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**FOOSBALL
FOR DUMMIES**

Foosball Detailed Guide: Part 1- Offense

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Introduction to Foosball

Offense

Everyone wants to score

Everyone knows that the best part of any game is to be on the offense and foosball is no exception. In the game of foosball, the offense allows the player to show off his or her strength, style, intelligence, as well as their ability to capitalize on opportunities. Like in any game, the more offensive weapons one has the greater the chance one has at overwhelming their opponent.

To most players, it is always nice to be able to do more than one shot. Whether or not multiple shots can be done very well, it is always better to be versatile when playing offense in the game of foosball. Being able to do more than one shot well allows one to take advantage of opportunities that are created by the defending goalie during the game.

For example, if a shooter uses a [push-kick](#) as a primary shot, and the defender has adjusted the defense to cover middle to long, thus leaving the short open, then the shooter may decide to shoot a short [push shot](#) instead of a [push-kick](#). This kind of offensive logic really frustrates most goalies. Mixing up your offensive attack by using multiple shots during a game is a very good approach to any offensive strategy.

Even if a player does decide to stay with just one shot, then versatility should still be a factor. For example, if a shooter uses a [rollover](#) as his primary weapon of choice, then the shooter needs to be able to shoot around the defense in multiple ways depending on what the defense is showing.

In the illustration above, you can see that the versatile nature of the rollover shot gives the shooter multiple ways to shoot around and score on the defense given. So whether you decide to just stay with just one shot or to go with multiple shots, being versatile is the very nature of the game of playing foosball offensively.

Some players can do several shots extremely well, but when it comes down to crunch time, they usually have *one shot that they count on*. In most tournaments, you will see only a few shots being used. This is mainly because of the high scoring percentage rate of the shot and its dependability. The most commonly used shots that have such characteristics are the [pull shot](#), [rollover](#), and the [push shot](#). Most players who can shoot these shots well usually have the confidence to use them when it comes down to a do-or-die situation.

1. The Push-Kick *Sometimes known as the "brush shot" or "push pop"*

The push-kick is one of the coolest shot used in the game of foosball. However, it is not as much of a high percentage shot like some others. I have seen people who use this shot as their primary weapon in their offensive arsenal. They are so good at this shot that they can hit "deadman" long, go short, slice, or even mix it in with a soft push. Still, as good as some of these players may be, the push kick is rarely used in a high-level foosball game like the rollover or the pull shot is. The shot is just too difficult to control comparatively, especially when the defense has the upper hand.

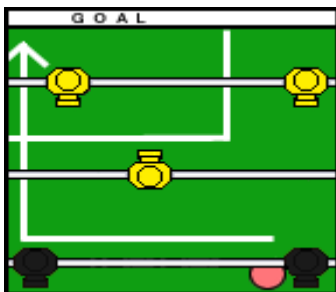
I found that most people will use a push-kick quickly rather than taking the time to set it up. In other words, using it as a *surprise shot*. Still, there are those who will set up the shot, spot a hole in the defense before shooting.

Through observation, the push-kick is a less popular shot to use for a high percentage shot by most players during tournaments. It might be because of the simple fact that the push-kick is a combination shot. Most players do prefer to do a more high-percentage shot like the [pull shot](#) and [rollover](#) when it comes down to crunch time. Nonetheless, there are those who are willing to use the push-kick as their ace shot and those people have my sincere admiration.

There are two traditional ways to do a combination shot. One way is away and the other is towards. A push-kick is what I call an "away" combo shot because the ball is moving away from the player attempting the shot and pushing the ball towards the second man which is usually the middle man. A [pull-kick](#) is what I call a "towards" combo shot because the ball is moving towards the player attempting the shot and pulling the ball to the second man which is usually the middle man.

Usually, the push-kick combination shot involves two of the front offensive 3-man rod. The middle man on the rod is usually the "receiving" man or rather the "contact" man. The man that hits the ball in the goal. The other man involved in the push-kick shot is the "passing" man, which usually is the man at the side of the 3-man bar.

I will begin by talking about the variations of the push-kick beginning with the long push-kick. A player who has mastered the skill of doing a push-kick can go long "deadman", split, or go short when the opportunity appears or when the situation calls for it. In other words, they can do whatever it takes to penetrate a defense using just a push-kick.



The "Deadman" long push-kick

The "Deadman" push-kick is where the shooter attempts to place the ball in the *extreme far corner* of the goal from where he has the ball set up at, which is closes to the wall near him. This is an extremely difficult shot except for someone who lives and dies by it.

