

NETBALL

SESSION 4 - SHOOTING

- **Shooting Goals**

Goal shooting is a very important skill for a netball team. If you play as either a goal shooter or a goal attack, then you need to be able to score regularly and consistently. The best way to do this is to practice shooting. Remember “perfect practice makes perfect”. There is no point practicing a bad technique, or you simply won’t improve.



Resources:

[Size 5 netball](#)

[Kmart freestanding netball ring](#)

[Rebound Net](#)



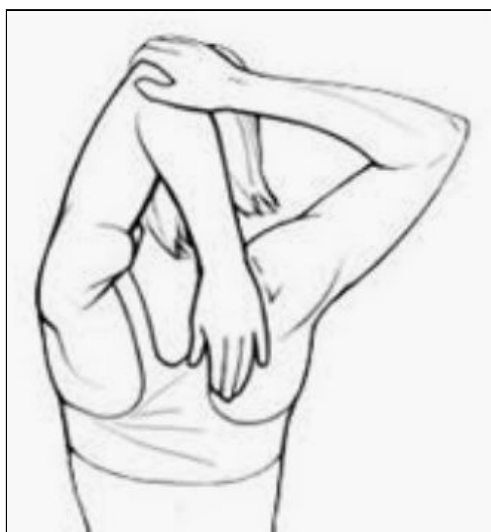
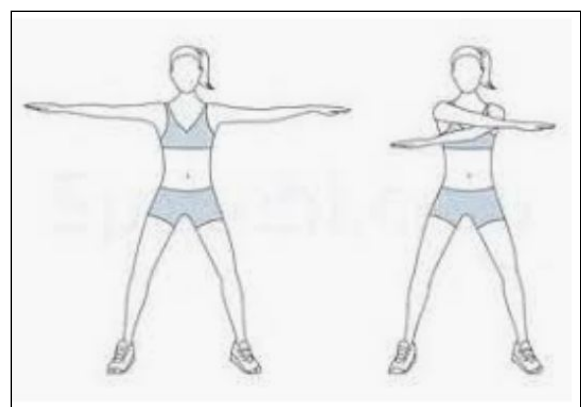
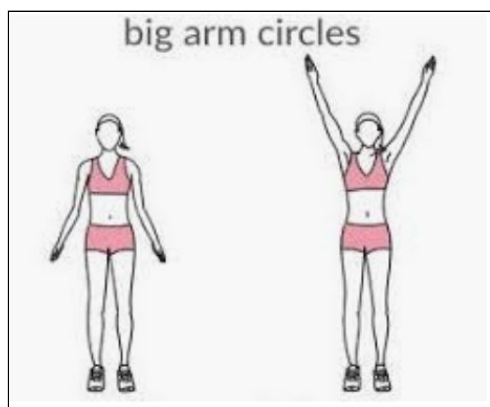
During each session to keep hydrated and at the end of each session include a warm down & stretches

WARM UP

Purpose: To switch on the brain for activity and to prepare the body for movement. Before performing any drills or skills ensure you do a warm up

