



## NETS Netball Intermediate Shooting Program 102

Think of Goal Shooting as a fun and rewarding activity, always trying to sink a goal without hitting the ring – a clean shot. These shots are great, they always go in and they provide you with a bigger challenge when training. So, hitting the ring to score is OK – but ask more of yourself - shoot your goals over and over without hitting the ring. When shooting outdoors in wet weather those who score without hitting the ring will always win the game. Why risk your shot skipping and slipping off the ring when it's wet, or in any weather for that matter.

Shooting is about perfecting a fluid and complete technique, one you can repeat automatically without thinking, particularly when the pressure's on – pressure can be from fatigue, a big moment or an unreliable technique. This Excellence in Shooting Program contains most of what's needed to become a great shooter – have fun with it and remember, focused effort results in success and enjoyment.

**Aim:** We are all different, looking at the front of the ring is not recommended - most shots will hit the front – the result is a miss. Look at the back of the ring or an imaginary figure sitting above the ring – picture a big teddy bear, an owl or another ball up there. Get comfortable with your choice and incorporate this vision in your set-up. Go with what's comfortable for you.

**Set-Up:** Goal shooting requires a regular and consistent technique. Feet comfortably apart for great balance, hips to the target, high arm extension and levered forearm action above your eyeline – the ball sits on your shooting hand just like it would fit inside a bowl. Your spare hand rests comfortably on the side to balance the ball on your shooting hand

– this resting hand remains in place until the ball leaves the shooting hand. All shots are with the shooting hand only – this means 1 hand.

**The Shot:** In one smooth whole body action, power transfers through your body from your feet and knees to your levered forearm and out through the ball at the end of your fully extended high release. The wrist and fingers snap, or flick at the same moment – the flick creates a back spinning ball that gives you the feel and control of a repeatable ball release – pushing the ball is a

low percentage approach producing inconsistent results. The ball release point needs to be high, resist bringing your elbow below eye level at anytime. Defenders are getting taller and faster so a low ball release just helps them and makes it harder for you. Practice your setup over and over until you feel comfortable for all shots – don't forget that “movie star” pose at the end of the shot. When the ball goes in with your eyes closed you are starting to do really well.

**Extra Tips** – Keep both hands on the ball once you've caught it. Why risk dropping or spinning it completely off your shooting hand on the set-up. Not very funny at the big moment.

As you move to the set-up position the ball naturally finds itself on your shooting hand with the other settling gently on the side. Practice catching and moving to the setup position – the correct feeling will come to you quickly. Your shooting hand pushes the ball past/through the resting hand – this is an easy way of correcting any 2 handed shooting habits. Ensure your fingers extend through to target after the flick release. A strong core is needed to give stability and balance – curved backs and swaying hips usually lead to injury and out of control shots – in other words, low shooting percentages and more bench time.

**Awareness:** Establish what the correct technique is – it may feel uncomfortable at first and can take a month or so to master. Correction can be made quickly if you are serious about improving – base level shooters are around 70%, the good ones achieve 80%. Excellence is 90% + - practicing a great technique with confidence will get you up there quicker than you think. How do you breathe when you shoot? Do you know? Get to know what works best for you. Some shooters don't breathe at all, others exhale on release – discover what produces your best result and stick to it. 3 seconds is a long time to release a shot. How is the defender trying to stop you? Don't go to sleep on this one.

**Belief:** Every shot is “Going In” - why wouldn't it be? You are a shooter. Most good shooters are not great rebounders early on – they don't miss much so they don't expect to make rebounds. This is a real area to improve because your shooting partner may need you to grab the odd one they miss. If the ball is turned over following a shot attempt, bust yourself to get it straight back! – think and act like a defender. Have you noticed that a mistake is often made by the team with the ball following a turnover? They panic, you can take advantage of this to force the error. Do not concern yourself with a missed shot, switch focus immediately to getting the ball back – your desire to do this should be as if something you love is taken from you, your Iphone or Ipod – Ipad or other electronic device. What about that aggression you feel when the TV channel gets changed on you!!!

**Quality at practice:** Some say 500 shoots or more are required each week – repetition is great but it must be repetition of a quality action. 50 quality shoots with complete focus and attention are better than 100 lazy ones just to make you feel good. Using the quality approach will quickly generate a desire to test yourself with slightly longer and/or more difficult shots – you will automatically do more as your focus increases on shooting success. Keep your focus clearly on the task – reproducing that successful technique is the answer.

**Situation Practice:** Practice everything, create a game situation in your mind – Step in’s at a penalty, quick shots with a second to go, step to the side – both sides, falling out of court, step backs, etc. Don’t be boring – shooting is fun and remember, they are all “going in”. Why wouldn’t they be? You are a great shooter practicing your craft just waiting for the next game to do some shooting handy work with pride. Technique, technique, technique – practice quality before volume.