The Percentage Scoring Ratio (PSR) is low for beginners and some novices, and is slightly increased by the experts. Even on a good day with everything working (like longs, shorts, and splits) the PSR may get only get as high as maybe 80-90%). This also depends greatly on how good the defending goalie is.

It takes a lot of power to do a "deadman" push-kick, especially from a stand-still, yet there are many who can do it with very little effort and with deadly accuracy. This shot requires a lot of practice to master, mainly because it has to be done with extreme accuracy. However, with a little understanding of how the shot is done and lots of practice then this shot can be mastered in a reasonable period of time. Now I will attempt to show you how to do a "deadman" push-kick.

1) Set-up

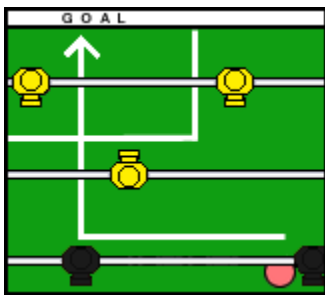
First, you want to set the ball up in front of the pushing (or passing) man. In so doing, you want the ball to be slightly or more to the *back*. Usually, the push kick. The greater the distance of the shot, the more to the back the ball should be. Remember when doing combo shots you do not want the ball to be too far forward or too far back, otherwise you may lose the ball.

2) Set target

Next, you want to determine the distance of the shot so that you do not *over shoot* the hole or *under shoot* and hit the defending men. Pick a location on the playing surface that is in front of the open hole and aim for it.

3) Shoot!

Finally, you push the ball to the middle man and from there the middle man does the shot. If everything goes well, when the middle man makes contact with the ball, the ball should be squarely in front of the man and directly under the rod or slightly forward. The ideal shot is a square (or 90 degree right angle) "deadman" push-kick like the one in the illustration above.

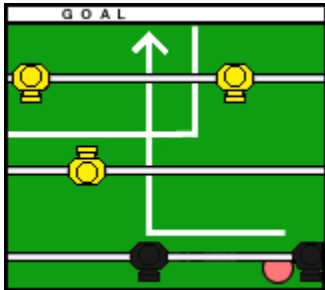


The Push-Kick split

The push-kick split is just as a difficult shot to do as the "deadman" push-kick. Generally, a split is not an easy thing to do when using any type of shot. Mainly because there is a tight hole between the defending men. Usually, the split is done with a *short stroke*, at a shorter distance than the "deadman",

and *quickly* before the goalie figures out what you are doing.

To do this type of shot you basically follow the same procedure on how to do a "deadman" long described above. Remember this type of shot requires a lot practice to master but it is a very effective shot to use. Also, if you are smok'n the goalie with your long and short push-kicks, he will attempt to split his men in order to shut down your offense. This is when you want to do a split. When you make it then the goalie is really in for a long night because now he is aware that you can go long, short, or split.



The Push-Kick short

The push-kick short is just the *opposite* of the "deadman" or push-kick long. Instead of hitting the far corner you want to hit the near corner. In most cases than not, a player will usually do a soft push shot from a push-kick setup. A lot of times a goalie will leave the short open hoping that you will not see it, so that they can block the long or split push-kick. Again, you must learn to *recognize* and then *capitalize* on the opportunity. In so doing, you will create havoc on the defense.

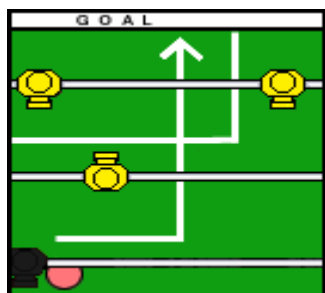
A good skillful push-kick shooter will know to mix up his or hers push-kick attack by going long, short, or even incorporating the [push shot](#) or a angle shot when the situation calls for it. For instance, a skillful push-kick shooter will keep pounding away with a deadman push-kick as long as it is there. But, when the goalie changes her defensive scheme to cover the long, then a skillful shooter will know to adjust and aim for the short or split that has opened up as a result of the goalie's attempt to cover the long.

2. The Pull Shot *A high percentage shot and easy to control*

The pull shot is probably the highest percentage scoring shot in the game of foosball, and the good thing is that it is the easiest shot to control and shoot next to the push shot. I call it a pull shot because when the defense is sitting in front of the ball, the shooter can then pull or move the ball around the defense and then deliver the ball into the open hole.

The pull shot is a very easy shot to do. You simply set the ball up right next to the right side of the middle man (or the intended shooting man). Once the ball is setup, pull or move the ball towards you, and then with a twist of the wrist you slap the ball in.

