



The Basics Part 2

Eleven Minutes • Footwork with Eight of Your Best Friends • Homework Kit •
Shoot the Lights Out • The Golden Drill • Yo-Yo

WRITTEN AND PRESENTED BY HIGH PERFORMANCE COACHES

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Additional Series 2 Documents

- GBU_S2 - BALL CARDS
- GBU_S2 - SHOOTING BIOMECHANICS CHECKLIST
- GBU_S2 - SHOOTING CARDS
- GBU_S2 - SHOOTING CHART
- GBU_S2 - SHOOTING AGILITY CARDS



This program is proudly endorsed by the netball governing bodies in Western Australia, South Australia and New South Wales.

LIST OF ABBREVIATIONS

Player Positions

GS	Goal Shooter
GA	Goal Attack
WA	Wing Attack
C	Centre
WD	Wing Defence
GD	Goal Defence
GK	Goal Keeper

Court Areas

C1/3	Centre Third
CC	Centre Circle
CE	Circle Edge
G1/3	Goal Third
GC	Goal Circle
GL	Goal Line
SL	Side Line
TL	Transverse Line

Player Movements / Actions

COD	Change of Direction
COP	Change of Pace
HOP	Hands Over Pressure
OSLP	Outside Land & Pivot

Plays

BLTI	Back Line Thrown In
CP	Centre Pass
GLTI	Goal Line Thrown In
SLTI	Side Line Thrown In
1:1	1 on 1 defence (2:1 etc)

LEGEND TO DIAGRAMS

COURT LINES & AREAS

———— Court Lines - - - - - Imaginary Area Indicators

PLAYERS & OBJECTS

A **Attacking Player** GS **Player with Position Assigned**
D **Defending Player** ▲ **Cone**

PLAYER MOVEMENTS

→ **First Phase** → **Third Phase** → **Fifth Phase**
→ **Second Phase** → **Fourth Phase** → **Sixth phase**

BALL MOVEMENT

 Player in possession of ball to commence drill or phase 1
- - - - - ➔ **Ball movement** (Arrowheads indicates pass direction and point at which possession occurs)

Section 1

Eleven Minutes

Make the greatest impact!

COACHES ROLE

- No particular recipe for what is right or wrong.
- Every coach will always have their own style.
- Maximize the 'small period' of time you have to positively influence, to the best of your ability, the performance of both the individual athletes and the team.

YOUR TIME

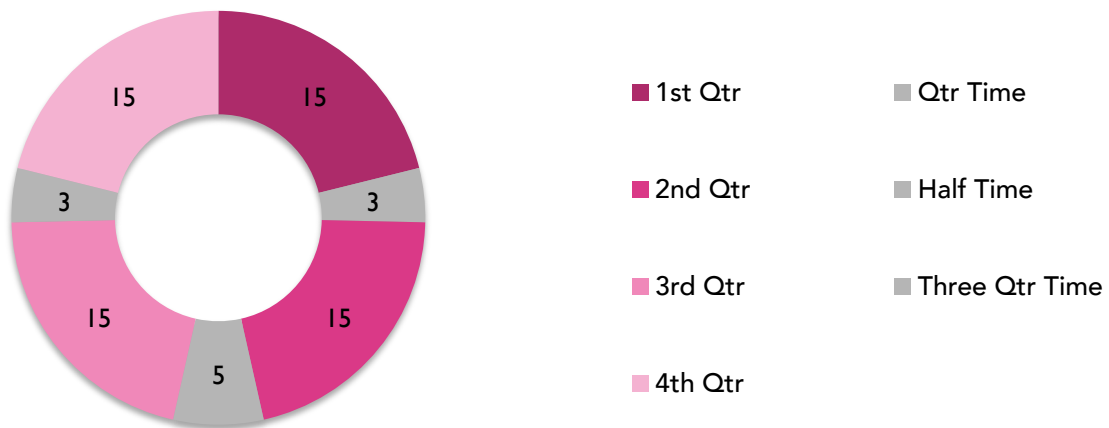
Pre-game	During	Post
<ul style="list-style-type: none">• Team Meeting• Warm-up	<ul style="list-style-type: none">• Quarter Time• Half Time• Three-quarter Time• Injury Time	<ul style="list-style-type: none">• Debrief

CONTROLLABLES

In Your Control	Somewhat in Your Control	Out of Your Control
<ul style="list-style-type: none"> • Your own preparation • Determining the game plan • Positioning your players • Team changes • Feedback 	<ul style="list-style-type: none"> • Individual performance • Team performance • The result 	<ul style="list-style-type: none"> • The umpires • Injury • Opposition changes • The weather • The crowd

ELEVEN MINUTES

HOW MUCH TIME SHOULD YOU USE?



ANSWER: 3 minutes

Pre-established

- Organisation of your team on the bench
- Role of your bench during and at quarter time.
- Managers duties: drinks, towels, team changes.
- Assistant Coach role: Individual specifics.
- Understanding of the statistics to be taken.
- Other e.g. game plan, opposition specifics.

Quarter Time - 3 minutes

Propose

- Allow athletes to "switch off"
- Allow athletes to rehydrate
- Establish control and mood of the environment
- Time your "input"

To consider

- Injury concerns - process
- Team changes – process
- Umpire approach, if necessary
- Positive or constructive to begin
- Unit feedback - What works? What needs to change?
- Statistics (if appropriate)
- Evaluation of game plan
- Opposition specifics

Your input

- To set, change or continue the temperament of the team.
- Reinforce game plan or changes.

