

SHOOTING CARDS LEGEND



ar'd	Around	Hit 4 points	Work in small space, doing attacking leads continuously
Balance	= look at the bottom of stationary shooting B23sheet for notes	HOP	Hands over pressure on pass as a defender
Btw	Between	Jumper	Jump shot
Bwd	Backward	o/s	Outside (circle)
C	Cone	P	Post player
CC	Centre Court	Penalty	= look at the bottom of stationary shooting sheet for notes
CE	Circle Edge	PP	Pitta patta
COD	Change of Direction	S	Shooter
COP	Change of Pace	S,M,L	Short, Medium, Long range shots
D	Defender	S/C	Semi Circle
DD	Double dodge	T	Thrower
Dr	Drive	Trv	Transverse line
Fwd	Forward	W	Worker
GL	Goal Line	ZZ	Zig Zag
GP	Goal Post	Groove	One hand shot close to the post

SHOOTING CARD 1

NAME: _____



DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5min 1 hand under post	30																
2	1/2 way & close to post - Penalty*	20																
3	Step ins - 1/2 way and out	20																
4	Take & turn 1/2 way & close to post	20																
5	6 Lines of 4 successful shots	24																
6	Successful shots 3/4 - Penalty*	10																
7	10 spots, 3 shots from each spot	30																
8	Falling out of court shots	R 10, L 10																
9	Edge of circle	10																
10	5 perfect shots from any position	5																

Balance Work

30 seconds - Left leg and right leg

30 seconds with eyes closed - Left leg and right leg

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

*Penalty

2 10 x 3mtr sprints for each miss / do the penalty as you miss not at the end

6 10 sit ups - or - 10 push ups - 10 squats

SHOOTING CARD 2

NAME: _____



DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5mins 1 hand shots at post	30																
2	1/2 way Step in & to L & R	10																
3	1/2 way step back	10																
4	1/2 way baulk	10																
5	1/2 way shoot eyes closed	10																
6	1/2 way penalty shots	10																
7	1/2 way Turn & shoot	10																
8	1/2 way clear shots	10																
9	3/4 way baulk	10																
10	Baulk once & step to side	10																
11	Take turn & shoot 3/4 distance - Penalty*	15																
12	Variation in your timing 3,2,1 second	20																
13	20 shots anywhere - Penalty*	20																

Balance Work

30 seconds with eyes closed - Left leg and right leg

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

*Penalty

11 Each miss = 10 sit ups

13 Each miss = 5 sprints between side line and goal circle

SHOOTING CARD 3



NAME: _____

DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5min 1 hand under post	30																
2	6 lines of 8 shots - Penalty*	6 sets 8																
3	3/4distance step in & across defender	10 Right / 10 Left																
4	1/2 way & in - Penalty*	30																
5	1/2 way 10 tuck jumps shoot 20 goals	20																
6	1/2 way 20 squats	20																
7	1/2 way 10 L & R stepping to side	10 Right / 10 Left																
8	Sprint 3m out & back x 4 - then breath, shoot x 3 sets	3 sets 10																
9	Technique shots 1.5 mtr from post	10																
10	Technique shots 3m from post	10																

Balance Work

30 seconds with eyes closed - Left leg and right leg

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

*Penalty

2 If you miss 1 or more shots in each line = 10 tuck jumps & 10 squats

4 10 sit ups each miss

SHOOTING CARD 4

NAME: _____



DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5min 1 hand under post	30																
2	1/2 way mix up the timing 1,2,3 second	20																
3	Four lines of 6 successive shots	4 sets 6																
4	3/4 step in shots Left & Right	R 10, L 10																
5	1/2 way, shoot 4 in a row - 6 sprints of 2m btw 3 sets	3 sets 4																
6	4 lines 6 shots 2 Short 2 Mid 2 Long	4 sets 6																
7	Mid step back Long step in - Penalty*	2 sets 10																
8	Technique shots 1/2 & 3/4 distance	2 sets 10																

Balance Work

30 seconds with eyes closed - Left leg and right leg

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

*Penalty

7 Goal line to transverse sprint for each miss from the mid range / 2 push ups for each long range miss

SHOOTING CARD 5

NAME: _____



DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5min 1 hand under post	30																
2	Clear shots close to the post	10																
3	1/2 way shots - Penalty*	20																
4	4 lines of 6 successive shots	4 sets 6																
5	4 S/C of 5 shots start long to short	4 sets 5																
6	4 lines of 6 shots 2 short 2 mid 2 long	4 sets 6																
7	3/4 take turn shoot - Penalty*	20																

Balance Work

30 seconds with eyes closed - Left leg and right leg

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

*Penalty

3 5 x 5 metre sprints for each miss

7 5 x 2 metre sprints for each miss

SHOOTING CARD 6

NAME: _____



DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5min 1 hand under post	30																
2	Timing shots 1,2,3 second	30																
3	Sprint - post to CE x 3 then shoot x 4 set	4 sets 5																
4	Shoot from CE with step in	20																
5	40 pepper skips then shoot vary	20																
6	Sprint fig. 8 around cones x 4	4 sets 5																
7	Technique shot breathing 1/2 way	20																
8	Shots in a row - Penalty*	30																
9	L & R falling out of court shots	R 10, L 10																
10	Clear shots Technique -any	10																

