



Taylor Cummings Shooting

[Video](#)

BEEF SHOOTING

Balanced, Elbows, Eyes, Fake

Balanced - Hips balanced toward cage (not off the back foot, never one footed)

Elbows - Elbows out and away from your body (avoid T-Rex arms) space to snap and maximize the leverage and movement of your stick

Eyes - See the cage and find the netting it is usually white (sometimes black)

Fake - Move the goalie with a fake, change levels (fake high/shoot low or fake low/shoot high)

Follow Thru - Follow through for placement

Grab a bucket of balls and rip 300 shots!!!

Loyola Fake Workouts

[Video](#)