving and shooting an assist from their strong side as well as their **cross-face** (draw) side. (see photo above)
- Firm and dry assist passes should be made on a line so as to optimize beating the goalie and avoid interception.
- Shooters should try to take shot directly after receiving the passed ball so as to **beat the goalie**. A pass always travels faster than the goalie crossing the cage.
- Players should get in the habit of continuing the drill rather than admiring their shots; **watching shots not** a good routine to get into.
- Player movements and passes should simulate game situations as much as is possible.
- Drills should include defensive players on occasion to **simulate** game-like patterns.
- All pass placements previous to the assist important – assist maker should not have difficulty getting to the ball.
- Pass **reception** prior to shooting essential – “don’t shoot before you catch it” – as clean and fluid as is possible while decelerating the ball; pass should continue momentum to be part of shooting motion; “soft” hands; flexible arms and shoulders. Like a football player – “don’t run before you catch the ball.”
- Players should learn and practice at least ONE **wet**, drive-in shot (push, pop, backhand) with defenders so that they develop confidence and can score this in a game.
- **Faking** is a necessary part of shooting; Players should be able to rapidly move the ball through half of their shooting motion and draw the ball back behind their heads – this must be a realistic motion resulting in an equal movement by the goalie.

## Front Court Offense position names and numbers

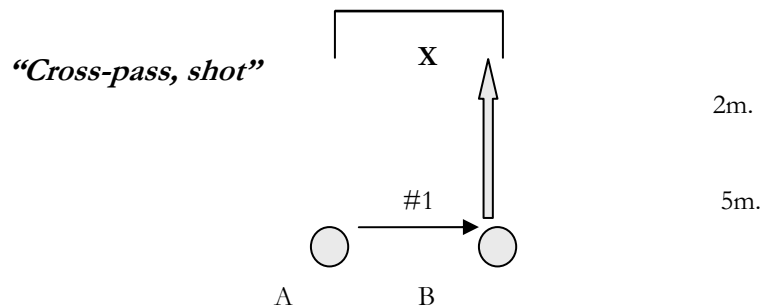


**Note:** The above formation is a "basic" three-three balance of the offensive players, also known as an "umbrella." There are many variations to this; but, these are the numbers that will be used here.

## Shooting drills (from among several)



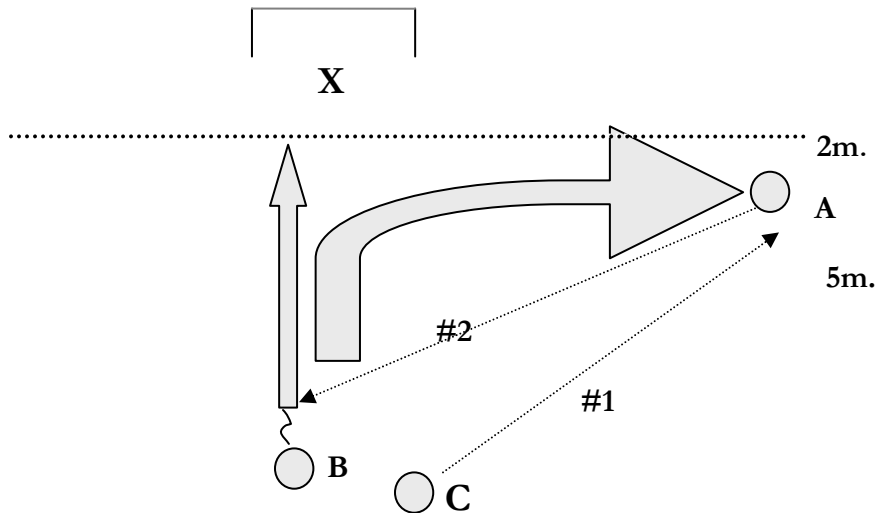
Player "B" passes wet pass (#1) to player "A" and swims in a few strokes; player "A" returns a dry pass (#2) to player "B", for a shot. Player "C" forms the line of shooters.



Player "A" passes dry pass (#1) to player "B" who takes a shot.  
 Lines form behind players "A" and "B".  
 Assists and shots can be taken from either side.

## Shooting drills (con't.)

### “Hook and shoot”



- ◆ Player “C” passes wet area pass (#1) to player “A” at the end of his(her) wing square-out, who then throws a dry assist pass (#2) to player “B” for a shot.
- ◆ Player “B” then swims the same pattern to the wing and receives a wet pass from the next player in line, and...so...on.

