



## KU-RING-GAI NETBALL ASSOCIATION CLUB CLINIC PROGRAM

# SHOOTING SKILLS 1

## Shooting

The Australian shooting technique is a one handed shot. The other hand is just a support hand and rests lightly on the side of the ball. It has no influence on the ball. Players should aim for a high release of the ball to make it more difficult for the defenders to get near the ball. The power for the shot comes from the legs. Rhythm and balance are extremely important to a successful shot.

### Coaching Points:

#### Stance:

- ▶ Feet shoulder-width apart.
- ▶ Feet, hips and shoulders in line with the centre of the ring.
- ▶ Stand tall.

#### Arm Placement:

- ▶ Shooting arm beside head with elbow close to ear.
- ▶ Shooting elbow should point towards post (no chicken wings).
- ▶ Other arm rests slightly on side of ball but has no influence on the release.
- ▶ Shooting arm drops back slightly (as opposed to bending the elbow a great deal). Keep elbow up high.

#### Grip on Ball:

- ▶ Ball sits on shooting fingers - not flat on the palm and not on fingertips.
- ▶ Should be able to place 2 fingers under the ball as it sits on fingers.
- ▶ Index and middle finger should be pointing towards the ring when ball is in shooting position.

#### Back and Hips:

- ▶ Encourage shooters not to arch their backs. Tall, straight and strong stance.
- ▶ Strong abdominals will encourage less back arch. Squeeze buttocks and tighten abdominals when shooting to encourage straight body line.

#### Aim:

- ▶ The ball should follow a high arc and drop downward into the ring. Shooters must develop consistency in how they aim for the shot - they will choose the method that best suits them.
- ▶ Can aim at the front of the ring - focus on lifting the ball above the front of the ring.
- ▶ Can aim at a spot about 15cm above the middle of the ring.
- ▶ Can aim at the back of the ring.

#### Release:

- ▶ To release, shooters slightly bend knees, elbows, wrists and ankles simultaneously.
- ▶ They transfer momentum forward and move up onto their toes.
- ▶ Shooter should release the ball at the highest point of the extended shooting arm, when knees and elbow are almost straight.
- ▶ The index and middle fingers give the flick to the shot as the ball is released which encourages slight backspin.

#### Follow Through:

- ▶ Having released the ball with a swish of the wrist and fingers, the player should leave their fingers and hands up there. Their fingers should be pointing at the post.
- ▶ Shooter follows the shot forwards to complete the follow through and set up for possible rebounds.

## Variations on the Standard Shot

Variations to the standard shot can be introduced once a player has developed some accuracy and consistency. The standard shot is always the preferred option, but some instances may require variation. Some of these include;

### Back Step

Used if players are faced with a very tall opponent who leans over the shot and obscures their view. It is also a handy skill when you take a ball directly under the ring and have to step back to shoot. Players should practise the step back using both feet so they are comfortable on either the left foot or right.

### Side Step

The principle is the same as for the back step if the defender is positioned at the side of the shooter. Again, practise stepping to both the right and left sides so comfortable with both.

### Step In

Used when a defender is defending from behind or when a shooter has been awarded a penalty pass or shot. Encourage the shooter to be completely set up for the standard shot before stepping in - this will assist them with their balance. Again, shooters should practise stepping in on both right and left foot.

When awarded a penalty pass or shot, a shooter should step in across the line of the defender so that they block them off from any rebound opportunity.

### Fake Shot

Used when a defender uses a jump technique to defend the shot. By faking a shot, you are encouraging the defender to jump too early and give the shooter another chance to refocus clearly on the goal. The defender in this case also often gets called for obstruction which results in a penalty being awarded.

Shooters set up for the standard shot and go through the motions, stopping suddenly at the release point. The supporting hand may have to move around to the front a bit more to stop the ball from falling out of the shooting hand. Once the defender has executed their jump, the shooter resets again and takes the real shot. Timing is crucial - the fake needs to happen in the first 1.5 seconds to ensure the shooter has time to refocus and not get called for a held ball.