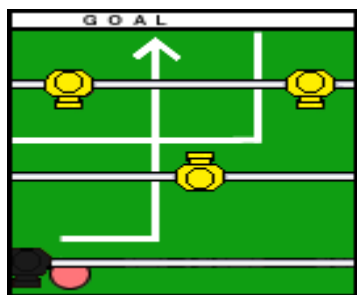
Most players prefer to have the ball slightly to the back instead of directly underneath the rod. Like the push-kick there are several ways to use the pull shot. You can go long "deadman", short, split, or go straight in. If a player is planning to use the pull shot as a primary weapon, then it is wise to be able to shoot it in various ways.



Pull shot "deadman" long

The pull shot long is where you want to shoot way around the defenders and hit the far corner.

Generally, when doing a long pull, you may want to have the ball slightly back. Remember *the greater the distance, the farther back you want the ball to be*. However, this is not a rule of the thumb. It is whatever you are most comfortable with that counts. I believe the position of the ball in the illustration above is ideal for a long pull, but as you master the pull shot you may or may not agree. I believe that when the ball is slightly back it works well for doing a "deadman"-square pull. Even though the pull shot is a fairly simple shot to do, to do a "dead-man" long requires a lot practice. When practicing this shot, set the goalie men up in a blocking position to block a "deadman" pull. Leave just enough room for the ball to pass squarely through, and then try making it consistently. It won't be easy.

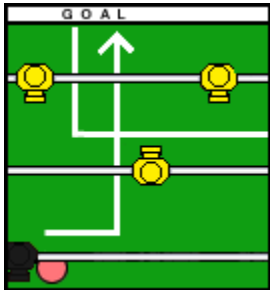


Pull Shot Split

A split pull is where the shooter splits the defense or goes between the defending men. Sometimes a goalie will start to spread out his men in hope to shut down the long pull. This is a good time to implement a split pull.

It only takes a *quick snap* and the ball is in; mainly because there's usually not much distance that the ball has to travel. You usually want to do it *quickly* before the goalie sees what you are up to.

When setting up for this shot, you would set it as if you were going to do a normal pull shot. You don't really need to have the ball position that far back, but I seen people who do prefer to have it that way.



Pull Shot short

A pull shot short is when you want to place the ball in the near corner of the pocket.

This shot is the exact opposite of the pull shot long. In many cases the goalie will knowingly or unknowingly leave the short open in hopes to shut down the pull shots going long or split. When this happens the opportunity to strike short is there.

The "short" can also be referred to as a "straight in". With a "straight-in" shot the ball is seldom moved from the setup position. The player will simply hit the ball with the middle man. Sometimes it appear that he or she is doing a pull shot, but in reality they will hit the ball straight in with the third man(or the far 3-bar man.)

1) Setting up and Setting Target

When doing this shot the ball should be set up in a pull shot position. Ideally, you want the ball to be directly under the rod or slightly to the back. Once the ball is set, check the defense and make sure that the hole is still there. If it is, don't waste anymore time and with a quick twist of the wrist just slap the ball in.

2) Decide on shot path

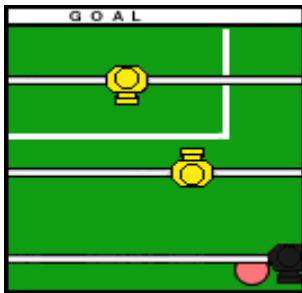
Ideally, you want to set the ball up so that you can go long, short, split or whatever. After you have the pull set and ready, check the defense over and look to see what is there. If the long is there, go long. If the split is there, split and if the short is there, go short.

Just hit whatever is there. If you can do that, then the defense should begin to crumble.

Compared to some of the other shots, the pull shot is an easy shot to master. Even more important, it is a very high percentage shot, and it is one of the most commonly used shots in foosball tournaments

today. One would do well to master this shot and to use it as an ace-in-the-hole shot.

3. The Push Shot *Another high percentage shot*

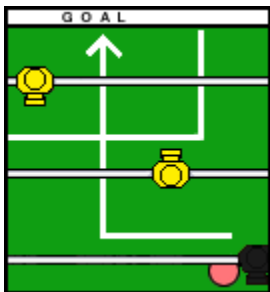


The Push Shot

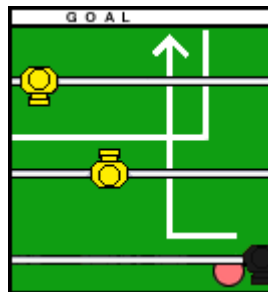
The push shot is a lot like the pull shot in that you are using only *one man* to move the ball in order to score. Where they differ is in the direction. As you should know by now, when doing a pull, you are moving the ball towards you with the ball setting on the right side of the man.

