

Week 7: Shooting

Objective:

To continue to assist the development of accurate and confident shooting technique.

Coaching Points

- Ball is held above the head in the dominant hand, the other hand supports the ball
- Stand tall with feet shoulder-width apart
- Eyes looking at the goal
- Dominant arm by ear
- Elbows and knees bend to set up shot
- Hand drops while arm (shoulder to elbow) remains in position
- Straighten body in a sequential movement - legs then arm and hand
- Follow through with hands/wrist

Errors

- Ball held and released at chest height
- Feet too close together
- Eyes looking at ball not goal
- Two hands behind the ball
- Not enough knee bend
- Movement not sequential
- No follow through
- Non-dominant hand used in shot

Equipment

- One ball between two
- Cones/spots etc
- Goalposts

Eyes looking at the goal



Ball above the head



Straighten body in a sequential movement

Shooting continued

Begin with the NetballSmart Dynamic Warm-up.

Elevens

No. of players: 2 equal-sized groups

Area: Goal third

Equipment: 1 ball per group

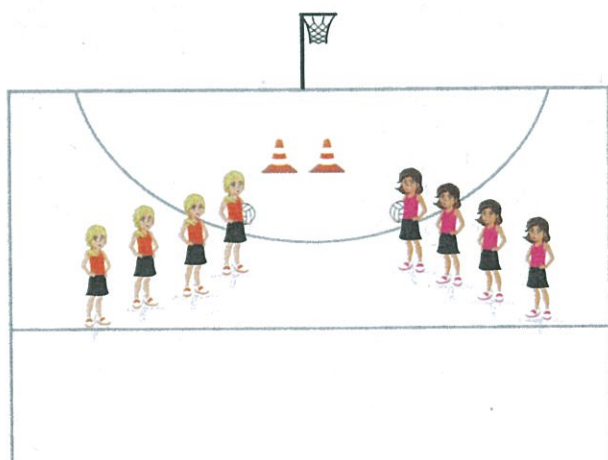
Aim:

To be the first group to accumulate 11 points, scoring 2 points if your first shot is successful or 1 point if you catch the rebound before it hits the ground and then shoot a successful shot.

- Players in the group take turns to attempt a shot at goal.
- If the player is able to catch the rebound before it touches the ground, the player takes a second shot.
- The winners are the first group to accumulate 11 points.

Scoring:

- Successful shot = 2 points
- Catch rebound on the full and shot successful = 1 point



Sixes

No. of players: In pairs

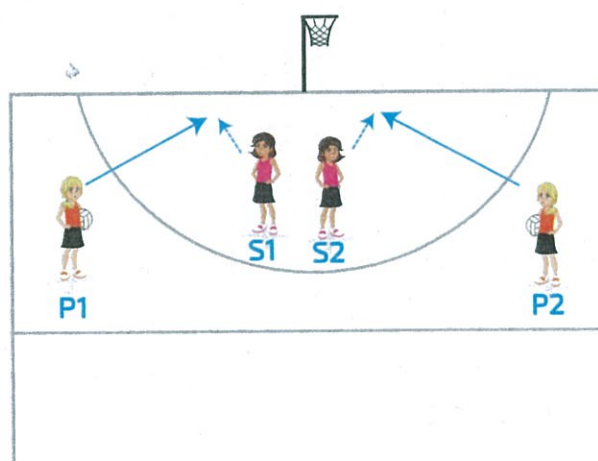
Area: Goal third

Equipment: 1 ball per 2

Aim:

To try and score six shots before the other pairs do.

- The shooter, 'S', starts at the goal circle edge.
- They receive a pass from 'P', pivots and attempts a shot at goal.
- 'S' collects their own rebound and passes back to 'P'.
- 'S' then runs out of the goal circle to receive a pass from 'P'.
- Swapping roles, the new 'S' now runs into the goal circle and repeats the activity.
- Continue the activity to see which is the first pair to score six successful shots at goal.



Shooting continued

Threes

No. of players: 2 groups of 3

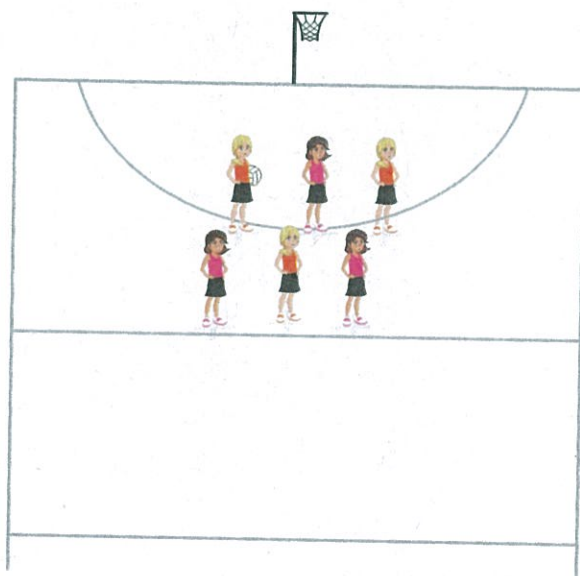
Area: Goal third

Equipment: 1 ball

Aim:

To maintain possession of the ball long enough to allow all players to score a goal.

- Paper, Scissors, Rock to start.
- The group in possession of the ball are on attack.
- Players pass the ball between each other until all have achieved a successful shot at goal.
- When an intercept, rebound gained or error occurs groups swap roles.



Numbers Netball

No. of players: In groups of 8-10

Area: Half of a third of the Netball court

Equipment: 2 balls and 1 goal per group

Aim:

To run in to pick up a ball and pass to your team-mates towards the goal and then have a shot.

- Groups line up as indicated on the diagram below.
- The coach calls a number, e.g. "four", and the two numbered players (one from each team) run to pick up a ball the coach has dropped in the playing area.
- The players will pass to their team-mates, who remain in their line, until the player is close enough to attempt a shot at goal.
- After the shot, the ball goes back to the coach and another number is called.

