

# NETBALL TASMANIA

## GOALIE HOME PROGRAM #4

WEEK BEGINNING 8<sup>th</sup> June 2020



## **GOALIE HOME PROGRAM**

1. Warm Up  
20 one handed shots – close to post  
20 anywhere in circle  
(Focus on follow through of middle and pointer finger)
2. 30 goals – Reduction down to 0 with penalty (5 push ups/10 sit ups each missed shot)
3. 3 lines of 7 shots (do not move until shot is successful)
4. 30 shots under the post: vary the speed of your shot
5. 20 step left
6. 20 step right
7. 20 lay ups
8. 3 lines of 3 consecutive shots (Short/Medium/Long)
9. 20 Medium/Long Shot

Finish when you are happy with your shot