Half Time - 5 minutes

Propose

- Allow athletes to “switch off”
- Allow athletes to rehydrate
- Establish control and mood of the environment
- Time your “input”

To Consider

- Injury concerns - process
- Team changes – process
- Umpire approach, if necessary
- Positive or constructive to begin
- Individual feedback - What works? What needs to change?
- Unit feedback - What works? What needs to change?
- Statistics (if appropriate)
- Evaluation of game plan

Your input

- To set, change or continue the temperament of the team.
- Reinforce game plan or changes.
- You may highlight certain statistics, positive or negative, to reinforce the game plan.

Three Quarter Time - 3 minutes

Propose

- Allow athletes to "switch off"
- Allow athletes to rehydrate
- Establish control and mood of the environment
- Time your "input"

To consider

- Injury concerns - process
- Team changes – process
- Umpire approach (if necessary)
- Positive or constructive to begin
- Individual or Unit feedback – decision to be made as for what will have the greatest impact
- Statistics (if appropriate)
- Evaluation of game plan
- Opposition specifics

Your input

- To set, change or continue the temperament of the team.
- Reinforce game plan or changes.
- Be mindful of being too result orientated at this point.

Injury Time

Content

- Reinforce the team
- Discussion of momentum
- Individual or Unit feedback – decision to be made as for what will have the greatest impact at that particular moment
- Reinforce specifics from break
- Team changes
- Management of injured athlete

Points

- Use your injury time carefully, all or not?
- Once bib has been removed from the injured player and is put on replacement players, umpires can signal to recommence game.
- Manager duties: Drinks, towels, team changes.
- Assistant coach role: Back up.

Example – AFL Football Coach

I'm often asked *"What do I say for 5 minutes during a break?"* My simple response is *"You are better off saying nothing until the last 30 seconds"*. A coach who falls into the trap of addressing players for 5 minutes straight will run the risk of delivering a large amount of information for little reward, in that the players will not be able to retain the information provided.

Let's look at what a player hopes to achieve during a break:

- Mental release from 30 minutes of concentration
- Rehydration
- Attend to injury
- Equipment
- Personal reflection (especially at a junior level when players look for praise from Mum and Dad, team mates)

If a player has any of the above foremost in their mind, they will not be concentrating on the coach's message. It is best to allow players to have their time to switch off and attend to individual needs before asking for total concentration.

Let's look at a structure that will help provide the best outcome for the players and the coach in regards to what all want to achieve at the break. In order to do this I encourage coaches to breakdown the 5 minutes into segments:

- **Siren - 2 minutes**
Players are asked to jog to huddle to maximize time, rehydrate, seek medical attention, change of equipment (boots etc) and most importantly switch off mentally from the requirements of concentrating. This may be extended to 4 minutes for junior teams, as coaches use this time for team management, 1 on 1 instruction or positional changes.
- **2 minutes - 4 minutes**
Small group discussions with line coaches (or senior players). This may also include seeking medical attention as the group can move to that player. Player reflection and review of structure would form a large part of this discussion e.g. What didn't work well and how can improvement occur? Continual rehydration and an increase in attentiveness would also be prevalent.
- **4 minutes - 5 minutes**
Coaches addresses player with full attention. May include brief reflection through individual questioning of players before providing specific instruction that all players can easily retain.

GENERAL COACHING POINTS

Attack

- Drive hard onto ball, don't stop to catch
- Change of direction after 5 steps
- Look down court
- Timing
- Eyes on the game

Defence

- Deny attackers lead
- Contest the ball
- Hands over pressure (HOP)
- Close off the next space

Throwing

- See defender
- Read the space
- Know the pass
- Use a variety of passes
- Use baulk to shift defender
- Have touch on the pass

Catching

- Keep your eyes on the ball into your hands
- Have strong hands on the ball

Footwork

- Explosive and definite landing. Outside land and pivot, look down the court.

Centre Pass

- WA and GA work out who is on and other get onto phase 2, next connection to GC.

Defensive Centre Pass

- WA & GA must defend all the way to defensive transverse line.
- Communication between WD and C. i.e. "Switch".

Rebounds

- Defend, block then rebound strongly with two hands – outlet and backup.

LAST THOUGHTS

- Know your players.
- Know your team.
- Know your plan.
- Keep it simple and precise.
- Don't talk for the sake of talking.
- Have a positive influence on the game.

Section 2

Footwork with Eight of Your Best Friends

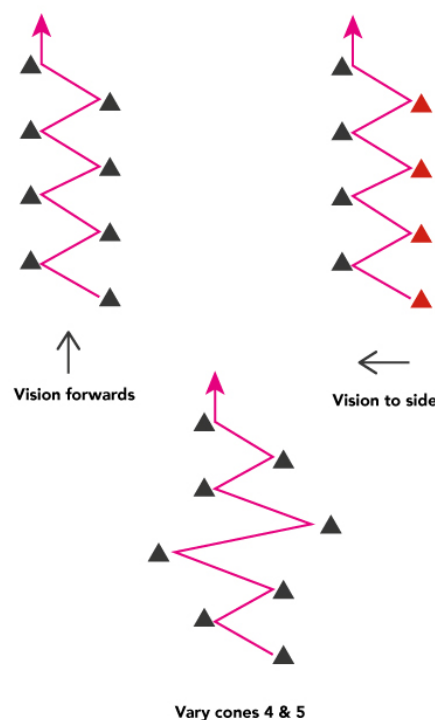
As much as most athletes despise the sight of markers/cones because they signify hard work, the fact is that they are an absolute non-negotiable when it comes to developing footwork and agility in netballers. Whilst there are infinite possibilities when it comes to determining how to use the markers, the following drills (whilst relatively simple to do) are very effective and should be used when developing basic footwork.