#### VARIATIONS:

- ◆ Drill can be done with wet pass to wing and dry pass to shooter or wet pass to wing and wet pass to shooter.
  - ◆ Drill can start with player “A” going to opposite (right-hander’s) wing to start the sequence.
  - ◆ Drill can add a second wing – forming a TRIANGLE – with two dry passes before assist and shot.
  - ◆ Drill can add a flat/wing (2-1) pick on the right-hander’s wing with a 2m. player making the assist after a wet entry pass.
- B. Two-meter Offense (also know as “hole”, “set”, #6) responsibilities, shots.

#### *Technique points: This **player:***

- Will touch the ball more than any other on offense because (s)he is in the middle and in direct proximity to the cage, therefore must be a good **ball handler**.
- Will likely take more **physical** contact than any other player on offense and therefore need more body strength leg strength, and poise.
- Will need to **establish** an area for the perimeter (1,2,3,4,5) players to make an entry pass to. (S)he will need to absorb fouls.
- Should have different types of **shots** to use as (s)he is in an optimal area to score. There will be a few possible decisions – thus the 2m.player must think.
- Should be able to pass effectively to his(her) teammates in the perimeter positions or to another set (2m.) player; and be able to use **either hand**.
- Should be able to **turn** with the ball to either side and face the goal – this requires strength and aggressiveness.

**Establishing Two-meter Position (white cap = offense)**



Joan Gould  
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**Creating a two-meter entry pass area (dark cap = offense)**



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**Absorbing the foul upon entry pass, preparing to shoot or pass (dark cap = offense)**



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Two-meter offensive skills (con't.)

Backing in, establishing two-meter set position (white cap) – notice eggbeater kick



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On top pick up, 2 meter left-handed pivot and turn preparation (dark cap)



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Absorbing the foul, entry pass to two-meters, stepping to ball (white cap)



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Backhand shot preparation, right-handed (dark cap)



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Backhand shot preparation, right-handed (dark cap)



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Turning to face the cage, right-handed (white cap)\*



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\* During turn moves, be cautious to avoid offensive foul call due to above-water contact.

***Additional notes on two-meter shooting:***

- Two meter players need to step out towards the ball to get distance from their defender.
- For each of the basic three shots – backhand, forehand, and layout – the two meter player must have a smooth pick-up to be able to shoot quickly – there will likely be an outside defender coming towards him(her).
- Positioning in relation to the cage is essential; as close to the middle of the cage as possible and leaving as much of the rectangle to shoot at.
- Quickness is more important than accuracy - depending on closeness to the cage; the goalie has very little time to react and the less time, the better.
- If the entry pass is not to a good spot, it is better to receive the foul and pass out, to a driver or to another hole set.
- Practice, practice, practice shots– both with and without defense and goalie.

C. Half – court (set) Offense.

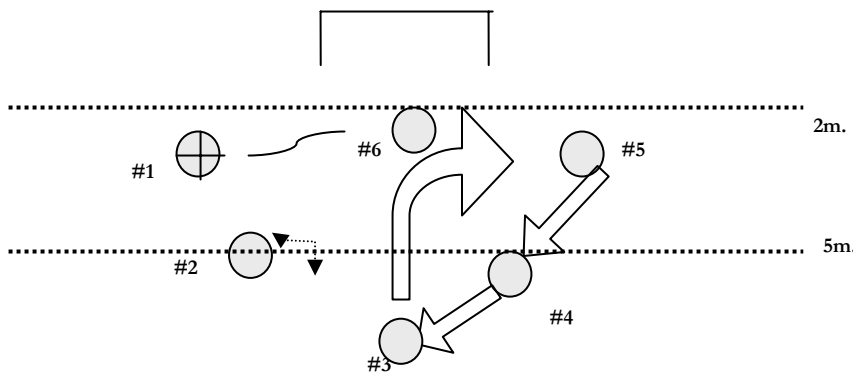
*Technique points:*

Half court offenses need to keep spread so that one defender cannot guard two offensive players. The offense also needs to adjust to the type of defense being confronted – pressing, sloughing, etc. Constant player and ball movement is essential, as is:

- Eye-to-eye contact between passer and receiver.
- Accurate wet and dry passes (two meter players must know what their “wet” and “dry” side passes are to their teammates).
- Good fakes on and consciousness of the goalie.
- Awareness of the possession and game clock times.
- High percentage shot selection.
- Verbal communication regarding being open and seeing opportunities.

