

the twist of the hips, the shoulder pulls forward dynamically and this is followed by the sequential whipping motion of the elbow and wrist. Lastly, the hand and fingers by moving forward give the final power and direction to the ball (c).

During the process of throwing, the torso returns back and gradually moves forward so that the body weight shifts to the front leg. The right leg stays on the ground and by turning out the foot, slides towards the throwing direction giving the player extra support. *After the throw* then, by overtaking the left the right leg is placed firmly to stop the body's impetus from moving forward (d).

Although the overarm shot is most practical to carry out from basic position or in basic movement from a prepared throwing position, a form of this has developed which gives a player an opportunity for quick, unexpected goalshooting while running. In this case the player does not form a proper throwing position, rather, he prepares the ball for throwing quickly according to his running rhythm and then he executes the throwing motion by using dynamic shoulder and arm movements only.

The overarm shot is the basic shooting technique of back court players and is commonly used in all three back positions, particularly by the player who plays on the opposite side of the throwing arm.

CURVED SHOT

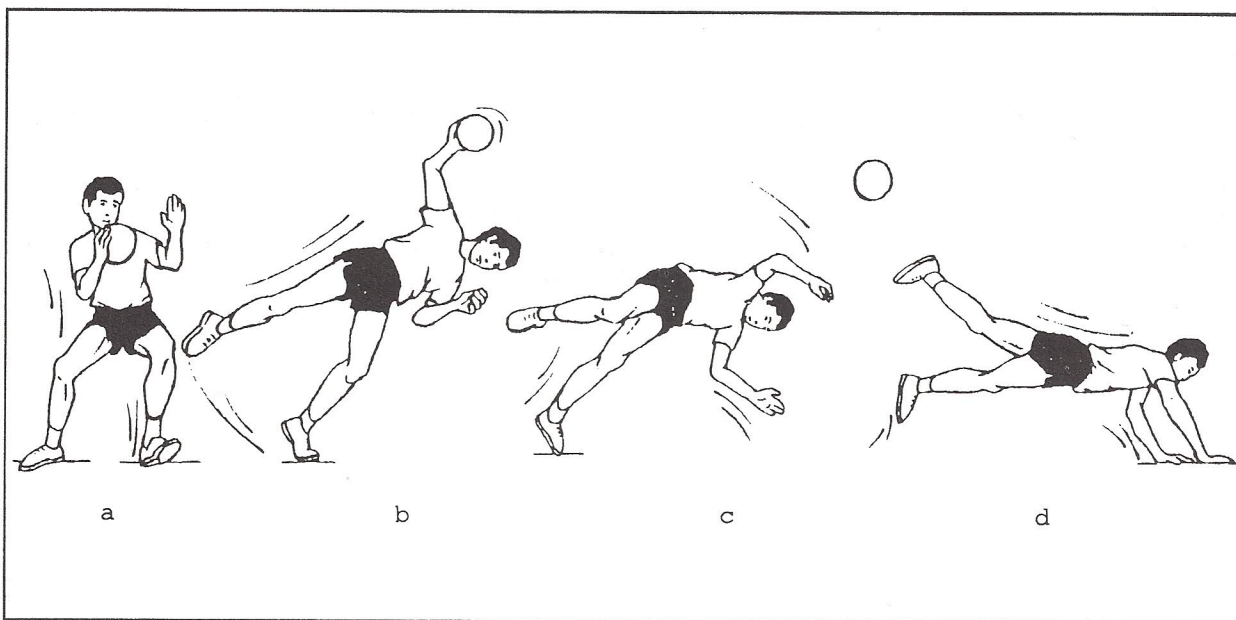
The curved shot has developed from the overarm shot for the sake of increasing the shooting radius when the player tries to evade the defender, by curving his body away from him to the opposite side of the throwing arm.

Although the implementation of this shot is technically harder because it demands a few special abilities, like the flexibility of the spine and hip joints, strong torso muscles and highly developed movement co-ordination, a good execution can greatly increase the player's scoring chance against a confronting defender.



The preparation of this technique, because of the longer path the throwing arm has to take, requires more time, giving the defender an opportunity to intervene. Therefore, while *building up impetus*, it is practical to fake into the opposite direction to temporarily occupy the defender and detain his intervention. In the last phase of building up impetus then, the player takes a long, flat, diagonal step forward with his left leg to move away from the defender and then as the torso turns back and curves over to the left, the left shoulder faces the throwing direction. Simultaneously, he *prepares the ball* into the throwing position behind and on the other side of the head with a semi-circular swing of the throwing arm (a).

By doing so, the *throwing position* is formed in which the player stands on his left leg in an unsteady position and his right leg, by being lifted up from the ground, helps to maintain balance and increase the shooting radius. The torso is nearly horizontal and turned back greatly while the left arm in front of the body helps to maintain balance. The throwing arm, according to the shooting height is, to a slighter or greater degree, bent and holds the ball on the same plane as the body (b).



The *throwing motion* starts with turning the hips into the shooting direction and as a consequence the throwing muscles become pre-stretched, forming a bow shape. The main power of the throw comes from the torso returning back and this is led by the elbow moving forward. The acceleration of the ball is secured by the turning down of the chest towards the ground and the forward movement of the throwing arm when after the twisting of the hips, they move in one line simultaneously. Giving the final accurate direction of the ball, the wrist has an important role which from the beginning, by moving forward and parallel to the ground, guides it towards the goal (c).

During the execution of the throw, losing balance commonly occurs. Therefore, *after shooting finishes* the player should be immediately ready to land safely. So he should strive to approach the ground in order to land safely with straight legs and torso and head up in a push-up position to take the impact of the fall on his bent arms (d).

The other form of curved shot has also developed where the player prepares the ball quickly in a short path into a throwing position to the other side of the head while only tipping over his torso with a slight backward turn. This form of execution is quick, takes less time, reduces the defender's chance to intervene and gives an opportunity for a surprise shot.

The curved shot is mainly used by back court players who play on the corresponding side of the throwing arm because during the execution of the curve, by increasing the shooting angle, the player can aim at a bigger surface of the goal.

