

Shooting Activities

Equipment Needed

Netball Hoop

Ball

Cones/ Dots

Activity 5 and 6 will require a teammate

Warm Up

- x3 jog 15m, flicking ball back and fore in fingertip
- x5 squats
- x5 jump squats
- x10 each direction - arm circles, forwards/backwards
- Leg stretches
- 10 shots (under post – 1 hand)
- 5 shots close
- 5 shots long distance

Activity 1

- 10 Shots close to the post
- 50 Shots halfway
- 5 Semicircles with 10 shots per circle
- 20 Shots halfway
- 3 Lines of 5 (to 2/3 distance)
- 10 In a row close to halfway range

Activity 2

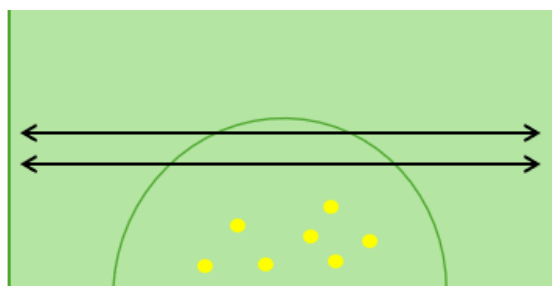
- 10 Shots close to the post
- 3 Line of 5 shots
- 50 shot anywhere
- 30 Play ball to self, catch, turn, balance and shoot
- 10 Step in, balance, shoot – on left and right foot
- 20 Take pass in stationary position, turn, balance, shoot
- 10 step back, balance, shoot. – left right foot

Activity 3

- 20 Take pass in stationary position, turn, balance, shoot
- 10 Lob passes from holding position, balance, shoot
- 10 Bounce passes and shoot
- 10 Start outside circle run in to receive pass, balance and shoot
- 10 Take pass in stationary position, turn balance, shoot
- 10 Start at post, sprint to edge and back receive ball and shoot
- Make four leads and receive the ball each time. On fourth turn and shoot. Lead to the post on fourth.

Activity 4

- Shoot at each dot
- Each miss run from sideline to sideline
- Once you achieve the shoot move to the next dot
- Repeat 5 times

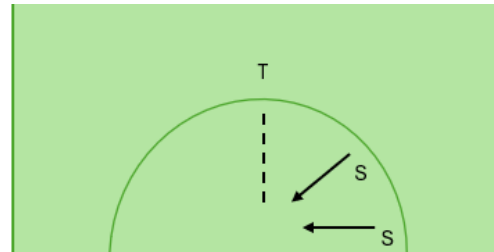


Activity 5

- 10 shots close, step back
- 10 shots out, step back
- Continue for both left and right
- 10 shots close, step in
- 10 shots out, step in
- Continue for both left and right

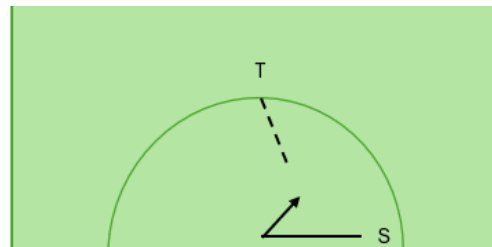
Straight lead

- 5 each side
- Shoot after each drive



Drive and pop open

- 5 each side
- Shoot after pop

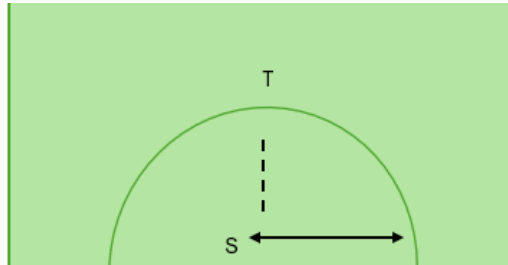


Activity 6

- 1 shot close near baseline, step across
- Continue around in an arc for 5 shots at each step
- Continue left and right foot

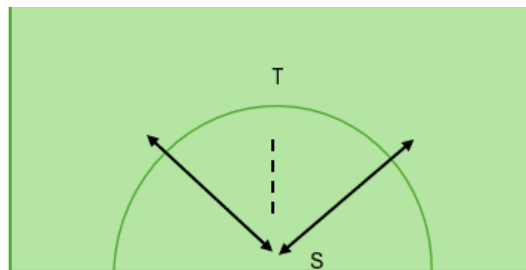
Drive out and back to post

- 5 each side
- Shoot at every effort



Drive and Drop

- 5 each side
- Drive out, drop back to post
- Shoot at every effort



Dodge and drive

- 5 each side
- Shoot at every effort

