

Shooting Activities

Equipment Needed

- x1 netball
- Goalpost
- Marker cones (or equivalent)

Shooters – Enjoy shooting goals every day. Spend your time practicing your technique, concentration, and your accuracy.

Select a **CARD** to complete at each session.

Warm Up

- x3 jog 15m, flicking ball back and fore in fingertip
- x5 squats
- x5 jump squats
- x10 each direction - arm circles, forwards/backwards
- Leg stretches
- 10 groove shot (under post – 1 hand)
- 5 close

CARD 1

- 10 Shots close to the post
- 50 Shots halfway
- 5 Semicircles with 10 shots per circle
- 20 Shots halfway
- 3 Lines of 5 (to 2/3 distance)
- 10 In a row close to halfway range

CARD 2

- 10 Shots close to the post
- 3 Lines of 5 shots
- 50 Shots anywhere
- 30 Play ball to self, catch, turn, balance and shoot
- 10 Step in, balance, shoot – on left and right foot
- 20 Take pass in stationary position, turn, balance, shoot
- 10 Step back, balance, shoot. – left and right

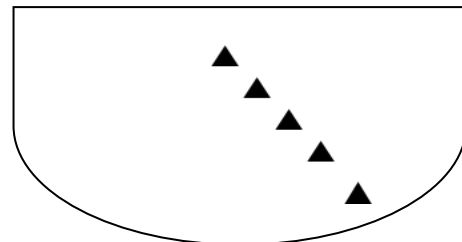
CARD 3

- 20 Take pass in stationary position, turn, balance, shoot
- 10 Lob passes from holding position, balance, shoot
- 10 Bounce passes and shoot
- 10 Start outside circle run in to receive pass, balance and shoot
- 10 Take pass in stationary position, turn balance, shoot
- 10 Start at post, sprint to edge and back receive ball and shoot
- Make four leads and receive the ball each time. On fourth turn and shoot. Lead to the post on fourth.

CARD 4

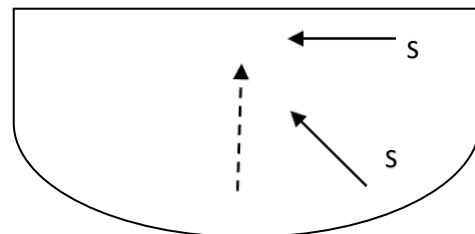
Line of 5

- 1 shot close, step back
- 1 shot, step back
- Continue for 5 shots
- 1 shot step in
- 1 shot step in
- Continue for 5 shots
- Repeat at other side



Straight lead

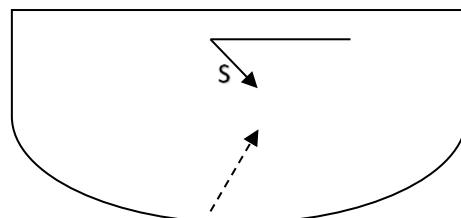
- 5 each side
- Shoot after each drive



T

Drive and pop open

- 5 each side
- Shoot after pop

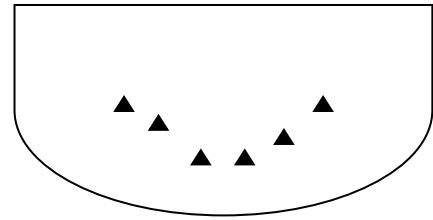


T

CARD 5

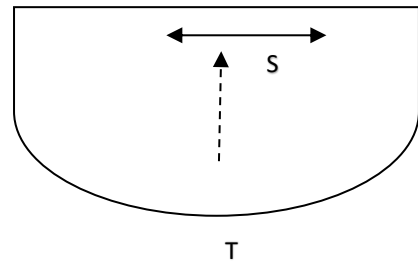
Arc of 6 shots

- 1 shot close near baseline, step across
- 1 shot step across.
- Continue around in an arc for 5 shots.
- Return to start with 5 shots.



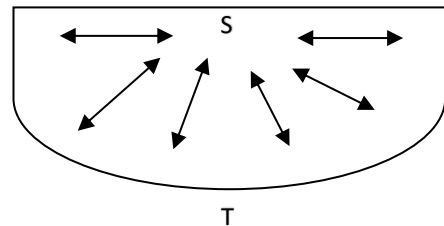
Drive out and back to post

- 5 each side
- Shoot at every effort



Combine above 2 movements

- Top 2 passes are lobs
- Shoot at every effort



Dodge and drive

- 5 each side
- Shoot at every effort

