

NETBALL TASMANIA

GOALIE HOME PROGRAM #3

WEEK BEGINNING 25th May 2020



GOALIE HOME PROGRAM

1. Shoot 30 as a warm up – under post – Focus on follow through of middle and pointer finger
2. 20 shots 1/ 2 way and close to post (count & record successful attempts)
3. 20 step ins - 1/ 2 way and out “Miss one – 10 pushups / sit ups penalty
4. 20 take & turn – ½ way and close to post
5. 6 Lines of 4 successive successful shots
6. 10 successful shots – 3/4 way out (record how many attempts)
7. 10 spots – 3 shots from each spot (record successful shots)
8. Shoot 20 falling out of court (10 x Left side / 10 x Right side)
9. Shoot 10 shots – edge of circle (record successful shots)
10. Shoot 5 perfect shots

Finish when you are happy with your shot