

# Goal Shooting Skills

The following activities use the CHANGE IT principle. The activity in the centre has a simpler step preceding the activity and a harder progression following the activity.

These activities are examples only should be taught in combination with the corresponding teaching points and common errors. Further information can be found in the Netball Australia Coaches' Manual: Foundation

## GOAL SHOOTING SKILLS

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.

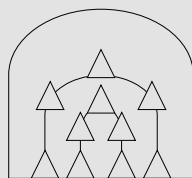
Many junior players may initially not be able to achieve the leg power and upper body strength required for the one handed high arm shooting technique outlined. Through necessity junior players often lower the height of the ball and rely upon their supporting arm to assist with gaining power to achieve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

### 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