**Building Pressure:** Once you’ve mastered a technique, start to pressure yourself – not many shots are taken without pressure. In between shots do a few lead and drops, jump up and down, contest the ball in the air 2 or 3 times then pop one in. Don’t leave a practice session until you’ve tested yourself in one way or another – those who don’t challenge have usually wasted a session. Application and effort – why be lazy with yourself?

**Skills:** Shooting technique is one thing, so keep up the quality practice. Movement, timing and team work with your shooting and centre court players are also major factors – if you don’t get to the post before the defender we won’t be seeing those great shots you’ve been practicing. Sharp leads, foot speed, directional changes, rolls, passing, catching, loose ball gathering, strong movement with real desire, holding, etc. need to be mastered - include a few of these in every session – ask your coach to show you more. Speak up and ask questions if you’re not sure.

**I Can Defend:** If you find yourself defending all of a sudden, this usually means something hasn’t gone to plan – bust yourself to attack with every bit of energy you have to turn the ball over for your team – control the attackers movements and direction - you need the ball back to shoot one of those spectacular goals you’ve been practicing. Everyone is a defender. Defending as a shooter will quickly increase your value to any team and give you extra confidence – it’s also a lot of fun.

**On Court:** Watch the whole game and not just your bit in the circle – how is the ball coming down court? What is my defender doing to stop me? What will I do? Where does their GK throw the ball from the back line? Start to read these things and you will be on your way to becoming a responsive and valued player.

**Game Day:** Get in the zone. Use a regular progression to warm up – 1 mtr all around the post, 1.5m, then 2m – come back in close for the final few. We do not recommend exceeding these distances until you really start shooting in the high 80% range. Quality shots. Quality of technique is a must in the warm up, once you're done, go on court and shoot some goals – just shoot! Shoot the ball! Let it happen. If your technique is solid, things will happen for you. Stay focused on the task and enjoy yourself. If you shoot off a stray one, get back on track with a few of deep breaths – things will come back quickly because you have practiced hard - remember, practice makes permanent!

**How Strong Are You?:** Core strength, body control, balance, wrist, hand and arm strength all combine to make up many of the key components of successful shooting. Talk to your coach or fitness trainer about the appropriate exercises you can be doing to prepare for your career as a shooter. It doesn't mean hours a day working out, great things can be achieved in just 15 minutes per day.

Work hard, have fun and – “focus on the task”. You will be rewarded.

## **Phase 1 – Recommended Focus Areas**

<b>Shot Technique</b>		<b>Core, Wrist and Arm Strength</b>	
<b>Aim</b>		<b>Balance</b>	
<b>Quality of Practice Shot</b>		<b>Body Control</b>	
<b>Gaining Confidence</b>		<b>Foot Speed &amp; Directional Drills</b>	

- Think shot quality
- Introduce pressure shooting (incorporate aerobic component) when technique is perfected
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### **Key Words – Phase 1**

Technique, Smooth, Quality, Control, Movie Star

### **Coaching Notes - Shooter Technique Session 1**

#### **1. The Shot**

- Feet hip distance apart – Athletic stance, Knees unlocked
- Hips and body aimed at target
- High shooting arm position – Elbow next to ear
- Lever action with forearm – Elbow remains above eye line
- Elbow points at target
- Ball placed on palm, cupped using fingers and palm
- Spare hand on the side of ball – to provide balance only
- Wrist flicks and fingers extend to centre of target on release
- Forearm and knees bend simultaneously and at the same angles
- Find your normal target – above or at the back of the ring
- Body works smoothly and as a spring action right through to ball release
- Follow ball in with a mission of securing any rebounds

#### **2. Phase 1 Practice Sheet**

- Practice the full range of shots – step to the side etc.

- Copy the drill sheet before you write on your original

### 1. Practice

- Shooter techniques must be viewed weekly by the coach and any corrections need to be made immediately
- Shooters need to allocate 4 sessions a week to practice outside of the normal training times
- Shooters can come 15 minutes earlier to training, or remain at the conclusion of training to complete their drills.

## **Shooter Movement Techniques – Session 1**

### 1. Basic

- Shoot at the Post – All drills to post
- Lead and Drop – a “go to” move
- Cross Over Running
- Split landing
- Double Play – Split
- Double Dodge
- Strong Straight Leads
- Clearing movement practice
- Baulk Run, Change of Pace
- Shooter Link Passes
- Positioning on Defender

### 2. Intensity

- Build practice to above game intensity where possible – technique = Intensity
  
- **Rotation**
  
- Use a diamond formation to practice
- Rear shooter reads off front
- Place feeders at 3 points around circle edge
- Start the rotation
- Feed after movement is flowing – to the drive to post shooter
- Change up to - shooter to shooter passes
- All shots to be taken
  
- **Footspeed**
  
- Speed drills with ladders are most important for shooters and defenders – to the degree that 5 – 10 minutes should be in every training session and a simulated ladder speed drill using the goal or transverse needs incorporating into every warm up
- Use the multi phase drills not just the standard run through styles – the icky shuffle is particularly good
- Use of arms when running, feet striking the ground under the hips, reduced hip rotation and high snapping knee action warm-up movements are all useful points of reference to make.