When doing the push shot you are moving the ball *away from you* or towards your opponent(s) with the ball setting on the left side of the man.

To do a push shot is relatively simple. You basically set the ball up just like you would a pull shot except the ball is going away from you and instead of the ball being on the right side of the man the ball is on the left side facing away from you. Unlike the pull shot where you are shooting towards the near corner of the pocket, the push shot shoots towards the far corner. Like the pull shot, you want to have the position of the ball slightly back. As far as shooting the ball goes, the same concepts that apply when shooting the pull apply here. (See [pull shot](#))



split push shot

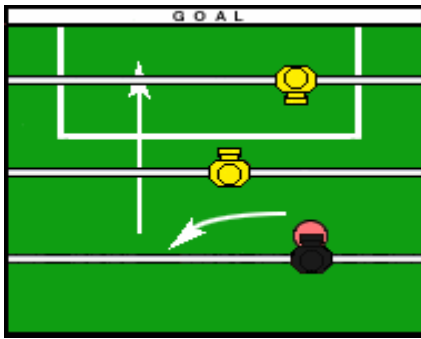


short push shot

Like most of the shots used, the push shot can go long, short, split, or straight in. All you need to do is set the ball up to do a push. Once the ball is set and ready, you should look over the defense to see what is open. To hit whatever is there every time will require a lot of practice, but once all the variations have been mastered, then you should be able to pick a defense a part.

The push is a high percentage scoring shot. It is very popular and used by many as a primary scoring weapon. And rightfully so, because when this shot has been mastered, it is as deadly as the deadly pull shot and the terrorizing rollover shot.

4. The Pin Shot *Sometimes known as the "toe shot" or "heel shot"*



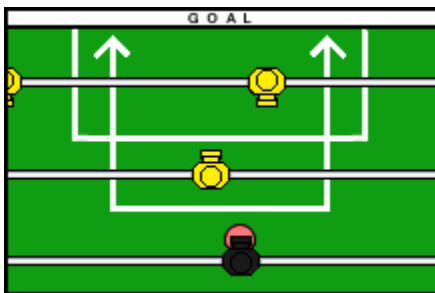
The Pin Shot

The pin shot or "toe" shot is one of the most exciting shots to see and do in the game of foosball. What makes this shot so cool is its *versatility*. This shot can be done with the ball pinned in the forward position (toe) or it can be done with the ball in a backward position (heel). You can do what I call a roundhouse pin shot, and you can even do combinations with the pin. It is from the pin shot that the wrist shot ([rollover shot](#)) evolved from.

One drawback to doing pin shots is that they are hard to control.

Slickness makes the ball travel faster but if the playing surface is too slick, then the degree of control decreases and the chance of turnovers increases. However, I have seen those who are so good with a pin shot that it is their primary weapon no matter what the playing surface is like. The control these players possess is amazing and I have seen them rip apart defenses.

Here are the the various types of pin shots that are commonly used.



Front Pin or "toe" Shot

To do a pin seems fairly simple but to some it can be a hard shot to do.

There are several ways to shoot from the front pin position, the illustration above indicates that there are (at least) two ways you can shoot from the front pin position.

STEP 1



1) Pin the ball in the forward position

The first thing you want to do is to set the ball up in the front pin position. Make sure that you are comfortable with the ball position and the degree of control. Pinning the ball may take some getting used to. There are a couple of ways to getting the ball into a pin shot position. One way, is to roll or move the ball around with the man until the ball is out from underneath the rod, and is at a safe distance to where to ball can be pinned. Another way, is to gently tap on the top of ball with feet of the man until the ball is at the desired location.

STEP 2

2) Look over the defense

After the ball is set and ready, look over the defense and look for openings in the defense. When you see an opening move the ball to that position and pop it in.

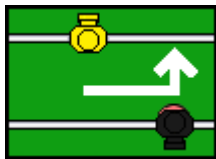
STEP 3



3) Move the ball away from the defense

Moving the ball in position is probably the hardest part. Basically, you move the ball in the direction you want to go to by applying a *little pressure to the top of the ball* with the feet of the man. Usually, the distance is not very far but sometimes it can be.