Key Coaching Points

- Begin with comfortable stance, feet shoulder width apart.
- Weight evenly distributed, knees and hips bent slightly.
- Body upright with head & eyes watching the play.
- Take off using your leading leg (leading left – left leg).
- Ground outside foot at marker, knees bend as centre of gravity is lowered.
- Weight quickly transfers back to inside foot as knees and hips rotate slightly to head in new direction.

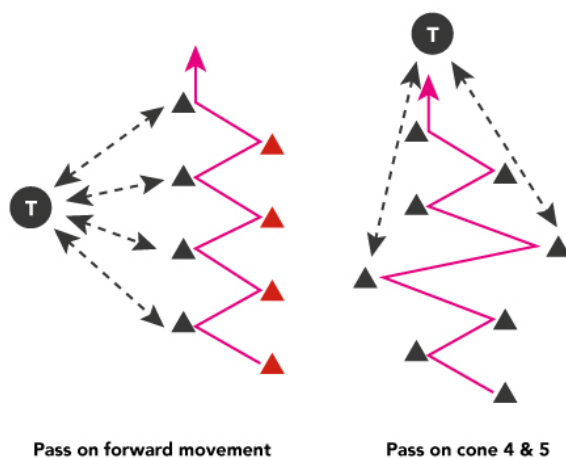
Options

- Create patterns using forwards, backwards, side steps, slide/back.
- Work facing forwards, or to a side.
- Change cone colours – forwards on red, backwards on black.
- Change pattern.
- Change distance.
- Vary cones 4 & 5 or 4 & 7.
- Shorten cones 2 & 3, 5 & 6.
- Work cones both directions.



Extension

- Add thrower.
 - Pass on forward movements or backward movements.
 - Vary cones 4 & 5 or 4 & 7 with pass on specific cones e.g. high ball on 4 / loose ball on 5, 4 & 7 with focus on outside leg.
 - Change the position of the thrower.
- Call change of movement.
- Races
 - Set up two identical stations.



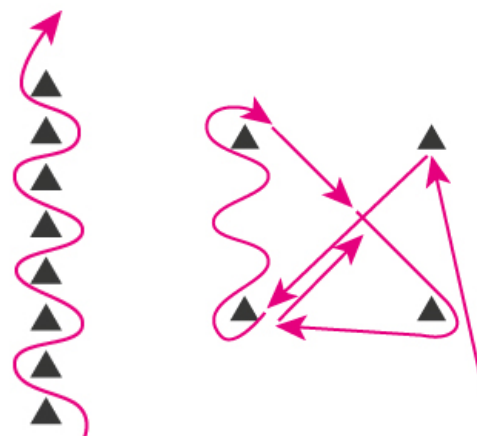
Variations

Set up a straight line of cones

- One step / Two steps
- Jumps
- Hops
- Weaving around cones

Set 4 cones up

- Various patterns with 6 to 8 efforts



Section 3

Homework Kit

BALL HANDLING SKILLS

REFER TO: GBU_S2 - BALL CARDS

The most basic skills in netball involve catching and passing the ball. It is critical in all activities, drills and games that the thrower understands they are the most important person on the court at that moment as they have possession of the ball and their team is in control of the game.

The “best placed” ball is delivered to the attackers “non-defended” side of the body. See the defender read the space and know the pass. For quick well timed play the ball needs to be placed on extension so the attacker can run onto the ball and quickly move into a pivot and then onto to next phase of play. Players need to have the ability to “thread the needle” with pinpoint accuracy, this requires great touch on the pass and be able to deliver a variety of passes from various positions for all situations on court.

Passing isn’t just about the ball in the hand; a player needs to be able to have good hip angle and foot placement. Often coaches will critique the worker in an activity, however, it is often the thrower’s error, due to poor body stance. A coach often misses what the thrower is doing because they are standing beside the thrower whilst observing the activity; therefore miss the throwers preparation, action and follow through only seeing the outcome (the attacker struggles to catch or the defender intercepts).

The Four Phases to Execute a Quality Pass!

1. Preparation phase

- Correct grip and position of the ball.
- Positioning – feet, hips, head (appropriate weight distribution).

2. Execution phase

- Smooth transition.
- Core body control maintained e.g. trunk, head position.
- Force/power applied at appropriate time.
- Ball controlled throughout the movement (touch on the pass).
- Efficient use of energy.

3. Completion (follow-through) phase

- Correct follow-through with hands, torso, hips and feet when passing.
- Action results in accurate delivery of the ball to the target, in time as intended.

4. Movement outcome phase

- After execution thrower regains position in readiness for next action – what next?