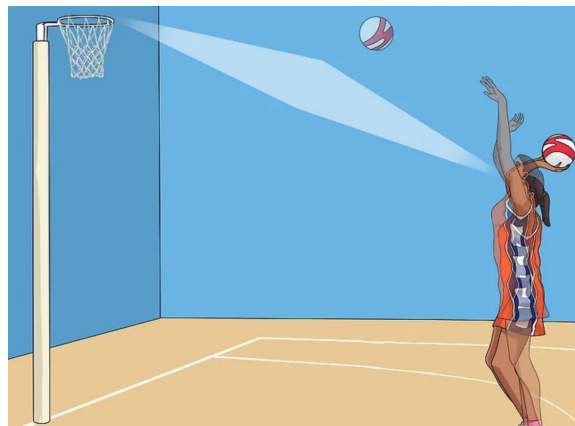
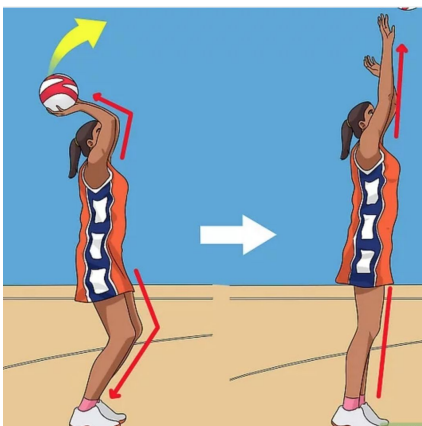
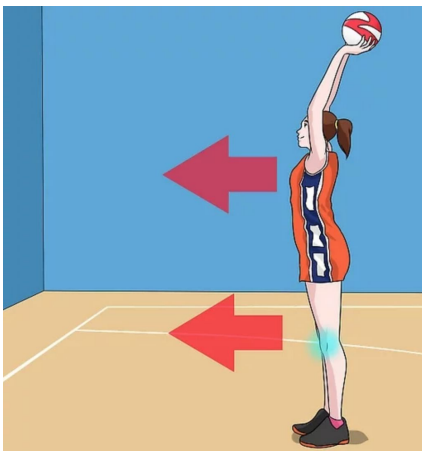
- JOG ON THE SPOT FOR 30 SECONDS
- JOG FORWARDS AND BACKWARDS (Approx. 5 Metres)
- REPEAT THE ABOVE X 5 SETS
- BUTT FLICKS - FORWARDS AND BACKWARDS X 5 SETS
- HIGH KNEES FORWARD AND BACKWARD X 5 SETS
- WALKING LUNGE - Walking lunge forwards by taking a large step forwards and dropping back knee down to just off the floor • Keep trunk upright and tuck buttocks under to stretch through front of thigh • Hold two seconds, repeat opposite leg

ARM WARM UP & STRETCHES



SHOOTING TECHNIQUE

1. The ball is held high above the head
2. Keep your feet shoulder width apart
3. Point your hips, feet and elbows towards the goal post
4. Arms are extended with the shooting arm reasonably straight and close to the ear
5. The opposite hand is placed lightly on the side of the ball to steady it
6. The shot is a high arm release action
7. Bend your elbows and knees, then straighten elbows and knees
8. Flick the ball with your wrist



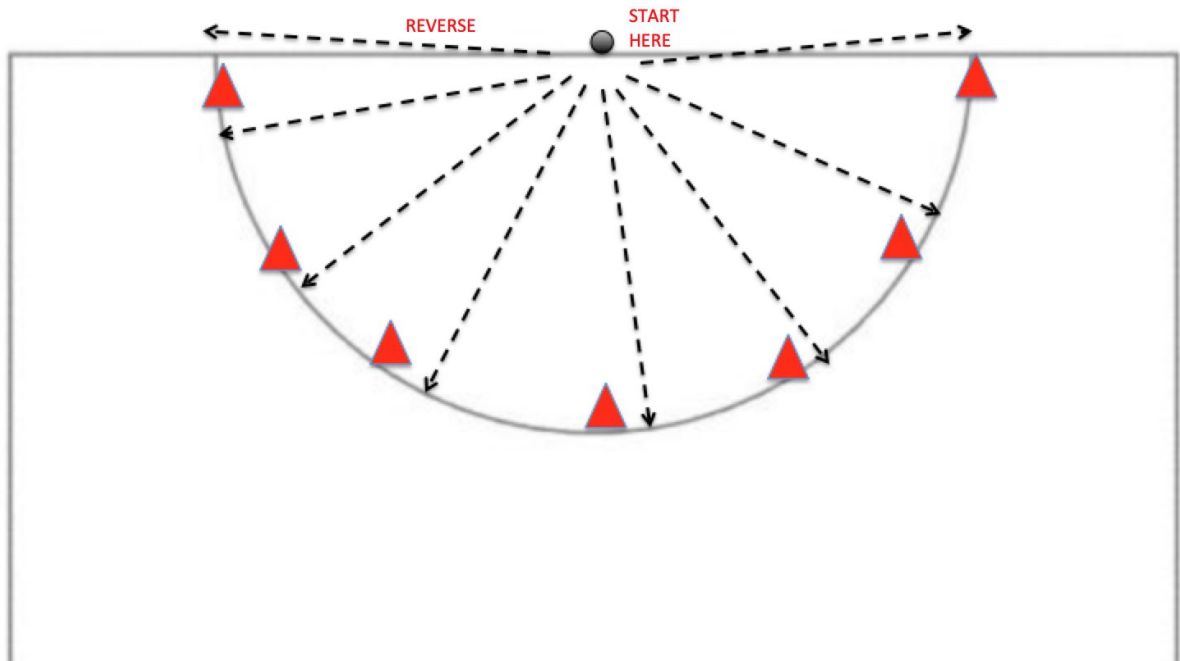
[Netball Australia Shooting Technique](#)

