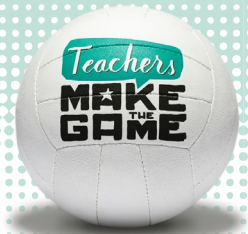
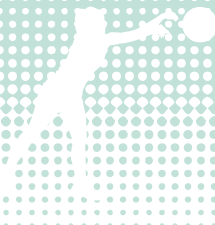


Shooting



Aims

The key aims are to:
Select the most appropriate pass into the circle and to score goals



Key principles

The key principles to teach are to :

- ★ Feed the shooter accurately
- ★ Score goals after working at high intensity

Warm up

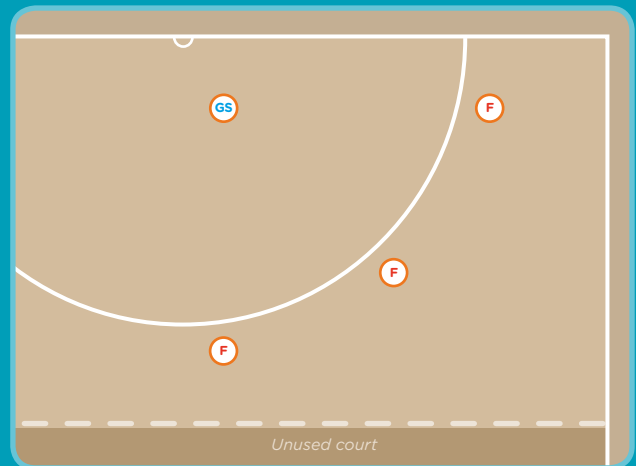


Don't forget to warm up before you get started

Main activity

Purpose - For the shooter to receive 6 passes from the circle edge players before taking 3 consecutive shots.

- ★ Working in half of the goal third, set up groups of 4, 3 feeders and 1 shooter.
- ★ 2 feeders start with a ball each.
- ★ Each shooter must receive 6 passes. As the shooter passes the ball, the next ball is passed into the circle.
- ★ The shooter cannot pass back to the person who passed to them, so must locate the feeder without a ball to pass to.
- ★ After 6 passes the shooter takes 3 shots at goal from different points.
- ★ Rotate after shots are put up.



Progressions

Easier: Shooter can move closer to take shots

Easier: Feeders can pass the ball to each other before feeding the shooter

Harder: Add a defender

Harder: Feeder without the ball moves off circle edge and drives forward to receive from shooter



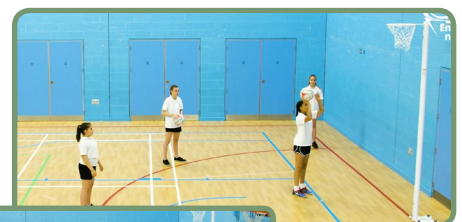
Getting your pupils thinking...

Q What should the shooter focus on while moving?

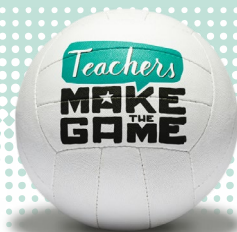
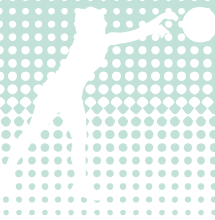
A Sight the 3 feeders and both balls whenever possible

Q What should the shooter think of when shooting?

A Body square to post, arms high, bend knees and push from feet



Shooting



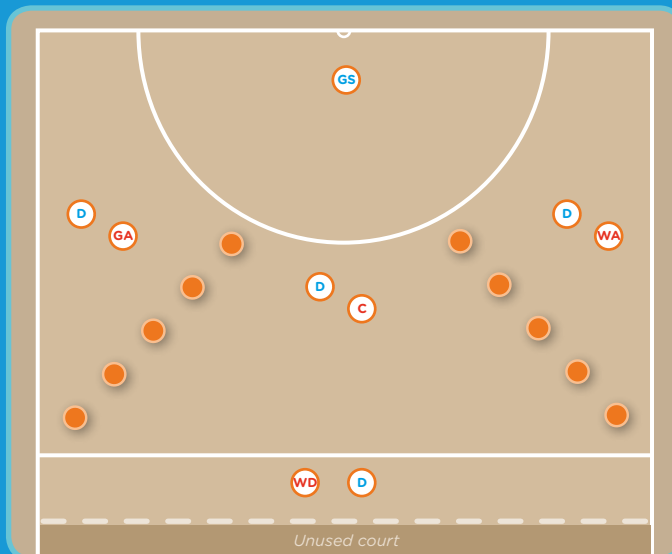
TECHNICAL PRACTICE



Technical practice

Purpose - To achieve at least 4 passes before receiving the ball in the shooting circle to score a goal.

- ★ Working in the goal third, set up 5v4 defence.
- ★ Mark out 4 areas including the shooting circle.
- ★ WD starts with the ball on the third line.
- ★ Attack set up 1 in each area.
- ★ Defenders 1v1 mark the attacking players.
- ★ Attack must make at least 4 passes outside circle before passing the ball into the circle for the GS to take a shot.
- ★ WD can be used if unable to pass to any other attacker but this does not count towards the pass count.
- ★ If intercepted, the defence pass back to the WD to restart.
- ★ Rotate positions after 5 shots.



Progressions

Easier:

Add attacking outlet player

Harder:

Add a circle defender

Harder:

All attackers must receive the ball twice before shooting



Getting your pupils thinking...

Q What can a player do if they are not in a good position to receive the ball on the circle edge?

A Move off then on again

Q What can the GS do if they can't get free in the circle?

A Move out of the circle to receive a pass and then drive back in

To see these practices in action and for more information, head to www.englandnetball.co.uk/teachers