TIP: Do not allow your players to be neighborhood passers!

What is a neighborhood pass?

Well, it's a pass that's in the neighborhood i.e. It didn't hit your shooter perfectly, but it's in the neighborhood! Don't accept this. Good passers that can "see the defender, read the space and know the pass" will improve your team's accuracy.

Section 4

Shoot the Lights Out

DEVELOP A GREAT SHOT

SHOOTING BIOMECHANICS

REFER TO: GBU_S2 - SHOOTING BIOMECHANICS CHECKLIST

Why are These Biomechanics Important?

Why is your stance important?

This is where the alignment of your shot begins. Your feet determine your base and the rest of your body follows. Consistently getting your feet aligned properly can boost your shooting percentage. Your hips, torso, arms and head are all affected by the position of your feet. Your feet and legs also help you establish balance and provide the power for the shot; the upper body provides the touch on the shot.

Why should you locate the target early?

It's very important to locate your target early and keep your eyes on the target/ring. This will help you develop a higher shooting percentage. By locating your target early, your brain has more time to subconsciously measure the distance and focus your body on the goal of making the shot.

Why is the shot pocket important?

This is the starting position before the motion of the shot, get the ball to the shot pocket early and try and catch a defender out with an obstruction infringement. Try and get the ball into the shot pocket as soon as you catch the ball. This will give you the opportunity to shoot 1, 2 or 3 second shots.

Why is the grip important?

Your grip has a direct effect on the trajectory of the ball to the ring. If your hands aren't positioned properly, the ball can veer off to either side. To get a consistent straight flight of the ball to the ring you need a proper grip.

Why is your balance hand important?

A common mistake players make when shooting is how to use the balance hand. Your balance hand can literally destroy your shot by influencing the ball by a few centimeters in either direction. It is important to get the balance hand on the side of the ball before commencing the "down one" action. You only want two variables in the shot "down one – up two". Too many shooters have the support hand hovering at the side of the ball and then add it to the shot somewhere in the action. This adds a third variable for something to go wrong.

Why is the follow through so important?

Your delivery and follow through, directly affects the alignment and arc of the shot. It's absolutely critical for you to shoot the ball straight. To do this, you need the ball, your arm, and your hand to form a straight line to the ring. On follow-through your hand, middle and index finger and arm should form a straight line to the ring. A good follow-through solves lots of shooting problems.

FINAL TIP FOR SHOOTERS TO BE GREAT

Don't let your centre courters throw "neighborhood passes". What's a neighborhood pass you ask? Well, it's a pass that's in the neighborhood. It didn't hit your shooter perfectly, but it's in the area.

Good passers that can 'see the defender, read the space and know the pass' will improve your shooters accuracy.

200 shots every day = creating muscle memory.

CONSISTENCY (TRAINING MUSCLE MEMORY)

As a chosen shooter for your team you have the responsibility of finishing off in the attack line with a goal for the team. It's not good enough to be a 100% at 2/2 or take a lot of the shot and shoot 8/20; your team needs 18/20 and above.

To be a consistent shooter you need to develop consistent biomechanics of the shot. To be blunt, a lot of shooters in general do not approach the task of shooting technique and training with dedicated commitment to become a great shooter against all confrontations of the game.

When you front the ring pre-training or pre-game do so with a focus; don't waste your time by flinging up shots and chatting to someone else. This is your time to get your shot in the groove/rhythm **and always start close to the post (.5m) for a minimum of 30 shots.** (Read the last line and you will know why, if you don't already).

Think about the components of your shot. Each and every step must be consistent and done the same way:

- Your feet must be lined up and in the same position every time. This will help the alignment of your shot.
- Your "shot pocket" or starting position and the grip on the ball should be the same every time. Generally speaking, the ball should be held above the head in a tall stance but comfortable and relaxed in the shoulders.
- If you vary the position of the ball in your "shot pocket", you'll throw off the timing and control of your shot as well as its power and distance.
- Your shot motion and arm position should be the same every time.
- Your elbow, knees and ankle bend should all happen at the same time and have a consistent bend – "down one".
- Your next movement is all up – elbows, knees and ankles all extend at the same time in one movement – "up two".
- Your release point and follow-through should be the same every time. Your hand should be in the exact same position, resulting in the same soft/smooth rhythmic shot every time.

Consistency! Consistency! Consistency!

It doesn't matter if you're shooting a 4m / 5m circle edge shot or a 1m ring shot, your biomechanics should always be the same. If you look at the best shooters in the world, high volume and high accuracy, they all have the consistent shot under pressure. It is about you practicing enough that you develop the same results over and over. In order to do this you must minimize the variables that can affect your shot.

If your release action from the wrist changes it adds weight and spin on the ball to throw it off. If you bend your knees but don't extend through your ankles and knees the shot can / will be inconsistent.

Develop your knowledge on the individual components of the shot to create the full biomechanics of the shot.

Repetition and Practice

Perfect practice e.g. have the correct technique then maximal practice will create consistent muscle memory on the shot under any condition.

You must always be aware **and never forget the importance of consistency**. This is something that you should think about every time you practice. If you complete perfect practice then you won't need to think about your technique in the game.

The mind is a devilish thing in the game if you start thinking about technique.