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## Role of the Shooting Partner

Encourage the player who is not taking the shot to continue having full involvement in the game. They cannot relax just because the other shooter looks like they are going to shoot. They can focus on 3 things;

- ▶ **rebound** - they should set up in the best position for a rebound (see later in handout)
- ▶ **off-load** - set up strongly for an off-load pass if shooter is a reasonable distance from the post. A shooter does this by blocking off the defender's feet to protect the space for a pass.
- ▶ **screen** - stand between the shooter and the defender to make the defender get past or over them in order to defend the shot. The shooter must get into position quickly and avoid contacting the defender's arm or she will be called for contact.

## Rebounding in Attack

Both the shooter and their partner have to consider rebounds when an attempt at goal is made. Between the two of you, the most likely areas for a rebound to land should be covered. The player taking the shot is obviously set up for a rebound that comes straight back at her. The other player needs to cover the ground next most likely for a rebound to fall.

Front position is obviously the ideal for taking a rebound. To do this, a shooter must hold strongly and protect the front space from the defender. If the rebound comes their way, the shooter must go up with two hands and snatch the ball out of the air down to their chest aggressively.

If in back position, it is much harder to jump over the top and secure the ball with two hands without contacting the front defender. In this instance, it may be best for the shooter to go up with one hand and tap the ball backwards towards themselves, or tap the ball to the other shooter. Reaching up with only one hand allows for greater height.

The player taking the shot should move towards the post on their follow through, ready to take a rebound. If the defender is smart they will block this approach to the post, in which case the shooter may have to use the single handed tap and clear approach.

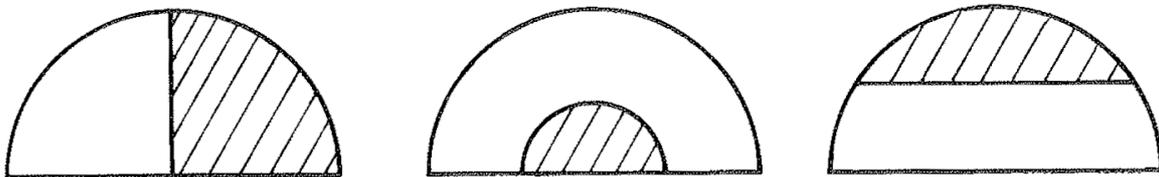
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## Movement of Shooters

Shooters must always be aware of each others' movements as well as the movements of other team-mates. It is best to have one shooter in the goal circle at all times. If one shooter is leading out of the circle, the other should be leading in.

The goal circle is quite a small area and the aim is to have movement balanced around the circle at all times. Remember that the shooters want to receive the ball as close to the post as possible.

The shooters can divide the circle into three parts or more, for example

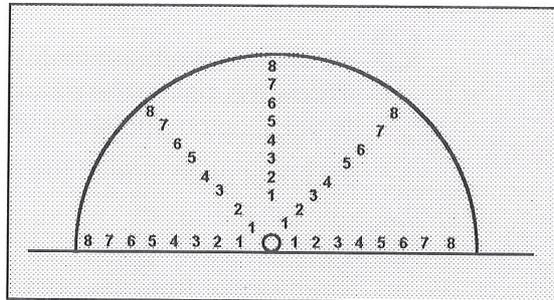


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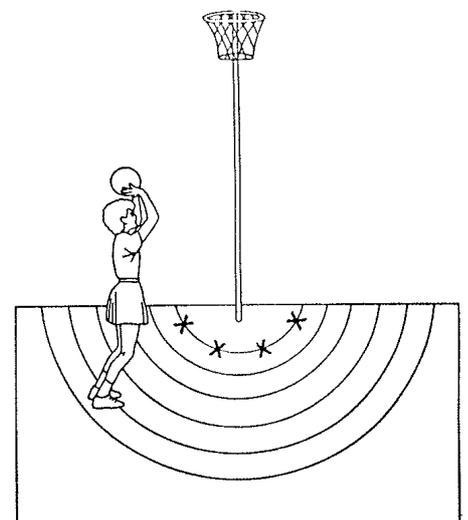
- ▶ if one shooter is working on the left hand side of the circle, the other should be working on the right
- ▶ if one shooter is working near the post, the other is working around the circle perimeter
- ▶ if one shooter is working at the top of the circle, the other should be working within the base

