

SHOOTING TECHNIQUE – PRACTICE SESSIONS



Netball Shooting - General tips (an excerpt from a shooter's diary)

'Predictable' might not be top of the list of personality traits you'd choose to have, but if you play Goal Attack or Goal Shooter, predictable is probably the one thing your team would love you to be! Well, wouldn't it be great if they could breathe a little sigh of relief when you get the ball? Wouldn't it be great if you were the team's 'sure thing'? So how **reliable** is your shot and how can you make it more **consistent**?

Shooter's are often referred to by other members of the team as the 'glory hunters'. The truth is, we may be – but we deserve that title (and the glory)! Netball shooters need to spend hours outside of regular team training practicing and refining their shooting technique.

There are a few key things I learnt through years of training, things to really focus on during your netball shooting practice sessions:

- Always follow your shots in; fight for your own rebounds. When you practice shooting, constantly run to the post to rebound your own shot. Don't be caught admiring your shot, you really must get into the rhythm of chasing in your goals. By practicing this in training you learn how to read the rebound of your shot which gives you the advantage over any defender – honestly how fantastic is it when shooter's get their own rebound? It can really lift your team!
- Mix up your shots and time between shots. Rarely do you shoot goals from the same spot during a game, so mix up the shot location. Also try to take a decent time break between shots. In some matches, there may be a 2, 3, 5, 10 minute break between each shot you take. In between netball shooting incorporate some fitness into your shooting sessions.
- Only count the shots that go in the hoop. If you plan to shoot 150 goals; make sure that's 150 goals that go 'up and in' –not attempts!

But most importantly, get out to that netball ring at least 3 days a week. Schedule the time in at the beginning of the week – and **stick to it**.

Session 1 – Line of 2 – see diagram below

1. At each number 1 take 10 shots
2. At each number 2 take 5 shots
3. Take 25 shots from anywhere within the 1 and 2 range, see how many you can get in a row!

Session 2 – Line of 3 – see diagram below

1. Start at 1 if successful step back to number 2 if successful step back to number 3 – repeat this around the first 3 shooting positions – repeat this cycle 5 times

NOTE: If you miss, start with the close shot again and work your way out.

Session 3 – Varied – see diagram below

1. Shoot 4 shots from number 1
2. Shoot 4 shots from number 1 but only using 1 hand – FLICK
3. Shoot 4 shots from number 1 but only holding the ball for 1 sec
4. Shoot 2 shots from number 2 stepping in before shooting
5. Shoot 2 shots from number 1 stepping back before shooting
6. Shoot 2 shots from number 2
7. Shoot 2 shots from number 3



Shooting Circle divided into 5 sections – only shoot from positions 1, 2 and 3

This can be done in the backyard or at a local hard court you can use chalk to mark the court.