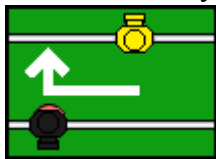
STEP 4



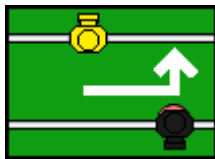
4) Hitting the ball after it is in position

After the ball has been moved to the shooting position, the ideal position of the ball should be directly under the rod or slightly forward. You do not want the ball to be behind the rod because you may jam the shot or lose the ball.

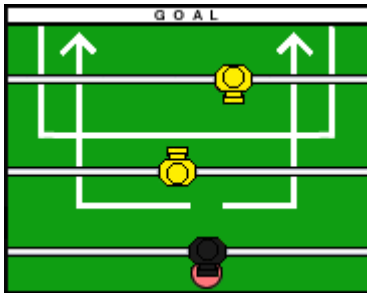
With one single motion, you are moving the ball around the defense in order to score. Unlike some of the other shots you have more than one direction in which you can shoot and score from.



away



towards



Back Pin

The back pin shot (heel shot) is very similar to the front pin shot except the ball is behind the rod instead of in the front. To do a back toe shot, you basically follow the same steps on how to do a front toe shot.

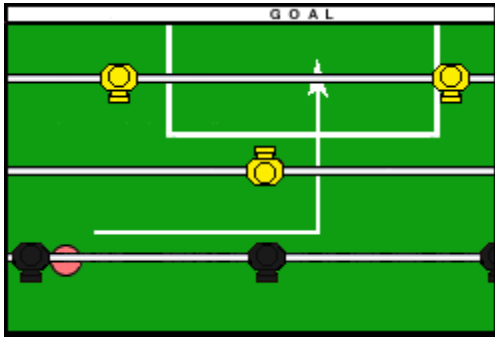
With the back pin or the front pin, the shooter can aim for the near or far corner of the goal. A skillful pin shooter will aim for what the defense has to offer. For instance, if the middle and the near corner is covered, then the shooter may choose to aim for the far corner. If the situation is reverse, then shooter may aim for the near corner.

If the shooter is facing a formidable goalie, one who is knowledgeable at blocking the pin shot, then the shooter may wish to mix it up with other variations. For instance, the shooter may go with a [reverse](#) or [roundhouse pin](#) shot instead of using a regular pin shot.

Though, you will rarely see pin shots used as a primary weapon in a high-level tournament match, it is still a very formidable weapon to use. Because of the versatility of the pin shot, a master pin shot shooter can tear apart most defenses. But, mastering the pin shot does not come easy. It takes a lot of time and practice to master all the variations of the pin shot.

5. The Pull-Kick *Sometimes known as a "brush shot"*

The pull-kick is another one of those shots that fall under the family of combination shots. This type of shot is just like a push-kick except the difference is that the ball is moving towards the shooter rather than away from the shooter. For that reason I call it the "pull-kick". Instead of pushing the ball to the middle man, you are pulling the ball.

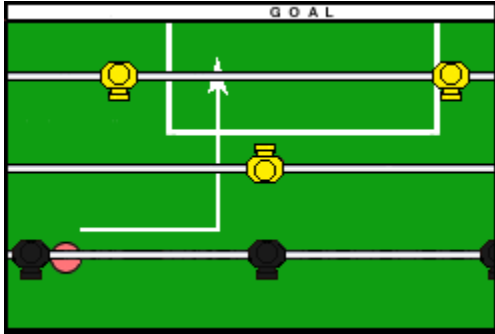


The pull-kick

For some reason, I have noticed that when players use the pull-kick, it is more spontaneous than planned. In other words, this shot is done while the ball is in motion. I have also noticed that when players do this shot, its target location is more random. In other words the shooter just hits the ball when they see a big hole. Whereas with a [push-kick](#), I have seen players who will set the ball, look over the defense, and then take what is there.

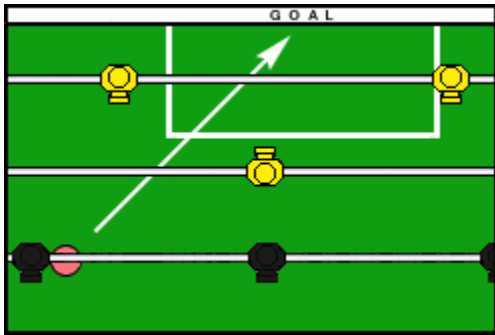
To do a pull-kick is very similar to a [push-kick](#). You basically apply the same methods that it takes to do a [push-kick](#). One major difference is that you are setting the ball up on the *far side of the table* (the opponent's side). Another difference is in the way you work your hand and wrist. With a push-kick, your hand is more on top of the rod (handle). With the pull-kick, your hand is more to the *side* or sometimes almost under the rod. Because of this, I believe, it is harder to control your aim. In other words, it is harder to hit the desire target. Of course, the way players do this type of shot, as well as any type of shot, may vary.