## Shooting Practice Drills

1. Hand Behind Back. To encourage one-handed technique. Get shooter to practise 10 shots each session with other hand behind back.
2. Eyes Closed. To help player 'feel' the correct movement. Set up the shot, then close eyes before taking shot.
3. Lie on Back Backspin. Helps practice the end 'flick' of the shot. Lie on back with knees bent. Hold shooting arm up straight and flick ball off fingers imparting spin, so that it lands back onto hand.
4. Lateral Lines. Start at post, shoot successfully; take one step back, shoot successfully. Continue stepping back each time successful until about 2/3 way out. Start again on other lateral line.

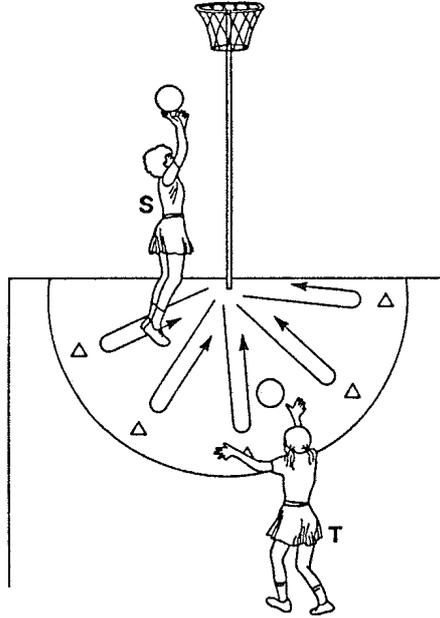


5. Around the World. Mark out a circuit around the goal post. Try to get 'around the world' in your fastest time, or alternatively beat a partner around the world.
6. Match Me! Practise with a partner. One person selects a spot from which to shoot. If they get it in, the other person has to try and get it in from the same spot. If the first person ever misses their shot, the other person takes over setting the challenge.
7. DONKEY. Set up a circuit around the goal post. Every time you miss, you add another letter of the word DONKEY. See if you can get entirely around your circuit without getting out. Alternatively, you can compete against a partner.
8. Skip and Shoot. Do 10 peppers skipping then 10 shots. This allows practice when physically tired (more realistic).
9. Radial Shots. Mark the circle at various distances from the post. Stand and shoot at each point. Only move on when you have been successful at each point.



COACH HANDOUT

10. Move and Shoot. Need a partner for this activity. Start at the post, run to edge of circle, push off, return to post to take pass. Steady and shoot.



11. Broom Work. Need a partner for this activity. Partner holds a broom over your shot to practice shooting with very good defence over the ball.



## Shooting Games

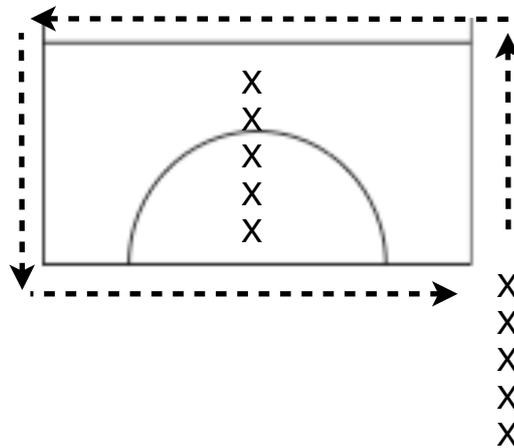
1. Shuffle Shoot Relay. Form two equal teams. Line up on a diagonal from the transverse line to the goal. Start ball at transverse. Pass down the line of players until it reaches the last person in the goal circle. They attempt a shot at goal and retrieve the rebound. They then run to the start of the line, everyone shuffles down one spot and you repeat the sequence again. Continue until players get back to their starting positions. Team scoring most goals wins.



