

GOAL SHOOTING

The correct shooting technique is extremely important. You have a more accurate shot and it is harder for defence to defend.

The Australian shooting style is a one handed shot where one arm does the work and the other arm is used from the side for support and balance of the ball. It is described as a high arm release action style. The power of the shot is generated by the legs and is transferred up through the body to the release point.

STANCE

Narrow stance - player's feet need to stay at a comfortable width approximately under the shoulders. A wide stance affects the player's balance and ability to move for rebounds and often results in stepping. Avoid stepping in and becoming unbalanced.

Hold arms high, above your head (out of defenders reach), dominant hand under the ball other hand used to steady the ball.

RELEASE

Arms and legs must bend at the same time, everything going down and up together in a flowing movement - make sure elbows, feet and knees point towards the post.

- The arm bends at the elbow, the top half of the arm staying stationary, the forearm forming no smaller than a right angle - The elbow DOES NOT come forward. Ball does not drop below your head.
- Lift up through the ankles, knees and elbow, releasing at the highest point and finishing with a flick at the wrist.
- The ball should go higher than the ring and drop in forming an arc, not a straight line.

There is no push in a netball shot!!!

FOLLOW THROUGH

After releasing up, the shooter should move forward to attempt to rebound the shot.

- It is important to go up strongly in the air with two hands and pull the ball in. If you do go up single handed at least be aware of your other hand and try to tap it to yourself.
- If behind, shooters can work to get front position, or tap the ball out to themselves.

TEACHING POINTS

high extended arm position, holding the ball above the head, elbow close to ear and pointing towards the ring.

hold the ball on the fingers of one hand with fingers spread.

the other hand is placed at the side of the ball to steady it.

feet shoulder width apart, body towards goal post.

aim above the ring, bend arms and knees, straighten and release ball.

follow through with fingers and wrist towards the ring.

ball in high arc towards the post.

COMMON ERRORS

arm positioned so that the ball drops behind or in front of the head.

ball balanced in the palm of the hand.

elbows pointed out.

eyes watch the ball as it is released.

arched back.

feet either too close together or too far apart.

no bending of the knees during the shot.

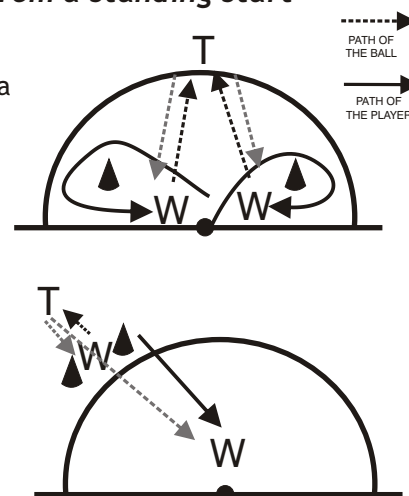
Run & Shoot - drills to practice shooting after effort, not just from a standing start

1. Worker (W) starts at goal post runs around a cone, drives to the post, receives the ball from the thrower (T), obeys the footwork rule etc and has a shot for goal. Rebounds or retrieves the ball back to thrower, runs around the other cone, and has a shot for goal, rebounds or retrieves the ball back to thrower. New worker comes in. Another player can be added as a defender (D), they run around the opposite cone, take up a defensive position to defend the shot at goal. Another thrower can be added. Then rotate to the different roles.

2. Worker runs circles or figure 8's small steps around cones just outside the circle, receiving and throwing small reflex passes for a total of four. For the fifth pass worker turns and drives to the post, thrower delivers a shoulder pass directed in front of where the worker is heading (the post), worker catches, steadies and shoots, rebounds or retrieves the ball back to thrower. Swap roles.

Teaching points

- Thrower is to feed the ball as a nice firm pass in front of the worker
- Worker is to obey footwork and 3 second rule, catch the ball, lands, steadies, aims, takes the shot, follows the ball in for the rebound.
- Defender has to be quick into defending distance, must defend the ball (shot) not the player, turn and follow the shot for the rebound, use body positioning to block the shooter from the rebound.



FACT SHEET