I have seen players who do use the pull-kick as their primary weapon. This usually means that they will take the time to set the shot up and scope out the defense. Some of the better shooters may be skilled enough to hit the smaller tighter holes, but the less skillful pull-kick shooter may mix it up with other shots rather than attempt to hit a smaller and tighter hole. For instance, after the shooter sets up the ball to do a pull-kick, he or she may scope out the defense and then decide to do an angle shot or a [pull shot](#) with the far man instead.



The pull-kick optional short pull

Depending on what the defense is showing, with the pull-kick, a shooter has the option to shoot a short pull shot, or the shooter may choose to do an angle shot instead.



The pull-kick optional angle shot

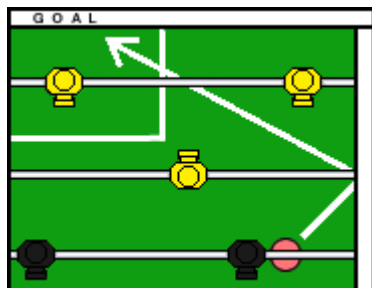
More often than not, most pull-kick shooters will initially look for the wide-open hole on the far corner from where the shot is set up at. If it is there, then they will take it. If not, then the shooter may use an angle shot or a short snappy pull shot instead.

Some shooters will maneuver and orbit the pushing man around the ball several times just before shooting the pull-kick. I'm assuming that they do this as a way of winding up for the shot. This is a dead give-away or sign telling a skilled goalie that the shot is about to come. Against a less skillful goalie, this kind of pre-shot ritual maneuver may mean nothing, but for a goalie who is looking for ways to gain the advantage, this is something he or she can use as a tell-tail sign of when the shot is about to come.

So avoid doing any kind of ritual maneuver just before doing a pull-kick or for any shot for that matter. In fact, make it a habit to always be as subtle as can be when doing any shot. The idea is to strike when the goalie is least expecting it.

6. The Bank Shot *A fun gadget shot*

The bank shot is one of the coolest added dimension to the game of foosball. The bank shot allows the wall and the man to become as one. A bank shot is done when a man hits the ball in such a way that the ball hits the wall and then goes into the goal. Normally, the bank shot is a low percentage shot, but I have seen players who consistently score with it.

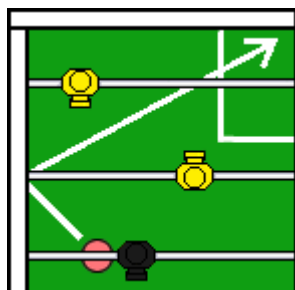


Bank Shot

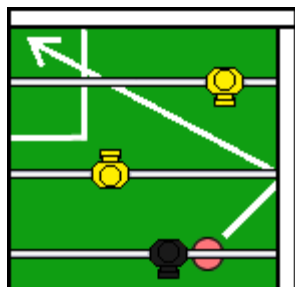
You may find this hard to believe, but bank shots can be attempted and completed from anywhere on the table. There is no limit to what you can do with bank shots.

There is one thing I have noticed over the years about bank shots, and that is their effectiveness. I have noticed that the smoother the playing surface is, the easier it is to do banks. For instance, doing banks on a Stryker table is much easier to do than on a Tornado, because the playing surface is a lot smoother. Therefore, bank shots are more effective and can have a greater role in one's arsenal of weapons.

To do a bank shot is relatively easy. You just set the ball up, hit on the side, and then watch it ricochet off the wall and go in. From the front position, players generally bank anywhere from an inch to about four inches away from either the near or far wall. Of course, you can bank from any position along the front 3-bar.

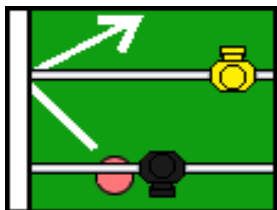


Far wall



Near wall

The ideal position to place the ball is slightly back or more depending on the table. Sometimes the ball can be placed in the forward position but that is a matter of preference. Most of the time the ball is in the back position.