[Netball Australia shooting Technique](#)

SHOOTING MOVEMENT & DRILLS

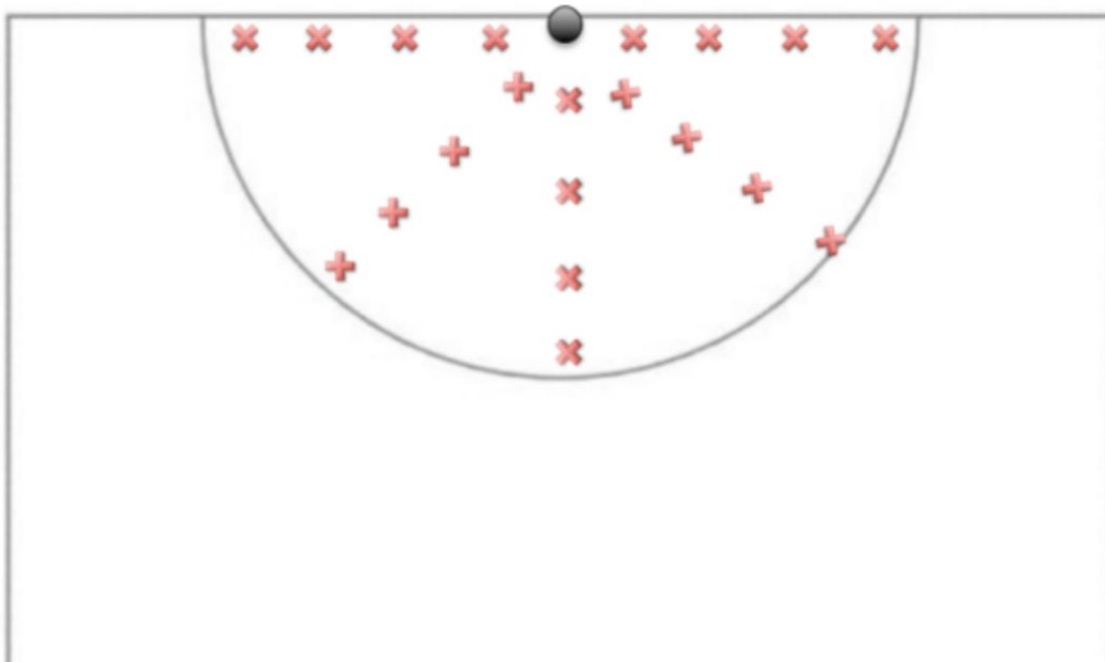
MOVEMENT

- Draw a semi circle with chalk, with the post in the middle
- Set up cones or draw crosses around the edge of the circle
- No ball required
- Start at the post and drive around the cone and back to the post land on two feet and practice the shooting technique (no ball)
- Repeat around all cones
- Work the drill anti clockwise back to start



POINTS CHALLENGE

- Place cones or draw crosses as shown
- 1st cross 5 points
- 2nd cross 10 points
- 3rd cross 15 points
- 4th cross 20 points
- Start closest to the post and work your way back



[Click here for Shooting Drills](#)

[Click here for Shooting Drills](#)

WARM DOWN - STRETCH

- Light jog
- Leg swings
- Stretch

