



Shooting Technique and Defending the Shot



AIMS & OBJECTIVES:

- Step in, back and side
- Receiving bounce into circle
- Marking the shot/jumping

ACTIVITY CONTENT (Including Progression)

COACHING POINTS

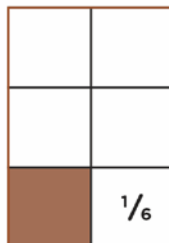
PRACTICE AND PROGRESSION

CONDITIONING SESSION

Do NOT tell them about the conditioning session in advance. When you set the groups off it will become very clear who has not been doing the session and will look nervous and get things wrong. Let the session run its course then say how it's obvious that some have been training but others have not and how you as coaches can notice the difference in some already. Players complete a strength session; adapting the session to accommodate the number of people and area size.

Coaches to observe and analyse as much as possible letting the players get on with the session:

1. Check their timings, work: rest ratios, sets and reps. Give hints for any issues.
2. Assess each player on their movement and note key feedback on their skills and alignment. Check if anyone is having major problems i.e.; - knock knees, hunched shoulders.



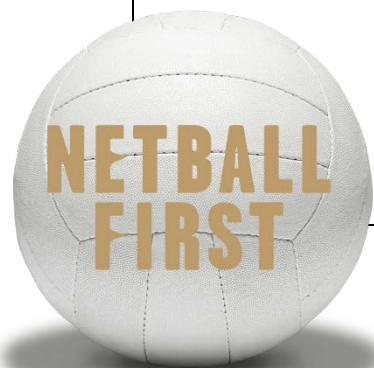
GROUPS OF 3/4

Equipment: cones and stopwatch.

Mix up the groups so you have at least one per group who you think has been doing the training.

Reinforce the only people they are letting down is themselves by not training, and it makes no difference to you except to waste your time delivering the sessions.

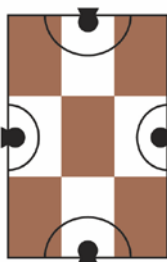
Reward people who do well with praise, keep all negatives broad and unidentifiable.



SHOOTING TECHNIQUE

Demonstrate (or preferably pick a player and make them demonstrate) the basic shooting & step shots.

- Players to work in 2's/3's. One self feeds and the other static marks (1-2 feet away always obstructing to apply pressure).
- Shooter to take one step forward, backward or sideways then shoot
- Make into a game – 10 shots per round, who can score the most?
- Players to gather feedback from the shot, e.g. too flat, push through fingers.
- Gather feedback from training buddy and use to adapt e.g. feet not facing the post.
- 1v1 or 2v1 game in the circle. If you gain possession, must step out of mini-circle. Basketball type game BUT must take 1 step before shooting, if 2v1 can play without bouncing.
- Shooters groups working with mini circles (inner Ds)
- 2/3 per post
- 2/3 per corner (defenders to work in the middle or corners)
- 2 groups of 10 with 1 coach per group ; - shooting/defending
- 1 group completes one topic then swaps.



TYPES OF JUMPS (X2 CALF JUMPS AND FULL LEG JUMPS)

Using the two types of jumps complete 2 tasks, 'jump taps' and 'pairs feed'

Athletes in pairs with one ball per pair.



- Balanced position , feet = hip width apart , back straight
- Body lined up with post
- Ball held high with dominant hand under + fingers facing back.
- Use non-dominant hand to steady ball if necessary
- Head up + focus on a spot above the ring (point of witches hat)
- Flex elbow + wrist to lower ball (imagine piece string above head so ball drops in straight line) (don't drop elbow in front)
- Keep ankles and knees soft and flex/bend to help push ball upwards (+ forwards depending on distance)
- Trajectory – upside down J to ensure its soft + lifted (not a throw)
- Fingers follow through to ensure back spin (imagine touching top of a box)
- Aim for 'clean' shots

Calf Jumps – Players only use lower leg muscles, small bend at knees and ankles , then extend

Full leg Jumps – Players use all leg and bottom muscles. Large bend at hip, knee and ankle, then extend.

- Always remind players this is what we are aiming for and what their strength training helps to improve.



PAIR FEED JUMPS

Feeder placing the ball in the air closer to the worker

Complete 10 with 'calf jumps' and 10 with 'full leg jumps'

The player catches (very quickly and softly) the ball and pushes it back to the wall whilst in the air.

If they do not bounce up quickly they will miss the ball coming off the wall.

How many can they do in a row?

PROGRESSION: One handed (athlete can turn sideward).

MARKING SHOT – WITH JUMP

If a player is able to perform the jump mark, use them to demonstrate. If not, if you have a laptop or iPad then you can show a clip.

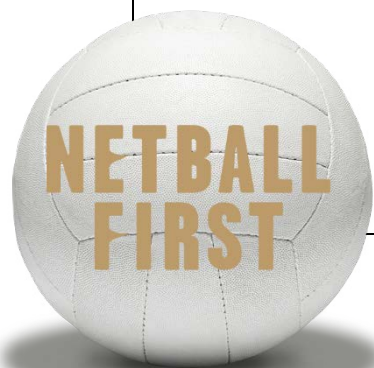
One player on their knees and one marking 1 metre away. Player on their knees pretends to shoot. Defender in netball ready position. Knees soft and weight on balls of feet.

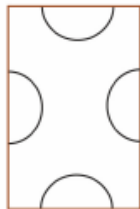
The defender looks to intercept the ball at the lowest point once it's been released.

Often this means tip and gather, but they could catch it.

Players can shoot towards a wall, but they tend to lose the right trajectory without a post.

- Knees soft
- Weight on balls of feet
- Extend through knees and arms





2 or 3 pairs per post



OR

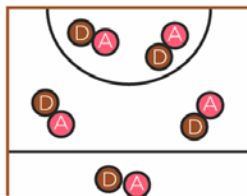


OR

SAFETY: There may be a few balls flying around but as most players are static and are all deflecting away from the post, there is little chance of hitting the ball into someone.

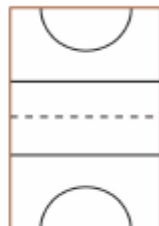
BALL THROUGH TO GOAL

- Feeder puts the ball into the middle third, play ball into goal third then circle and shot. Minimum 4 catches in goal third before a shot can be taken.
- 3 attempts then rotate.
- No obstruction – encouraging shooter to step (or you can encourage them to step).

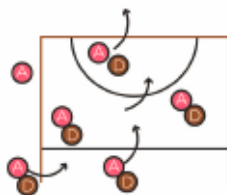




2 x 10s
8 work , 4v4
1 feed , 1 ump
4 bibs , 1 whistle



PROGRESSION



CONDITIONED GAME

MATCH PLAY (AS MANY 10 MINS AS POSSIBLE)

Full match play – extra points for a step shot, clean shot or marking a shot with a jump, if defender tips the shot 10 points.

Test understanding and performance from work done in previous sessions.

- Do not tell them what you are looking at, evaluate their performance to see if they have been practicing or have changed.
- Reflect with them about change and development. How many have been practicing at EVERY opportunity? Similarly reward any that have improved. Reinforce how academy works and they have to do the hard work.
- Either let them set their own conditions/targets or you as coach dictate some areas to focus on