Ideal position

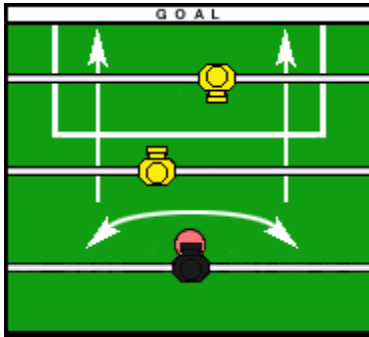
Bank shots done from the offensive front middle man can be a very effective weapon. Especially when mixed or used with a back pin.

Some tips to take

First, setup and do bank shots from the middle position. Then after a while the defender would see you setting up to what looks like another bank shot and shift his men to block it. This usually means leaving the opposite end of the pocket open. Take full advantage and bank the ball into the undefended part of the pocket.

Bank shots are mainly for show, yet it is a very affective shot in the hands of a skillful shooter. The bank shot is not a very high percentage shot so you will rarely see it used in a tournament as a primary shot. Still, it is a fun and effective shot to have in your little bag of tricks, and the good thing is that it is not a difficult shot to master.

7. The Rollover *Also referred to as the "snake shot"*



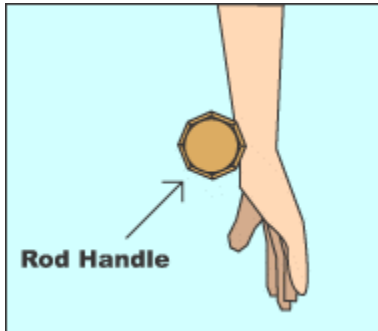
The Rollover Shot

The rollover is one of the most terrifying shots in the game of foosball. This shot literally terrifies most goalies, and this may be the sole reason why this shot is so popular among foosball players. Not only do a lot of players want to master this shot, but it has become one the primary weapon of choice in tournaments today.

One of the reasons why I thought this shot would eventually fade away was because of the degree of difficulty that is involved in doing the shot. The rollover is one of those shots that breaks away from the traditional manner at which a shot is executed by the shooter. What is unique about the rollover, is the manner at which the shooter is controlling the rod during the time the shot is being executed.

Unlike most shots where the shooter has his or her hand on the handle of the rod during the whole time the shot is being executed, the rollover is executed with the shooter's wrist controlling the rod and not the hand.

How to do the Snake



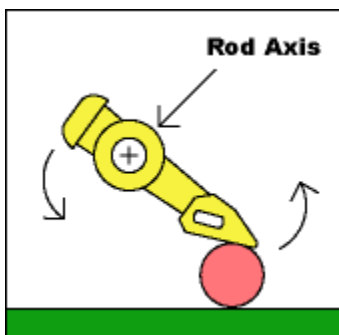
The rollover shot starts out with the wrist on the rod handle

1) Pin the ball

The concept behind this is to first pin the ball in a forward pinned position.

2) Position wrist at handle

Then, the shooter positions his wrist on the handle. Then, while applying pressure, the shooter moves his wrist upward along the handle which causes the rod handle to rotate and revolve around its axis in a counter clockwise direction. As a result of this, the man pinning the ball thus rotates around the rod axis as well.



The man pinning the ball rotates around the rod axis

If this is done correctly, the man pinning ball would have completed one complete revolution, thus in so doing, hitting the ball forward and hopefully scoring to conclude the shot.

Now, I will attempt to explain in greater detail how the rollover is done.

STEP 1



1) Pin the ball in the forward position

The first thing you want to do is to set the ball up in a front pin position. Make sure that you are comfortable with the ball position and the degree of control. To some, getting the ball to a pin position may be the most challenging part. There are a couple of ways to getting the ball into a [pin shot](#) position. One way, is to roll or move the ball around with the man until the ball is out from underneath the rod, and is at a safe distance to where to ball can be pinned. Another way, is to gently tap on the top of ball with the feet of the man until the ball is at a desirable location.

STEP 2

2) wrist positioning

After the ball is set and ready, position your wrist along the handle of the rod. To what degree and location along the rod you may wish to place your wrist, is totally up to you. What matters, is what is ever comfortable to you in order to make the shot score.



The rollover shot starts out with the wrist on the rod handle instead of your hand

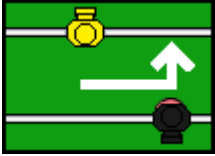
As you progress with this shot, you will determine how and where to use your wrist in order to execute the shot the way you want.

