

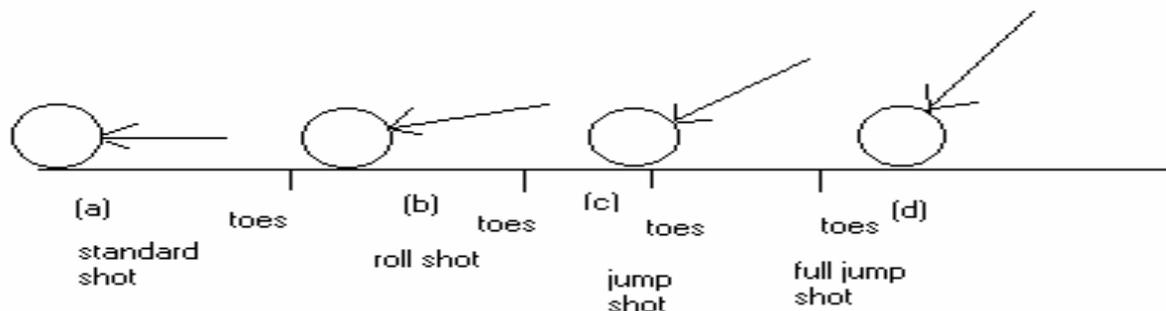
Jump Shots

To jump a ball, you need only hit your ball above center with a normal unforced swing. To achieve this, 1) place your hands about half-way down the mallet shaft, 2) move your ankles so they almost straddle the ball, and 3) hit in a diagonal direction through the ball and into the ground. Hitting at that eccentric angle will push the ball into the ground and the energy imparted into the ball will cause it to rebound off the ground and into the air. The further your hands are down the shaft and the closer your ankles are to the ball, the higher the arc of the jump. Lean forward and put your weight on the balls of your foot. This will help you hit at an angle.

Jump shots are easier to play when the lawns are hard, as the rebound effect is better. They are harder to play when the lawns have a soft, sand base.

Aim is also important. Jumping does no good when the ball doesn't go where you want it to go, like through the hoop! So you must also stalk the shot and take your practice swings over the ball to make sure you have the right aim. Also, because of the way you will be standing at impact, you won't be able to watch where the ball goes. That makes the aim even more important!

Foot Work for Jumps



- (a) shows a standard shot with the mallet head moving parallel to the ground at impact and the player's toes (feet) back behind the mallet to allow an unimpeded swing.
- (b) shows the roll shot, where the mallet is striking the ball just above the center before reaching the bottom of the swing and the feet are closer to the ball.
- (c) shows a line-drive jump shot, used for intermediate distance jumps shots.
- (d) shows the high-arc jump shot, where the ball goes high in the air. Use that shot for close or very far jump shots. For very far jumps, hit hard so the ball bounces once.

From the NZCC GC Coaching Set 2 prepared by Gordon Smith

When to Use a Jump Shot?

Jump shots can be used in many different ways:

1. The most common jump is over another ball in the jaws of the hoop in play. Remember an important rule: If a jump shot results in two balls scoring the same hoop, it is the ball closest to the hoop that gets the point, regardless of which ball runs the hoop first. That means if you do a jump shot and knock the ball in the jaws through the hoop, that ball/player gets credit for the hoop, not your ball.
2. You can jump over a ball that is blocking you from a shot on the hoop.
3. You can jump over a ball that is blocking you from clearing a ball in position to score.
4. You can jump over a ball that is blocking your approach set-up shot to the next hoop in order. Be careful. Getting a ball to jump forces you to hit it hard. If the next hoop is fairly close, you may go past the next hoop!
5. It is possible to run a hoop from a wide angle with a jump shot that hits high up the leg furthest away. The extra top spin imparted may pull the ball through the hoop. Also, the upper area of the hoop is usually wider than that on the ground.

Abusing Jump Shots

Many things can go wrong in a jump shot if it is played carelessly:

1. If the mallet hits the ground and causes court damage that will affect the travel of a ball over it, the shot is a fault. (It's not a fault if the ball causes the damage.)
2. If in following through the mallet strikes the ball a second time, before or after the ball has hit anything else, the shot is a double-tap fault.
3. If you try to hit the ball too hard, you may lose your angle at impact and simply hit a flat shot that gets no air. Try to use a normal, smooth swing and don't force it.
4. Aim is essential. If you focus so hard on getting the ball up in the air and you forget that you still must hit the ball through the wicket, you've got a problem.

Thanks to Gordon Smith

The Three Varieties of Jumps

1. Pop Fly.

So named by Ben Rothman, because this jump goes high up in the air but not far away. This is used for jumps around three feet from the hoop. For this, put your hands half-way down the mallet shaft. Your ankles should line up with your ball. Lean forward a lot, put your weight on the balls of your feet or toes. Imagining the ball is a clock, hit the ball at about 10:00 o'clock. For jumps a little longer than three feet, just hit the ball harder. You generally need at least one and a half feet of clearance away from the you are jumping over to do this.

2. Line Drive.

So named by Ben Rothman, because this jump doesn't go too high but goes much farther away from you. This is used for jumps four to nine feet away from the hoop, depending on your strength. You need to hit the ball on a lower trajectory to get it to travel farther. To do this, place your hands about one-third of the way down the shaft. Line up your ball even with your toes or just in front of them. Hit the ball at 9:00 o'clock. The further you are from the hoop, the harder you have to hit. It's still important to lean forward. You have to be careful if there is a ball close in front of your ball, as you will need more space for the ball to get fully air born and clear that other ball since your trajectory is lower.

3. Bouncing Jump.

This is used for jumps past ten feet. At a certain point, even the line drive will not travel far enough to clear a hoop. So you go back to the pop fly and simply hit the ball harder. The high arc will allow the ball to bounce once and have enough energy to clear a ball in the jaws. Do everything the same as in the pop fly, just hit the ball harder. Be careful not to hit too hard or else you will flatten your shot. Since you are hitting the ball hard, it is very important to lean forward through the shot. That will help you keep the angle of the mallet on contact. The key is aim. Do the stalking and casting and then just hit the ball. Have faith!