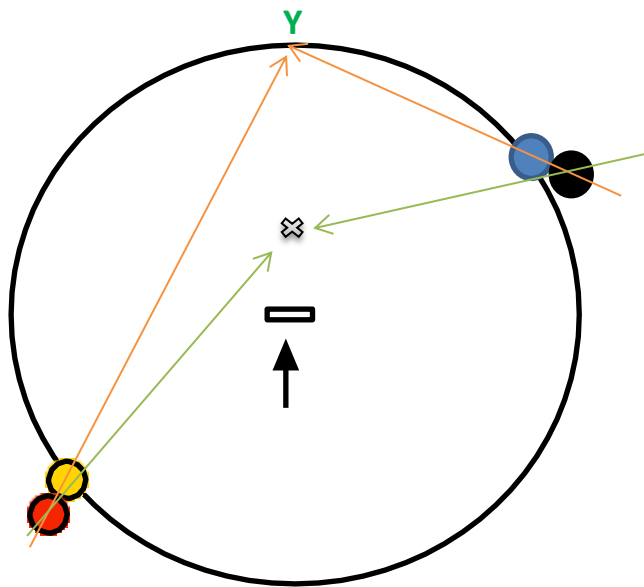


CIRCLE HOOP APPROACH

The Circle Hoop Approach allows players the ability to line up all hoop approaches using the same method. The stance and swing slightly different in that you stand closer to ball to send striker's ball further.



Y - directly behind hoop equal distance from yellow or blue ball. This is the line of centres (LOC)

X - $\frac{1}{3}$ of distance from hoop to point Y. This is the stalking and aiming point for line of swing (LOS)

Points to remember:

1. Distance from hoop
2. $\frac{1}{3}$ distance LOS
3. CLONK – different swing (stand further forward and hit down more steeply to send striker's ball further)

Practice from different distances and positions around the imaginary circle around the hoop.