STEP 3

3) Look over the defense

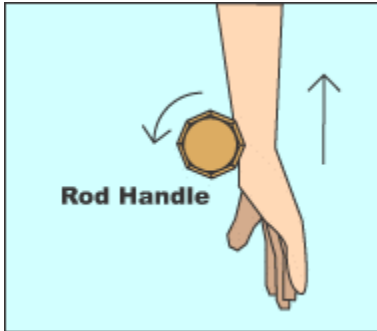
After the ball is set and ready, look over the defense and see what is there. When you see an opening and confident with your degree of control, then you should be ready to execute the shot.

STEP 4



4) Hitting the ball after it is in position

In order to hit the ball in, you raise your wrist upward along the handle of the rod. You keep doing this until your *hand catches the handle*. The upward motion of the wrist causes the rod handle to simultaneously turn counter clockwise around the rod axis which eventually hits the ball after the revolution has been completed. This process is usually done in one *quick powerful motion*.



The rollover shot starts with the wrist coming upward along the rod handle

This process ends with the rod handle in the palm of your hand. This will also end the revolution of the man around the rod axis.

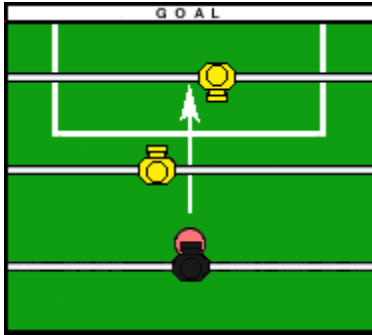


The shot ends once the handle is in the palm of the hand

Which direction you may want to shoot the ball will affect how you go about executing the shot. If you decide to just hit the ball straight in at its current location, then the only mechanics being done is just rotating the man one revolution around the axis of the rod and hitting the ball forward. On the other hand, if you decide to move the ball to a different location for whatever reason, then you will have to move the ball and then hit the ball, all in one single move.

Hitting the ball straight in

If you do decide to just hit the ball straight in, then the only mechanics being done is just rotating the man one revolution around the axis of the rod and hitting the ball forward. This is very easily done once the ball is pinned and your wrist is properly positioned against the handle of the rod. The only drawback is that most of the time the defense is set up directly in front of the ball.

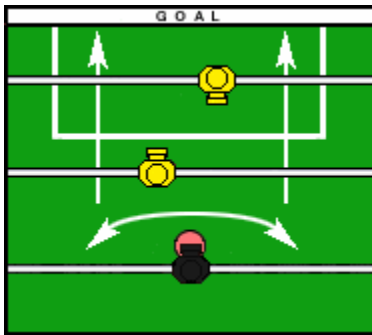


Straight-in rollover

If the defense is set up in front of where you have the ball pinned, then you will most likely want to move the ball and shoot at a different location.

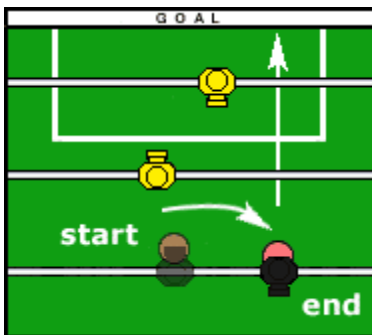
Moving and hitting the ball

If you decide to move the ball to a different location for whatever reason, then you will have move and hit the ball, all in one single move.



Moving the ball to shoot around the defense

When moving and shooting a rollover, more mechanics need to be factored in. With your wrist firmly pressed against the handle of the rod, you now have to *move the ball gently* and *rotate* the man one revolution at the same time in one single motion.



shoot around rollover

With one single motion, you are moving the ball around the defense in order to score. A good shooter can shoot away and towards, as well as straight in. A good shooter can easily move the ball to another location while rotating the man.

As you might imagine, this shot takes a lot of practice to master. I would suggest, first practice hitting the ball straight in. If you have your own table, then just practice for a long time hitting the ball straight in until you get comfortable with the shot.

Once you are at a point where you feel comfortable and confident with your ability to do a straight-in rollover, then you should practice moving the ball and hitting it. This part of the rollover is perhaps the hardest part. It may take you a long time before you are able to control the ball well enough to move and hit it in one single motion.

Finally, when you do get to a point where you have mastered the art of doing a moving rollover, then you should master shooting the ball in various ways. Though this shot may not be as versatile as its cousin the [pin shot](#), it still has enough variations to make it a lethal weapon. Most of the time, the rollover is done with the ball starting out in a forward pinned position. Once the ball is set, the shooter usually has the option to either go straight in, towards, or away. If you use this approach, then the defense will always be guessing where you will go next. The more variations you can do with this shot, the harder it will be for the goalie to stop you.

Bibliography

Adapted from DasFoosmater: <http://dasfoosmaster.com/>