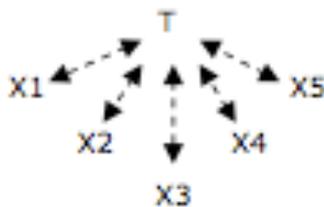
2. Pepperpot Pass and Shoot. Split into 2 teams. Each team stands around the radius of one side of the goal circle, numbering off 1 to 4. Two balls are placed in the centre of the goal circle. The coach calls out a number. That number from each team runs in, picks up a ball, passes to each player from their team (as in corner spray). Once they catch the last pass, they attempt to shoot a goal. First team to score a goal gets a point. Can extend this game by calling 'fruit salad'. If that happens, player 1 first comes out and goes through the routine. Once they get the goal in, player 2 comes out and completes the entire routine. Continue until the last player in the team completes the routine and sinks the goal.
3. Twenty One. Split into 2 teams. Each team forms their own line in front of the goal post. One at a time the front players attempt a goal. If they get the goal in they get 2 points for their team. If they miss, but get the rebound on the full, they can have another attempt at which point they score 1 point if they get it in. The other team's first player then has a turn. Continue with each team taking turns and adding up their scores until the first team reaches 21 points.
4. Killer. Have entire team start in one straight line in front of goal post, with the first two players having a ball. The first person shoots and continues to shoot until they get the goal in. You shoot from where you get the rebound each time. If you get the goal in, you pass the ball to the next person in line and join the end of the line again. The second person in line begins to shoot as soon as the first player has had their first shot. If the player behind sinks the goal before the player in front of them each time, then the front person is out. The winner is the last person 'alive'.
5. Shoot and Rebound. Line up in front of goal post, one person standing next to the ring for rebound. Player 1 attempts shot, both they and the rebounder try to get rebound if they miss. The rebounder then goes to the end of the line, the shooter becomes the rebounder and player 2 shoots. Continue through entire team.
6. 10 Goal Shoot Out. Split into 2 even teams. Each team forms a line in front of goal post. On 'Go', the first player in each line shoots for a goal, and goes for their own rebound. They then pass the ball to the next person in their line. Each team tries to be the first to score 10 goals. Players should call out the number of goals they have scored each time a goal goes in.

7. Golden Child.

- 2 teams - the running team line up outside the court at corner and shooting team form a line behind marker in goal circle.
- On 'go', the shooting team takes turns to have one shot. Call 'stop' each time they score a goal.
- At the same time, the first runner takes off on their circuit around the outside of the goal third. If they hear the word 'stop', they must freeze on the spot where they are. The next runner in line then takes off.
- If the runner returns to home base before a goal is scored by the other team, 1 run is scored. The next runner then takes off.
- The last runner is called the 'golden child'. As they run around the outside of the goal third, they 'unfreeze' each player that they pass. All runners then try to make it home before the shooting team scores a goal.
- If the shooting team scores a goal while the golden child is running, the game stops and teams change roles.



8. Corner Spry v Goals. One batting player stands in goal circle with 2 netballs. They throw one ball out into the goal third, and the rest of the team chases it. One player retrieves the ball and then all other fielding players form a corner spry setup around them. The person with the ball passes down the line and back again in the corner spry, and the group yells out 'stop' when they have completed that. In the meantime, as soon as the batter passed the ball into the goal third, they pick up the other ball and start shooting goals. They count how many goals are scored before the fielding team calls out 'STOP'.



# Shooting Sessions

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## Week A:

### Session One

- 20 shots from anywhere. Concentrate on technique.
- 20 successful shots - close range.
- 10 successful shots - mid range.
- 10 shots close range with eyes closed.
- 5 in a row from anywhere. If miss, start 5 again.

