

# NETBALL TASMANIA

## GOALIE HOME PROGRAM #2

WEEK BEGINNING 11<sup>th</sup> May 2020



## **GOALIE HOME PROGRAM**

1. 10 one hand only shots within 1 metre
2. 20 reductions (start at 20 and take a shot, if it goes in go to 19, if you miss go to 21. Keep shooting until you reach 0. Ensure that you take some short, medium and longer shots.
3. 20 step back (5 on left foot, 5 on right foot, repeat off both feet)
4. 20 step in (5 on left foot, 5 on right foot, repeat off both feet)
5. 20 step to side (5 on left foot, 5 on right foot, repeat off both feet)
6. 3 out of 3 in a row (close,  $\frac{1}{2}$  way,  $\frac{3}{4}$  way) complete 4 different lines around the circle
7. 10 successful under the post
8. 15 throw to ball to self, take and turn to post and shoot  $\frac{1}{2}$  way
9. 15 drop ball, pick after it bounces and shoot, 5 each at (close,  $\frac{1}{2}$  way and  $\frac{2}{3}$  distance)
10. 10 clear shots (does not touch the ring)

Finish when you are happy with your shot