Semi Circle Consistency

0.5m - Groove	Preferred Hand Only	Work around the post	10 shots x 5 spots
1m - Groove			
0.5 then 1m alternate			
0.5m	Full technique		
1m			
0.5 then 1m alternate			

Continue developing distance!

SUPREME CONFIDENCE

Ask any shooting coach or elite shooter about the importance of confidence. They will all tell you that **confidence can be the difference between an average shooter and a great shooter**. Confidence will greatly improve your shooting percentage.

How Do You Develop Supreme and Unwavering Shooting Confidence?

Grooving

Before every training and game, front the goal ring and shoot **30 easy** shots from about 0.5m to 1m. Start with just a single hand shot, starting tall, ball sitting on wide spread finger span – elbow, knees, ankles bend (remember down one) – elbows, knees ankles / extend (up two) and follow through with flick of the wrist. Your arm should not finish forward of your face. The reason for starting very close to the ring; it forces you to shoot high above your head to get it in the ring. And how many shots have you seen missed very close to the post; shooters all say *“I panic this close because I look like a fool if I miss”*.

This will help you **“groove”** your eye/hand coordination to the ring; but it also helps your confidence no end because you see your shot going through, through, through, through = **CONFIDENCE**.

You’ll quickly become very good at grooving these shots over and over. You’ll see the ball going in the ring over and over. You’ll swish the ball repeatedly and probably shoot at least 90 – 100%, which is great for your psyche. Simply by seeing your shot go in over and over, you’ll become more confident.

Shooting Chart

REFER TO: GBU_S2 - SHOOTING CHART

This is another technique that you should not overlook!

To improve your confidence, start charting all of the shots that you take in practice. It’s easy to do and you’ll be absolutely amazed at how much it helps. This is separate to the shooting cards.

Keep track of what kind of shots you took, the number of shots taken and the number of shots that you actually made.

Why does this help?

It seems trivial, but the greatest shooters in the world have discovered this secret and will all tell you the same answer. Their chart continually reminds them of how great they are. They can see on paper that they shot 90% of their mid range shots or 100% of their 1m shots.

Then what happens?

This is an amazing feeling knowing that when you walk on the court you are a 90% shooter, it might be in your subconscious or your conscious level but who cares so long as you are confident and you have to earn the right to be confident.

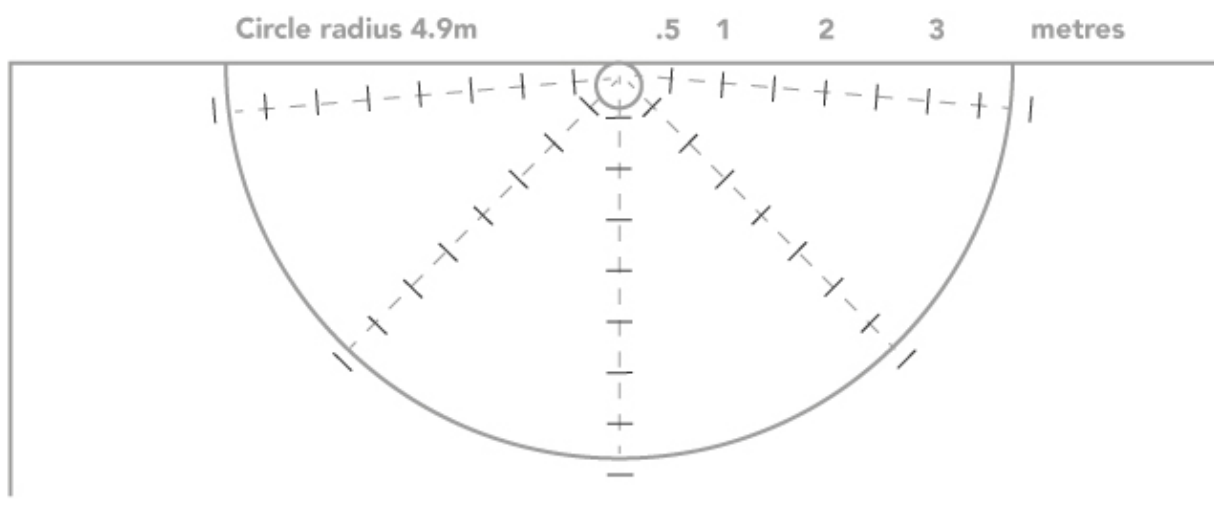
So any time your shooters are on court at training or games have someone record for them. It might be an unpleasant shock for the first couple of weeks until data starts growing and your shooters realise they have a big responsibility within the team. A good team person/shooter will get out and practice and be more focused when charting occurs.

If you're reluctant to shoot, not confident, and hesitant, then you're probably going to miss. Even though confidence is the mark of a great shooter, you can't invent confidence out of thin air. It has to be based on evidence, experience and perfect practice. **PERFECT CONSISTENCY = CONFIDENCE** and you will be able to relax and shoot with confidence in the game when the heat is on.

A minimum of 200 shots a day and chart them all - don't forget to "groove".

Practice Lines

- 5 shots at each line .5m, 1m, 1.5m, 2m, 2.5m, 3m, 3.5m, 4m, 4.5m, 5m
- x5 lines
- Full technique.
- Age will dictate how far out to work.



MENTAL ATTITUDE

Your mental state relates to your confidence levels in anything you undertake. Mental Attitude is so important; the reality is, YOU can have the most superior physical attributes for netball, but without the proper mental attitude in your approach your physical attributes are worth zip, zilch and zero.

