



SHOOTING PRACTICE

Shooting is all about balance, rhythm and feel for the shot. Shooting for goal should be an automatic, well sequenced skill. Being an accurate shooter takes many extra hours of shooting above and beyond the teams normal training sessions. Shooters should aim to practice everyday to gain accuracy.

- Shooters should always try to be balanced and in line with the post before they attempt to shoot
- Feet, hips, body, shoulders and elbows should all be 'square' to the post
- Shooters should always look at the same aim point every time they shoot
- These aim points could be the front of the ring, above the middle of the ring or at the back of the ring
- Each shooter must find an aim point which suits them then stick with it.
- Feet should be approximately shoulder width apart in a comfortable stance
- Shooters should try not to step forward as they shoot
- This will give the defender an advantage because the shooter has stepped toward the defender and lessened the 0.9m distance
- More bend in the knees will give more power on a longer shot for goal
- The upper portion of the shot for goal should not differ whether the shooter is in close or far from the post
- The ball should sit on all fingers tips and the thumb on one hand
- The fingers should be spread evenly
- The ball should be placed above the head in the shooting hand
- The other hand is placed gently to the side of the ball as a support only to keep it balanced.
- Because shooting is all about rhythm the knees and elbows bend at the same time
- The ball is released in a smooth fluid action following right through to the finger tips
- The index and middle fingers direct the ball to the post and must be strong
- The fingers guide the ball in an arc towards the goal ring
- The wrist and fingers should flick the ball in a gentle back spin motion to the ring
- Fingers should follow the arc of the ball to the post

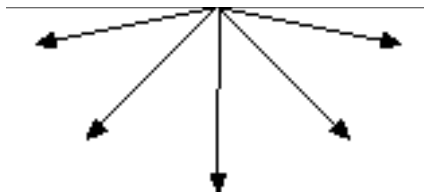
Link to video: <https://youtu.be/T7cW9EMATEg>



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Shooting practices include any of the movements and landings that shooters perform in a match. Therefore coaches should consider –

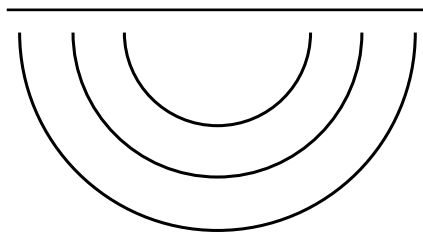
- Close shots - Mid range shots - Long shots
- Shots taken from favourite position
- Shots taken from least favourite position
- Step backs - Steps to the side - Step ins
- Jump shots
- Penalty shots
- Shots taken after a split leg land
- Shots after taking a rebound
- Shots as the shooter is falling out of court
- Shots after the shooter has been moving
- Shooting when fatigued



5 lines – 6 shots in each line. Start at the post. After a successful shot take a step back

Same lines but in each line take a short, medium then long shot

Only move onto the next line if shots successful



Shots taken in semi-circles. Begin close to the post. Each semi-circle is a little further out than the previous one.

4 semi-circles – 6 shots in each semi-circle

Link to video: <https://youtu.be/T7cW9EMATEg>

World Netball Foundation Coaching Cards

CARD No: 7 - Shooting / Side B