Balance Work

30 seconds - Left leg and right leg

30 seconds with eyes closed - Left leg and right leg

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

*Penalty

8 Miss 2 or more in a row - 4 x 5 metre sprints

SHOOTING CARD 7

NAME: _____



DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5min 1 hand under post	30																
2	Shoot anywhere - Penalty*	30																
3	Reduction shots miss 1, add to No.	30																
4	10 wall push ups, shoot 10 mid, 10 3m sprints shoot 10 short	2 sets10																
5	10 net jumps - shoot 10 short 5 Fig. 8 sprints -cones	2 sets10																
6	Technique shots 1mtr, 3mtr, 4mtr	3 sets10																
7	40 Pepper skips Step in & across L & R	R 10, L 10																
8	1/2 way Step back shots L & R	R 10, L 10																
9	Clear Shots start again if miss	10																
10	GF Draw - score to win - diff. distance each day.	1																

Balance Work

30 seconds - Left leg and right leg

30 seconds with eyes closed - Left leg and right leg

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

*Penalty

2 Each miss = 10 sit ups - or - 10 x 3 metre sprints

SHOOTING CARD 8

NAME: _____



DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5min 1 hand under post	30																
2	3 S/C short, medium, long - 5 shots	3 sets 5																
3	4 lines of 5 shots	20																
4	4 reverse lines of 5 shots - start at 3/4	20																
5	Shoot from fav. position - Penalty*	20																
6	Shoot from least fav. Position - Bonus^	20																
7	40 pepper skips 3/4 shots	20																
8	Falling out L & R	R 15, L 15																
9	Lay up L & R	R 10, L 10																
10	Take turn jumper	10																

Balance Work

30 seconds - Left leg and right leg

30 seconds with eyes closed - Left leg and right leg

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

*Penalty

5 10 x 5 metre sprints

^Bonus

6 If you score 17/20 or more, you don't have to do the skipping on No. 7

SHOOTING CARD 9

NAME: _____



DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5min 1 hand under post	30																
2	Mid - 10 down Penalty*	10																
3	Short /Long Alternate S/L	2 sets 10																
4	21's - Time	T																
5	3/4 - take turn shoot	15																
6	1/2 - rapid fire	20																
7	3/4 to 1/2 baulk	20																
8	Clear shots any	15																
9	Time - 30 shots	T																
10	Time - 30 shots Penalty*	T																

Balance Work

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

One handed returns (complete art) 2mtrs to wall - 10 x left leg and 10 x right leg

*Penalty

2 If you don't get 10 straight - 40 pepper skips

10 If you don't improve your "Time" from No. 9 = 4 full court skipping sprints (up and back is 1)

SHOOTING CARD 10

NAME: _____



DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5min 1 hand under post	30																
2	3 x S/C S, M, L	3 sets 8																
3	Random - (a)	10																
4	Long - (b)	10																
5	Mid - ©	10																
6	Short (d)	10																
7	Mid jumper (e)	10																
8	3/4 lunge (f)	10																
9	Falling out of court (g)	R 10, L 10																
10	Technique 1/2 clear shots (h)	20																

Balance Work

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

One handed returns (complete art) 2mtrs to wall - 10 x left leg and 10 x right leg

Complete prior to each shot

- Roll ball from shoulder down L or R arm to palm – recover ball & concentration then shoot
- Figure 8 between legs x 4 – shoot
- Bounce ball on ground 1 – 1.5m away from body lunge – shoot
- Ball body wrap x 4 – shoot
- Throw ball over head catch behind back, bring around front x 4 – shoot
- Spider x 4 – shoot
- Front back snatches between legs x 4 – shoot
- Finger tipping ball top to bottom to top x 4 – shoot

SHOOTING CARD 11

NAME: _____



DATE																		
Session			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
		No. shots																
1	Groove - 5min 1 hand under post	30																
2	Drive 1m o/s CE drive in shoot	4 sets 5																
3	Drive 45 2m o/s CE clear ar'd cone drive in shoot	R 5, L 5																
4	ZZ fwd, bwd, fwd thru cones - 10 straight @ 1m	R 10, L 10																
5	Hang shots L & R	R 10, L 10																
6	4 lines of 5 shuffle shots	4 sets 5																
7	GL Dr min. 2m flip	R 5, L 5																
8	Dr top CE hold, roll off to post L/R	R 5, L 5																
9	As above, after roll off, open back to ball	R 5, L 5																
10	Dr 2 CE take front post, flick off & lunge shoot 4 lines	4 sets 5																
11	Dr 45 take swing, follow shoot	R 5, L 5																

Balance Work

Hook ins close to wall - 10 x left leg and 10 x right leg

Two-handed snatch 2mtrs from wall - 10 x left leg and 10 x right leg

One handed returns (complete art) 2mtrs to wall - 10 x left leg and 10 x right leg