**Two Basic Offensive Patterns**

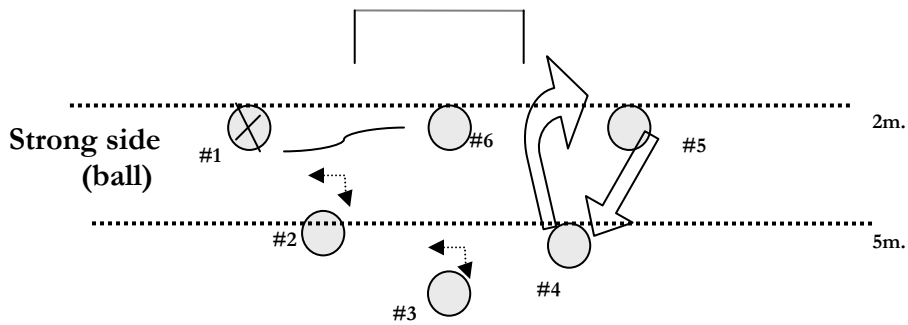
**#1. Point drive**



Upon the wet pass from player#1 to player #6, player #3 drives head-up towards #6; if (s)he doesn't receive a pass from #6, (s)he goes immediately out towards player#5, then player #5 rotates towards #4, and player #4 rotates to fill the hole created by player #3's drive....and..so..on. (note: players #1 and #2 do “V-outs” @ the same time.) The same driving pattern can be done towards the #1 side when player#5 makes entry pass. **NOTE: never drive into the 2m. entry passing lane.**

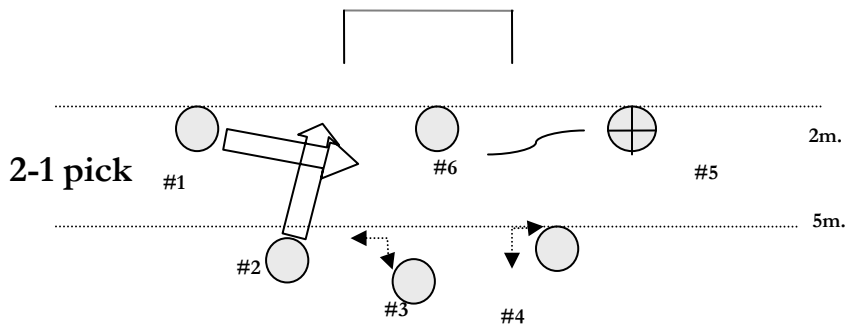


## #2. Weak side flat drive offense



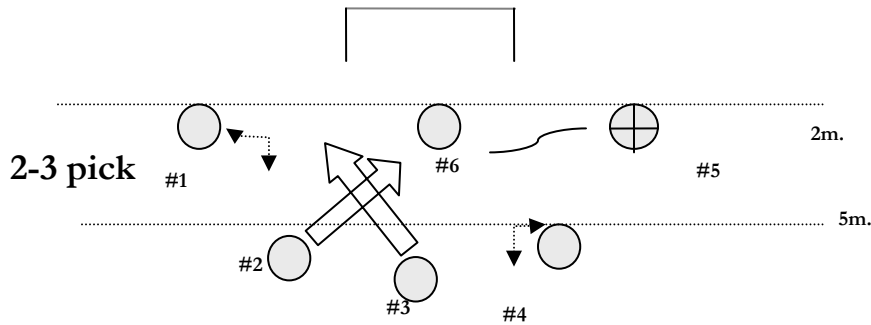
Upon the wet pass from player #1 to player #6, player #4 drives head-up towards #6; if (s)he doesn't receive a pass from #6, (s)he goes immediately out towards player #5, then player #5 rotates towards #4 to fill the hole created by player #4's drive....and..so..on. (note: players #2 and #3 do "V-outs" @ the same time.) The same driving pattern can be done towards the #1 side when player #5 makes entry pass. NOTE: never drive into the 2m. entry passing lane.

## #3. Pick style offense.



To create an open player off from a driving pick, player #2 drives towards the goal when the wet entry pass is made to player #6, and, in sequence, player #1 swims across his(her) hips to create confusion for the defense and a likely open passing lane to either player #1 or #2. This combination can be done in the same fashion with players #4 and #5 – especially if there is a left handed player(s) on that side. These picks can also be done between "2" & "3"; and "3" & "4." The remaining players not involved in the pick do "v-out" movements to be available for perimeter or 2m. passes.

### #3a. Pick style offense.



To create an open player off from a driving pick, player #2 drives towards the 2m player when the wet entry pass is made to player #6, and, in sequence, player #3 swims across his(her) hips to create confusion for the defense and a likely open passing lane to either player #2 or #3. This combination can be done in the same fashion with players #3 and #4 – especially if there is a left handed player(s). The remaining players not involved in the pick do “v-out” movements to be available for perimeter or 2m. passes.

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