### Session Two

- 20 shots with one hand behind back from anywhere. Concentrate on technique.
- 5 lateral lines of 4 steps back. Start close to post shoot successfully. Take one step back, shoot successfully. Take one step back (etc until have shot 4 steps back). Start next lateral line.
- 10 successful shots with eyes closed.

### Session Three

- 20 successful shots - close range.
- 10 successful shots - mid range.
- 5 successful shots - long range.
- Skip and shoot. Skip 10 peppers, then shoot 10 attempts. Repeat 3 times.
- 5 in a row from anywhere. If miss, start 5 again.

### Session Four

- 20 shots from anywhere. Concentrate on technique.
- 50 shots from anywhere. If you miss 3 shots in a row, set yourself a penalty, eg 10 sit ups, 10 tuck jumps, 10 peppers
- 10 successful clear shots close range - without touching the edge of the ring.

### Session Five - measurement session

Best if you can have someone help in this session. Can measure progress using any of the following;

- Shoot from anywhere for a specific time period (e.g. 15 minutes). Count how many you miss out of how many attempts to work out your percentage. Otherwise just count how many successful shots you can get in that time period.
- Shoot 100 successful goals from anywhere. Time how long it takes you.
- Complete lateral lines of 3 steps, 10 shots at each point. Work out how many successful shots you had out of the 150 attempts.

## **Week B:**

### **Session One**

- 30 shots from anywhere. Concentrate on technique.
- 20 shots - step forward, steady, shoot.
- 20 shots - step back, steady, shoot.
- 10 successful clear shots from anywhere - without touching the edge of the ring.

### **Session Two**

- 30 shots with one hand behind back from anywhere. Concentrate on technique.
- Mark a point approximately 5m away from the goal ring. Shoot 5 shots from anywhere, then sprint to this point and back again. Repeat 5 times.
- 10 successful shots with eyes closed.

### **Session Three**

- 30 successful shots - close range.
- 15 successful shots - mid range.
- 10 successful shots - long range.
- 10 in a row from anywhere. If miss, start 10 again.

### **Session Four**

- 10 shots with one hand behind back from anywhere. Concentrate on technique.
- 20 successful clear shots close range - without touching the edge of the ring.
- Lateral lines of 4 steps back. 10 shots at each point before stepping back.

### **Session Five - measurement session**

Best if you can have someone help in this session. Can measure progress using any of the following;

- Shoot from anywhere for a specific time period (e.g. 15 minutes). Count how many you miss out of how many attempts to work out your percentage. Otherwise just count how many successful shots you can get in that time period.
- Shoot 100 successful goals from anywhere. Time how long it takes you.
- Complete lateral lines of 3 steps, 10 shots at each point. Work out how many successful shots you had out of the 150 attempts.

## **Week C:**

### **Session One**

- 20 shots from anywhere. Concentrate on technique.
- 10 successful shots - close range. Every time you miss 2 in a row, set yourself a penalty.
- 10 successful shots - mid range. Every time you miss 2 in a row, set yourself a penalty.
- 10 successful shots - long range. Every time you miss 2 in a row, set yourself a penalty.

### **Session Two**

- Shoot for 15 minutes from anywhere. Count how many successful goals you can get in the 15 minute period.

### **Session Three**

- 50 shots with one hand behind back from anywhere. Concentrate on technique.
- 10 successful shots with eyes closed.
- 15 in a row from anywhere. If miss, start 15 again.

### **Session Four**

- 20 shots from anywhere. Concentrate on technique.
- 20 successful clear shots close range - without touching the edge of the ring.
- Skip and shoot. Skip 10 peppers, then shoot 10 attempts. Repeat 5 times.

### **Session Five - measurement session**

Best if you can have someone help in this session. Can measure progress using any of the following;

- Shoot from anywhere for a specific time period (e.g. 15 minutes). Count how many you miss out of how many attempts to work out your percentage. Otherwise just count how many successful shots you can get in that time period.
- Shoot 100 successful goals from anywhere. Time how long it takes you.
- Complete lateral lines of 3 steps, 10 shots at each point. Work out how many successful shots you had out of the 150 attempts.