By developing an effective mindset towards your shooting, you can expect to boost your shooting percentage by at least 20% or more.

Unfortunately, few players and coaches look into the mental or psychological aspect of shooting. In fact, it's not that difficult; but, it is critically important – important enough that you take the time to learn about the mental approach to shooting and really the mental approach to every aspect of your game.

You have the biomechanical functions that you can do a tick the box on, in order to develop a more effective and consistent groove to the shot. Now we need to add the mental fundamentals that you can develop a focus for to create a natural confidence in the shot, by having a clear head.

TIP: Poor thought process and the negative impact it will have on your shot

If you have not devoted enough time to the mental aspect of your shooting then you will experience shooting slumps and it is a total stress or baggage you don't need.

Training Scenario

You miss a couple of shots, suddenly the good old brain starts thinking, *"You just missed and then you miss again, what's going on, Don't miss, don't miss, don't miss this next one"* – BANG! You go and miss.

So then you might think sulky thoughts, *"I am useless, I am going to have one of those days, I can just feel it, I am going to end up riding the pine and lose court time"*.

"Boy, now my team mates are really staring at me because I've missed, now they have to defend again to get the ball back to me– I've got to make this shot" BANG! BANG! You miss again and your positive zone is getting further and further away.

Your mind is focused on whether or not you'll make the next shot. Or you start thinking, *"bend your knees, bend your elbows, blah, blah, blah"*. Either way, you're **thinking way too much** and this is counter-productive and by this time everything has crashed and you really are shooting at only 49%.

That is your mind work against you. Sometimes a slump is really short, maybe only for one quarter. If you really start beating yourself up it could last the season. Think about your body actions when you are worried about anything in life; your muscles tense and this anxiety hinders your performance at a physical level.

- **Thinking is your enemy**
- **The fear of failure is your enemy**
- **Filling your mind with clutter/negative thought is your enemy**
- **You are shooting to win, not shooting so you don't loose.**

How to Develop the 'Right' Mental Attitude & Improve Your Shooting Percentage

To find your zone, you should master these key areas while developing confidence and a positive and powerful mindset.

- **Don't think when shooting during competition** – Thinking about your shot is for practice time, **not** for game day.
- Going onto practice – you should only think during certain parts of your practice time. It is ok to think during technique practice or learning a new shooting skill e.g. stepping in, however once you start developing rhythm and get further into practice, **don't think, just shoot.**
- The worst thing you can do during a game is start thinking about your biomechanics of the shot.
- It does you no good to berate yourself during a game – you are going to miss a couple or even a few at times.
- **Just do it - shoot!** Stop jamming the brain up with clutter thoughts.
- Adopt this approach mentally and your percentage will go up and you won't get splinters in your butt from riding the pine too much.

So How am I Going to Stop Having Clutter Thoughts?

- When you are about to catch the ball; say to yourself, nice shot.
- If you miss remind yourself that the greatest shooters miss.
- Have an understanding of your shot range e.g. your ability to take a long shot versus a mid range shot – **take good shots only.**
- Let the coach be the one to decide it's time to ride the pine. You keep taking the good shots.
- A big reminder to yourself before the game:
 - I am more than just a shooter for this team
 - I am a valuable defender
 - I am an awesome rebounder
 - I am a fantastic ball carrier and passer

So if you miss a shot – do all of these things for the team; don't self indulge that you missed a shot. No muttering negative thoughts and don't slap your hand on your leg. You are telling the opposition you are worried and then they are really out for your blood.

Getting in The Zone

- Make an effort to take care of issues, business or school before training or the game.
- De-clutter your mind
- De-cluttering your mind is easy:
 - Make lists of things you need to do (off court)
 - You might have a "Home List", "School List", "Work List", "Family/Friends List"

- These to-do lists will ease your mind because you don't have to worry about forgetting something.

Get in The Alpha State

Your mind works amazingly well when in the Alpha State. It is relaxed, it is powerful and tranquil. You have clarity and focus. It is sharp. The "Alpha State of Mind" is achieved by meditation, listening to the "right kind of music" and yoga, to name a few. Yoga before the game might be difficult, but it does teach you to switch to Alpha.

SOFT AND SUFFICIENT ARC ON THE SHOT

Did you know that when you release the shot and you have a flat arc you only have about 1cm of margin for the ball to clear the ring without hitting the rim. The shot has to be almost perfect to get a swisher.

Put a shot up with a medium height arc and you will have about a 7cm margin of error.

How many shots bounce out of the ring because you missed by just a fraction? A soft touch from the fingers on release of the ball (not the palm) is a consistent trait of the best shooters in the world.

A proper arc allows the ball to see the entire ring; a flat arc on the shot has the ball seeing the front of the ring. Give the ball the best opportunity to go through.

You want to shoot the ball high enough to give the ball adequate room to make the shot, but not so high that you lose distance control. The most consistent shooters have the middle range arc – Not too high and not too flat. (Train your defenders to read this about a shooter, this will tell you about rebounding).

