

REACTION SAVES



COACH SAYS

Spread yourself and try to anticipate the direction of the shot, but don't guess. Keep your mind focused. Use any part of the body to make the save.

RUNNING WITH THE BALL



COACH SAYS

Don't let a player chasing you affect your concentration.

SCREENING THE BALL



COACH SAYS

Be aware of your options, even under pressure.

DIVING BASICS



COACH SAYS

Try to land on the fleshier parts of your anatomy - your thigh and the side of your torso and arm - rather than your knee or hip.

HITTING THE TARGET



COACH SAYS

It sounds obvious, but the most important skill when you are shooting is to make sure you hit the target.