

Week 4: Shooting

Objective:

To introduce the basic technique of shooting from a stable body position.

During game time, focus on shooting with the ball above the head. Allow players to take another shot using the correct technique with guidance from the Star Helper if necessary.

Coaching Points

- Ball is held above the head
- Stand tall with feet shoulder-width apart
- Eyes looking at the goal
- Elbows and knees bend to set up shot
- Hand drops while arm [shoulder to elbow] remains in position
- Straighten body in a sequential movement
 - legs then arm and hand
- Follow through with hands/wrists

Errors

- Ball held and released at chest height
- Feet too close together
- Eyes looking at ball and not at goal
- Both hands behind the ball
- Not enough knee bend
- Movement not sequential
- No follow-through

Welcome and Introductions

Welcome all Netballers and their parents/caregivers back.

Homework – Who can now catch the ball behind their back? What about flicking it from the back and catching it out front?

Week 4 – Shooting – Who is your favourite shooter?

If you require parents to help – ask for an indication of those who would be happy to assist.

Cover any housekeeping as required.

Equipment

- One ball between two
- Netball court lines
- Bibs
- Cones
- Hula hoops
- Chalk or dots



Complete either the NetballSmart
Dynamic Warm-up or:

Warm-up: Hospital Tag

No. of players: Whole group

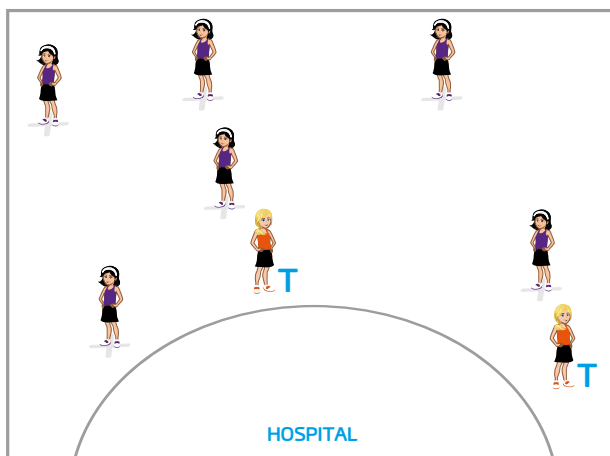
Area: One third of the Netball court

Equipment: Bibs to identify taggers
if necessary

Aim:

To avoid being tagged and to utilise teamwork
to help get team-mates out of 'hospital'.

- Two or three players are nominated as the taggers and put on bibs.
- If you are tagged on the shoulder, you must place one hand where you were tagged. The next tag a player receives may, for example, be on their hip, so the player then places their free hand on their hip.
- On the third tag the player must run to the 'hospital' and jump and land in the goal circle.
- Whilst in hospital, the player must perform 2 demi squats then balance on one leg until released.
- To get out of hospital, two team-mates must enter the hospital area and touch a shoulder each, to release/allow the 'injured' player to recommence the activity.



Recap: Falling Gumballs

No. of players: In a group of 10

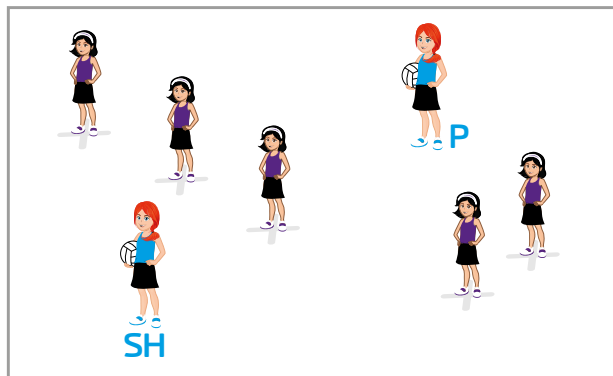
Area: One third of the Netball court

Equipment: 1 ball or more with
Star Helpers and parents as required

Aim:

To catch the 'falling gumballs' before they hit
the ground.

- Players spread out and move around the area using a variety of movements.
- Players are numbered off and as the Star Helpers [SH] and parents [P] throw the balls up into the air they call a number and that player has to run in to catch the ball if they can before it hits the ground.
- Challenge: No numbers and the Star Helpers [SH] and parents [P] throw the balls up into the air and players communicate to ensure that they catch the 'falling gumball' before it hits the ground.





Shots Up

No. of players: Whole group

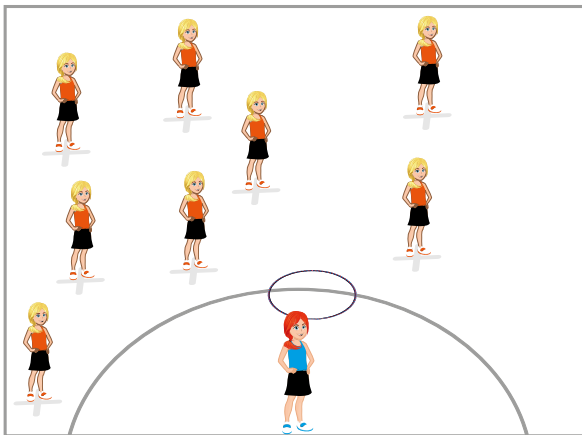
Area: One third of the Netball court

Equipment: Nil, vision of a goalpost or the person holding a hula hoop

Aim:

To quickly get into a stable body shooting position, facing the goal with the ball above your head ready to shoot.

- Players run around anywhere in the goal third.
- When the Star Helper calls “Shots up”, players turn and face the goal and set up ready to shoot their imaginary ball.
- The Star Helper then calls “Shoot”.
- The players shoot an imaginary shot at the goal.
- Players then collect their ball and continue to run around, ready for the next call.



Shooting Relay

No. of players: In groups of 4-5 with a parent holding a hula hoop

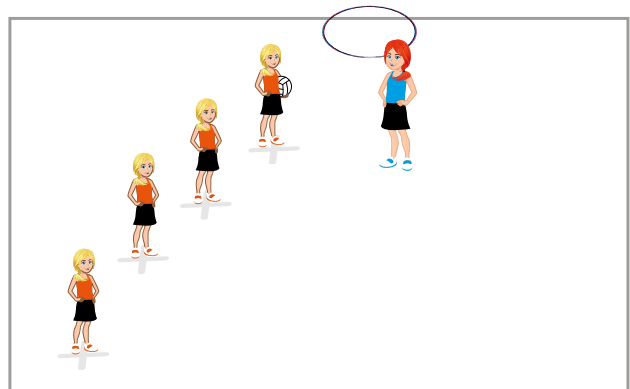
Area: One third of the Netball court

Equipment: 1 ball and 1 hula hoop/ goalpost per group

Aim:

The players pass the ball to the front where the front person takes a shot, and then the players pass the ball towards the back of the line to pass, trying to get the ball to the back before the shooter runs into their new position.

- A parent holds a hula hoop or use low portable goalposts.
- The players line up on an angle behind the front person who has the ball.
- One player has a shot, then retrieves the ball and passes to the next player at the front of the line.
- The players pass towards the back of the line while the shooter runs to the back of the line to receive the pass, before passing the ball forward again to the new shooter at the front.
- Reinforce shooting with the ball above the head.



Netball Homework

At school, if you can, practise shooting Netball shots with your friends. Even if you don't have a goalpost at home, you can still practise by shooting over a fence with your neighbours on the other side, or make a target on the wall that you have to shoot at, or stand one foot on either side of a line and shoot, trying to land the ball on a line – this helps to get your body aligned and is good fun.