Three Ways to Develop a Sufficient and Consistent Arc

- Check your follow through. The first method is to determine your proper arm position on the follow-through. Optimal finish – arm finishes directly above your head, not forward of the eyes.
- Coach, stand at the side of the shooter on the shot. After each shot, FREEZE your follow-through. If your shot had the perfect arc and you saw a "SWEET SHOT" OR A "BEAUTIFUL SWISHER" go through, take a look at where your arm finished on the shot – mental note. If your fingers finish well above the rim of the ring in your line of vision, this will promote a proper arc.
- The arc is also promoted from not just a hand / finger follow through but it starts at your feet. When you are in the "Down One" position = ankles, knees, elbow bent, wrist cocked, your follow-through starts as soon as you start moving into extension from ankles, knees, elbows, wrist – you must finish up on the balls of your toes to assist the arc.

Practice Close to The Ring

TIP: Shooters groove the shot close to the ring every day.

Close shots will naturally require you to finish your shot high and in the process create the perfect arc and training muscle memory regarding the arc.

TAKING THE GOOD SHOT

FACT: All high percentage shooters understand the difference between a “good” shot and a “bad” shot selection range.

Have a look at the best shooters in the work and each shooter has their “pet” position and they are accurate in that spot. This is because they know their strong range; they know what makes a good shot for them. They work hard to get that position in the goal circle consistently, this gives them confidence.

Don’t be a hero and ping up a circle edge shot – everyone in the team worked hard to get it to you, don’t squander it.

Ultimately every shooter needs to develop a variety of shooting ranges otherwise you are predictable and the opposition can work on taking that “pet” position away from you.

If you are a great mid-range shooter, learn how to get open and take lots of mid-range shots. Also work hard to develop another range that you are very confident with.

So, What is a Good Shot

It’s the one that you make **consistently**. If you can’t make it consistently, don’t take it. Work a shooter to shooter link or play a triangle out to the centre courters get the ball to the other shooter or get yourself into a better shooting position with a shuffle shot.

Those shots that aren’t your favorite need to be practiced at training not in the game.

Poor shot selection = poor consistency = poor percentage accuracy = sitting on the pine.

PRACTICE PLAN WITH REPETITIONS

REFER TO: GBU_S2 - SHOOTING CARDS and GBU_S2_AGILITY_CARDS

This is your seventh requirement to be a “great shooter”.

- Plan to be great, have a written shooting plan.
- A practice plan will allow you to practice with a purpose and stay on track.
- A practice plan will help you reach your goals and get in sufficient repetitions.
- A practice plan will motivate you and it becomes your conscience.
- It is developing discipline and work ethic.

Developing a great shot is all about getting enough repetitions to develop muscle memory, confidence, and an awesome stroke/touch on the shot.

To get the “right” repetitions you need a plan that you can stick with and record. You will be hard pressed to find an elite shooter that doesn’t use a written practice plan; and if they don’t there will be times when they have that slump.

What is a Practice Plan

- A practice plan is simply a written plan of shots you intend to practice and the volume of shot you will take at a practice session.
- Muscle memory will allow you to produce the exact same shot motion over and over **without thinking, (remember our enemy)**.
- Great shooters put away 100’s of reps, to be better than anyone else; you have to practice perfect more than anyone else.

Practice Tips

Set goals based on repetitions, not time. Instead of setting a goal to practice for 1 hour each day, set a goal based on the number of shots that you take. Time is not a good benchmark; you might want to set a goal of shooting 200 shots a day. That’s a goal. It might take you 45 minutes, or it might take you 1 hour. Either way, you have accomplished enough repetitions to create muscle memory.

How Do I Get More Shots? Practice Smart.

Most players think that they practice shooting all the time, but they’re not practicing smart. Does this sound familiar?

- You go to the post and take a shot
- You get the ball, you have a chat with your mate
- You get a drink
- You gather the ball – because you aren’t focused you just shot an air ball and have to chase down the “stupid” ball

How much time did you actually spend shooting? 15 minutes? – not likely. Shooters often spend ½ hour at the post shooting but they are messing around, squandering time. **This is not practicing for improvement.** Unfortunately I observe this daily when out and about coaching.

Example

Here is an example of how many shots a professional NBA ball player takes in practice in the off season. Gilbert Arenas took 50,000 shots in 26 days. That's over 1,900 shots a day. Players like Raja Bell usually take 800-1000 shots during each session in the off season; this translates into about 2 hours of very intense focus to get in those shots. (I know they are being paid squillions but it gives you an idea of the commitment).

When a shooter is working to a planned shooting card, make sure there are some activities where it places them under a fatigued state.

There are a couple of thoughts here:

- If you have a highly dedicated shooter that works on the post daily for a minimum of 200 shots they are training muscle memory. This will hold them in good shape when in a game and fatigued and need to nail the shot. Muscle memory takes over.
- Or do you put a lot of fatigue shooting activities in – they will end up missing quite a lot of shots, lose confidence etc so I prefer to have a balance when creating the cards.

How many shots do you take each day?

Section 5

The Golden Drill

Every pre-season training program should involve the following drill. Skills such as space awareness and timing are such critical elements of the game and are often the problem when your team is struggling on court. Understanding the key signals required to perform this drill faultlessly is essential. Once you know this, you then must learn how to coach this!

