

Coaching GC Extra Strokes **by Stephen Custance-Baker**

When to use an extra stroke

A defensive extra stroke is one that stops the opponent getting an immediate hoop but does not increase your chance and may simply delay losing the hoop.

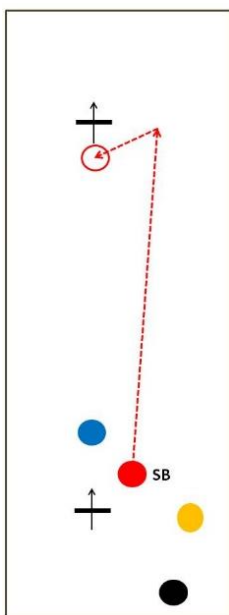
An attacking extra stroke is one that greatly increases the chance that your side will win the hoop. If you get the chance to use several early in the game to get a good lead then it is worth it, but don't be concerned if the opponent gets some hoops as well. Remember that it doesn't matter how many hoops your opponent scores, as long as you get 7.

A major consideration is the number of extra strokes available. This doesn't mean that you can afford to waste them, just that you can use 1 out of 8 available in a situation when you wouldn't use 1 out of 2 available. In general, a defensive extra stroke is of limited value. If you clear the opponent from in front of a hoop without setting up your own ball, or your partner's, then the opponent will simply return to the hoop-running position. At best you have given yourself a 50% chance of getting the hoop.

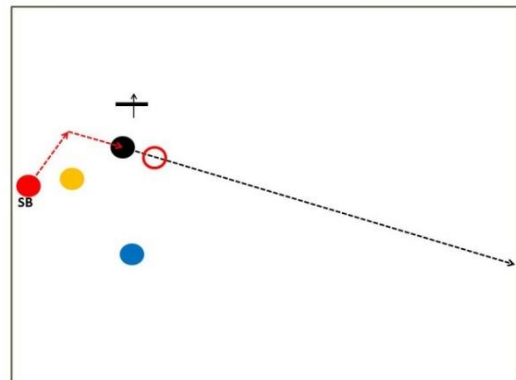
The exception is when the opponent is leading, and you have plenty of extra strokes available. For example, if your opponent has scored 6 you should use any available extra strokes to stop the opponent getting the next hoop or they will be wasted. Also, if time is running out you should use them to ensure that the scores are at least equal when the timer goes. (It is good practice to carry your own stop-watch so that you are always aware of the time remaining.)

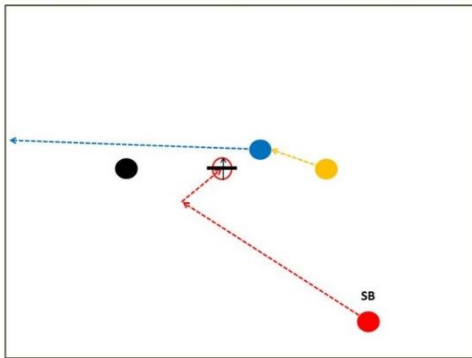
Examples of attacking extra strokes are:

When you are first to a long hoop, set up an easy hoop run.



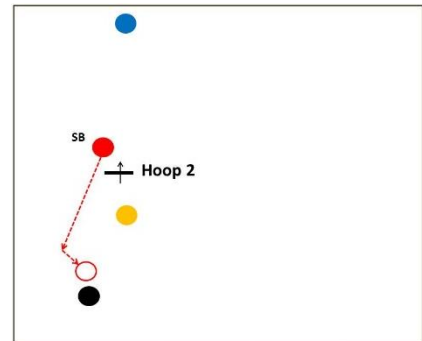
Clear the opponent
and remain in
position.





Jaws the ball without danger of being cleared.

Set up a close block to protect your partner's hoop-running position.



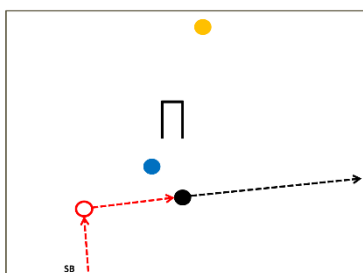
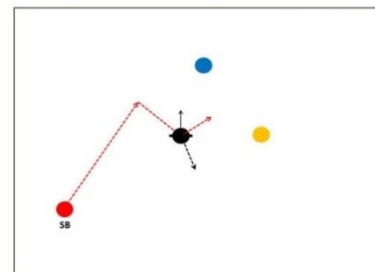
Wasting extra strokes

There are many ways to waste an extra stroke, some being in the design of the turn itself, some in the choice or quality of shot played and some because of an oversight.

Ways of wasting an extra stroke include:

- 1 Saving an Extra Stroke for the 13th hoop and losing 5-7.
- 2 Losing a game with unused extra strokes because you lost track of the time.
- 3 Trying to improve a hoop-running position and over-running the hoop.
- 4 Trying to jaws a ball and going through the hoop.
- 5 Putting a second ball near the hoop when your first has a good chance of running it.
- 6 Peeling your partner through a hoop. (Hoops don't count for your side with an extra stroke.)
- 7 Insufficient clearance

Knocking the opponent back through the hoop by only a small distance, so that it can probably run it anyway. If the setup shot is out of position, change your plan and don't use the extra stroke.

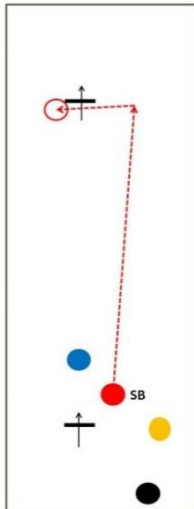
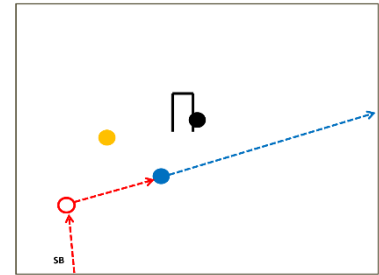


8 Pointless clearance

Clearing an opponent when their other ball is in a hoop-running position and your partner can't clear it.

9 Oversight

Clearing an opponent when there was a good chance of your partner doing it without using an extra stroke.



10 Poor shot

Attempting to lay up too close to a hoop and over-running the approach.