

# Creating a clear Shooting opportunity

Date:

Venue:

**Netball court**

Duration:

**1 Hour**

No of Players:

Ability / Level:

**All Ages & Abilities**

## Session Goals:

To improve the movement around and inside the circle - getting players to keep interchanging in and out of the circle to try and receive the ball nearer the post.

In this session we also work on players' shooting technique.

## Personal Coaching Goals:

We set the posts up all around the pitch and the players loved this session as they all got an opportunity to work on their shooting.

The key thing with this session is to work through the progressions as each exercise leads on to the next one - starting with basic shooting technique, then movement to get close to the post and then finally putting both these key elements together.

## Equipment:

Balls, Bibs and a keen shooting eye

## Getting the technique right - Hitting the Target!



### Notes

1. If the ball is not higher than the ring - you will not score.
2. Modern post rings are made of material where if the ball touches the ring the ball is likely to bounce away. The older metal rings were very forgiving and if the ball made contact it was more likely to drop in than bounce off. SO FLIGHT is very important. We want the ball to swish through the net.
3. To get the flight right we have to hold the ball correctly and flick with our fingers.
4. The hand should finish at right angle with the wrist.



### Coaching Tips

1. Feet - even and width of hips. The heels should not come off the floor until the shooter is in the rising position.
2. Arms should be extended above the head (not projected in front of the head)
3. Arm should be flexed from the ELBOW- do not bring the whole arm down or drop the shoulder.
4. Controlling hand should be under the ball with free hand balancing side of ball.
5. Last finger to say goodbye to the ball should be the middle finger i.e. not the thumb or small finger. This will affect the direction of the ball.

## Shooting technique - Solo practice - No pressure

### Description:

Working on their own each player has a ball and takes it in turn to work on their shooting technique.

Stood about a meter from the net players should take their time and line up their shot with the pole - focusing on *height*, *flight*, *flick* and the *finish* of their shot.



### Coaching Tips

- \* Height
- \* Flight
- \* Flick
- \* Finish



### Receiving under the post

**Description:**

in pairs the worker runs out to touch the circle edge and then runs back in to receive the ball after which they return the ball to the feeder.

The worker should then run out to the edge of the circle again (different place) and returns to catch the next ball.



### Coaching Tips

The feeder should try and make the worker stretch and not wait for them to be in position, under the post, to throw the ball.

### Pairs Shooting

**Description:**

2 players 1 ball 1 post.

The player at the top of the circle starts with the ball and passes it to the other player to receive it back under the post. to take a shot

After the shot the other player moves to the top of the circle to receive the ball and the shooter moves wide out of the circle. The practice then starts again.



### Coaching Tips

Players should move out wide quickly, performing a sharp turn on the spot with a definite change of pace before driving back into the circle to receive the ball and shoot.

Although players are working on their speed they should also focus on getting their shots in - you could get players to count their partner's points and see which pair got the most points at the end of the practice.



## Shooting under pressure

### Three Passes - Hold to shoot

**Description:**

3 players, 2 balls.

1 player gets ready to shoot and holds their position to shoot while the other 2 players pass the ball 3 times between them.

The player that finishes with the ball after the 3 passes holds up the ball to shoot while now the other 2 players pass the ball 3x between them.



### Progression



Progress to players taking an actual shot during the passing sequence.

To add pressure to this drill you can challenge your players:

The shooter must get in position and make their shot before the two other players have made 3 passes.

2 players pass the ball 3 times between them while the 3rd player takes a shot. then the shooter players 3 passes with the player without the ball and the other player with the ball takes a shot

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## Shooting Rotation

### Description:

3 players, 2 balls.

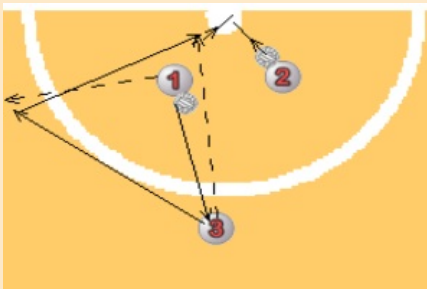
2 player by the post with a ball each and the 3rd player outside the circle.

Player 1 shoots and then collects their ball.

Player 2 passes the ball to the player 3 outside the circle who then returns the ball to player 2 outside the circle.

Player 3 then moves in towards the post to receive the final pass in the sequence, shoots and collects the ball.

Player 1 in the mean time starts the same pass sequence with player 2 (the new player outside the circle).



## Coaching Tips

It will help if the players doing the passing sequence count "1-2-3-shoot" out loud with each pass.

## Create the space - Make the shot

### 2 vs 2 - Mini Possession Game

#### Description:

4 players - 2 defenders and 2 attackers.

The 2 defenders are only allowed in the Circle.

Attackers can move in and out of the circle as they wish but can only have one player at a time inside the circle.

Start the practice with only 1 shooter and 1 feeder.



## Discussion

My team played this game a long time and developed it with every move and interchange between the 2 attackers until it felt like the players could do this in a real match.

Encourage discussion from players after this drill - what tactics worked well and which didn't?

Be positive and encourage throughout!