

# NETBALL TASMANIA

## GOALIE HOME PROGRAM

WEEK BEGINNING 27<sup>th</sup> April 2020



## **GOALIE HOME PROGRAM**

1. Shoot 20 as a warm up – 2/3 distance and inwards
2. Lines of 3 x 5 – must be 5 successful shots before moving to next line
3. Shoot 10 clear shots (does not touch ring) – 1/3 way out
4. 5 shots (2/3 distance) – must be successful
5. Shoot 10 straight – time how long it takes. Mix up areas. Don't always shoot close
6. 10 step ins – record how many attempts it takes
7. Shoot 10 clear shots – (does not touch ring) – mix up spots
8. Shoot 20 shots & work on high ball release
9. Shoot 5 perfect shots – finish when you are happy with the shot