

# Coaches Tip of the Month



**Consistency** is the key to shooting the ball in the goal. A quick way to cure a flaw in your shot is to picture yourself shooting from within a telephone booth. In order for this to happen correctly, you need to extend straight up, releasing the ball at the peak of your shot in order to get the ball out of the booth. Keeping your body straight up and down will allow you to shoot out of the telephone booth while remaining remarkably consistent. The same can be said for shooting a lacrosse ball on the field. Keep all components of the shot working together to obtain a final goal of coming down over the top with as much deception and power all at the same time.

Remember, shooting is all about consistency. This means that each component of your shot, and the actions that you demand on your body are learned through the process of muscle memory. The slightest moment such as a tilt in your head may throw your shot off target. Keep all components working together in a consistent fashion. Good Luck!

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Coach Ross has been considered one of the best defensive coaches in the game and now will move over to the offense in 2009 for the Naval Academy. Coach Ross has worked as an assistant with some of the best programs in the country, Loyola, Princeton, and Towson before being named head coach at Butler. After Butler dropped their program in 2007 Coach Ross has moved on to USNA.