Take Off / Landing

- Leading left, take off left foot
- Left land left pivot
- Leading right, take off right foot
- Right land right pivot

Angle

- 45 degrees or more!
- Do not deviate from this angle when catching ball
- Last step must be strong 'onto' the ball

Timing – When to Go

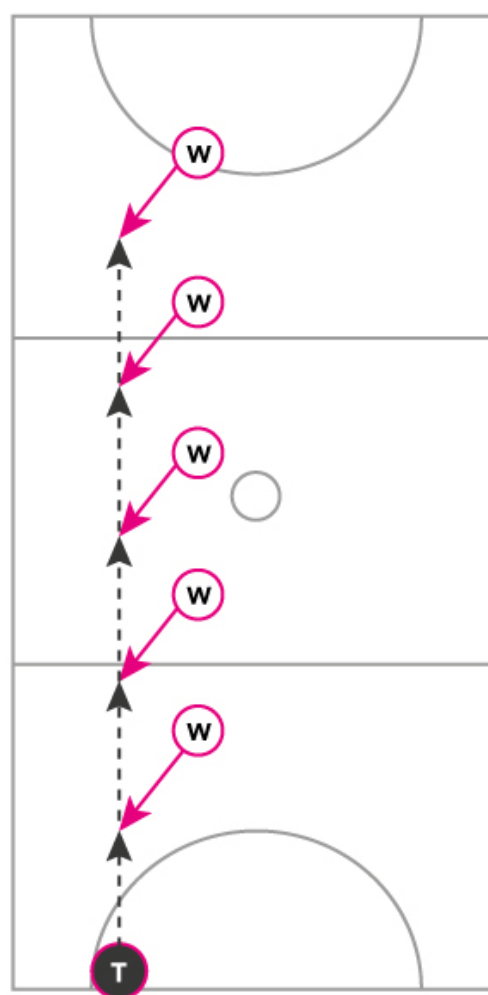
- Straight Lead: Wait for eye contact of the person with ball
- Dodge: As worker catches ball
- Change of Direction: As worker changes direction

Vision Down Court

Once worker receives ball, they must get hips and head around 'quickly' to sight next worker. Vision is 'always' down court first!

Ball Release

Worker must take responsibility to release ball 'early' and into the forward space of the next worker in line.



Adding Defence and Varying Attacking Options

Once you have started to achieve results, you will look to vary your attacking options and/or add defence. With this often comes 'indecision' from attackers. This is where you must encourage attackers to be 'definite' and 'make a decision and stick to it' – as uncertainty causes confusion for everyone – and this is where timing and space is effected significantly.

Options

- Left / Right
- Dodge / Double Dodge
- COD
- Drive and Drop
- Each player must make a different move to the player in front
- Off Set – players are no longer required to stand in line down court
- Split and re-offer / off set split and re-offer
- Drive and clear – Thrower can choose to use or ignore drive (forcing worker to clear)
- Drive – break - drive
- Start wide and all time leads to the middle (ball travels down middle of court).
- Free play.
- 7 - Set up 3 on the 45 in one goal third, 1 in the middle, 3 on the 45° in the other G1/3.
- 7 - Set up T at post, 3 huddle TL, 3 huddle top of GC.

These are just 'some' examples of the many possibilities of the Golden Drill.

Section 6

Yo-Yo

GAME SENSE

You need:

- 1/3 of a court
- 2 sets of bibs
- 1 netball
- Timer

Players: 8

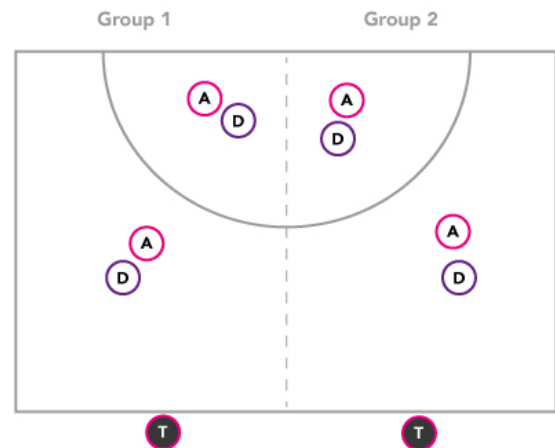
In four teams of two

Rules

- Left is Group 1 - Working
- Right is Group 2 - Resting
- Allocate combos for players:
 - **Shooter / shooter**
 - **Shooter / centre court**
 - **Centre court / centre court** (work CE and G1/3)
 - **Defender / centre court**
- Select focus:
 - **Milk the clock for 20 seconds** (possession) - understand how long 20 seconds is.
 - **Take ball to shot as directly as possible** (possession) - use least amount of time.
 - **How many goals can be scored in 20 seconds?**
 - **Attacking Focus**
 - **Defender Focus** - from back line throw-ins.
- If defenders intercept or rebound they transition to transverse line.
- Full game rules apply

Scoring / Timing

- Time 20 seconds then switch working group
- Repeat once more then rest for 1 minutes



Skills Focus

- Possession / calm control
- Vision
- Decision making
- Ball execution
- Choice of pass
- Angles - definite leads (no dither)
- Ability to keep working for teammate to provide best options.

Variations

- Group 1 & 2 combine and play 4:4 for 20 seconds to a shot - Select focus.

Add In After Basic Concept Is Working:

- Bags
- Colour cards
- 2D : 1A out the front /in circle on group plays
- Then as above for (3) in circle - shooters having to work confined space
- HOP on the thrower