

Goal Shooting

The Australian shooting technique is predominately a one handed shot with the other hand resting lightly on the side of the ball to support and guide the shot.

The shot is a high arm release action with the power coming from the legs and transferred up through the body to the release point. With the release of the ball at its highest point the aim is to make it difficult for the defending player to affect the shot through a deflection or interception.

Many junior players may initially not be able to achieve the leg power and upper body strength required for the one handed high arm shooting technique outlined. Through necessity junior players often lower the height of the ball and rely upon their supporting arm to assist with gaining power to achieve the height required for the shot at goals.

Encourage junior players to focus on ensuring that their feet, hips and elbows point towards the goal post even if the overall height of the ball is initially low. Players should avoid shooting with 'chicken wing' arms (elbows sticking out to the sides) as this further reduces the power of the shot and causes technique difficulties when the player begins to gradually increase their strength and raises the height of the ball.

TEACHING POINTS

- Ball is held above the head
- Arms are extended with the shooting arm reasonably straight and close to the ear
- Ball rests on the base of the spread fingers and the thumb
- The opposite hand is placed on the side of the ball to steady it
- Stand upright with the feet about shoulder-width apart
- Feet, hips and elbows pointing towards the goal post
- Bend the elbows and knees
- There are three main areas a shooter can aim for but they must be consistent with the method chosen
 - Front of ring – lift ball above
 - Spot 15cm above middle of ring
 - Back of the ring
- Straighten elbows and knees
- Release the ball just before elbows and knees are straight
- Flick the ball with the wrist
- Follow through, arms towards post
- Straighten fingers pointing them towards the post
- The ball should travel in an arc towards the post

COMMON ERRORS

- Ball is behind or in front of head
- Arm is extended out from ear
- Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips
- Opposite hand is placed under the ball
- Feet too close or too far apart and body is hunched
- Feet, hips and elbows not aligned with each other and the post
- Keeping elbows and knees extended and ball dropping behind the head
- Inconsistent aiming point
- Keeping elbows and knees flexed on the release phase of the shot
- Releasing ball after elbows and knees are straight
- Not using any wrist action
- Arms not following the ball in the direction of release
- Fingers not pointing in the direction of the ball release
- The ball travels flat in the air

CHANGE IT

- Players to shoot concentrating on correct technique

Shooting Radial Shot

- Mark circle at various distances from post, e.g. 1 metre and 2 metres with five spots on each circle
- Stand and shoot at each point for each circle. Only move to next point when a goal is scored



CHANGE IT

Option 1 – Fatigue

- Skip 20 times with a rope then have five shots. Keep a record of successful attempts and try to better your last score. Work with a partner – one skip and one shoot

Option 2 – Movement

- Start at post, run to edge of circle, push off on outside foot, receive ball on move to post and shoot. Vary angle of drive on each move, repeat five times