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Skill Ref	SPIN DODGE AIM MARKING CHANGE DIR SPIN DODGE AIM MARKING CHANGE DIR MOVEMENT CATCH SHOTTAND DOGGENERAL CATCH SHOOT RUN D	ECTION VARIETY SPEED HELE VEION Explanation and Tips lead MINISTRUCTION OF RANGE SMALL STATEMENT OF RANGE SMALL SM	Number of players	IST Equipment SE ACCURACY HEAD OF ASE	FREE BALANCE SPIRITUO IMPINITION DE LA CONTROL DE LA CONTR	SPIRIT CO-ORDINATE UNAL AUTOMORPHIC CO-ORDINAL AL UP REACTIO VARIABLE DE LA CITATION DE LA CITAT	DUIST HOLD WORKER HELEAGE IN Game related IN COLUMN AGILLIY SPACE FEEDERS OF AGILLIY AGILLIY SPACE FEEDERS OF AGILLIY SPA
SHOOTING TECHNIQUE	Shot	 Whole body in line with the ring Feet shoulder width apart Weight on the balls of feet Ankles are springs Arm/s have a slight bend (not too much drop behind head) Elbow pointing towards the ring Follow fingers through to ring Ball comes off 2 fingers arc / trajectory of the shot 'upside down J' free arm is 'guiding arm' hold ball as high and straight as can. 	1	1 ball, ring, circle markings.	Keep own technique, use these tips to enhance it. High release. Don't overload with too much information. Keep the ball inline with head. Take breath at ready position / blow out on release. If no follow through ' touch the top of glass'. Suck in stomach and glutes so no arch of the back.	Step in / back / across. Jump shots. Lay ups. Mix up rhythm. Mix up timing. Broom in front of face. Eyes closed to ' feel it'.	Any game situation.