

AIM OF THE ACTIVITY

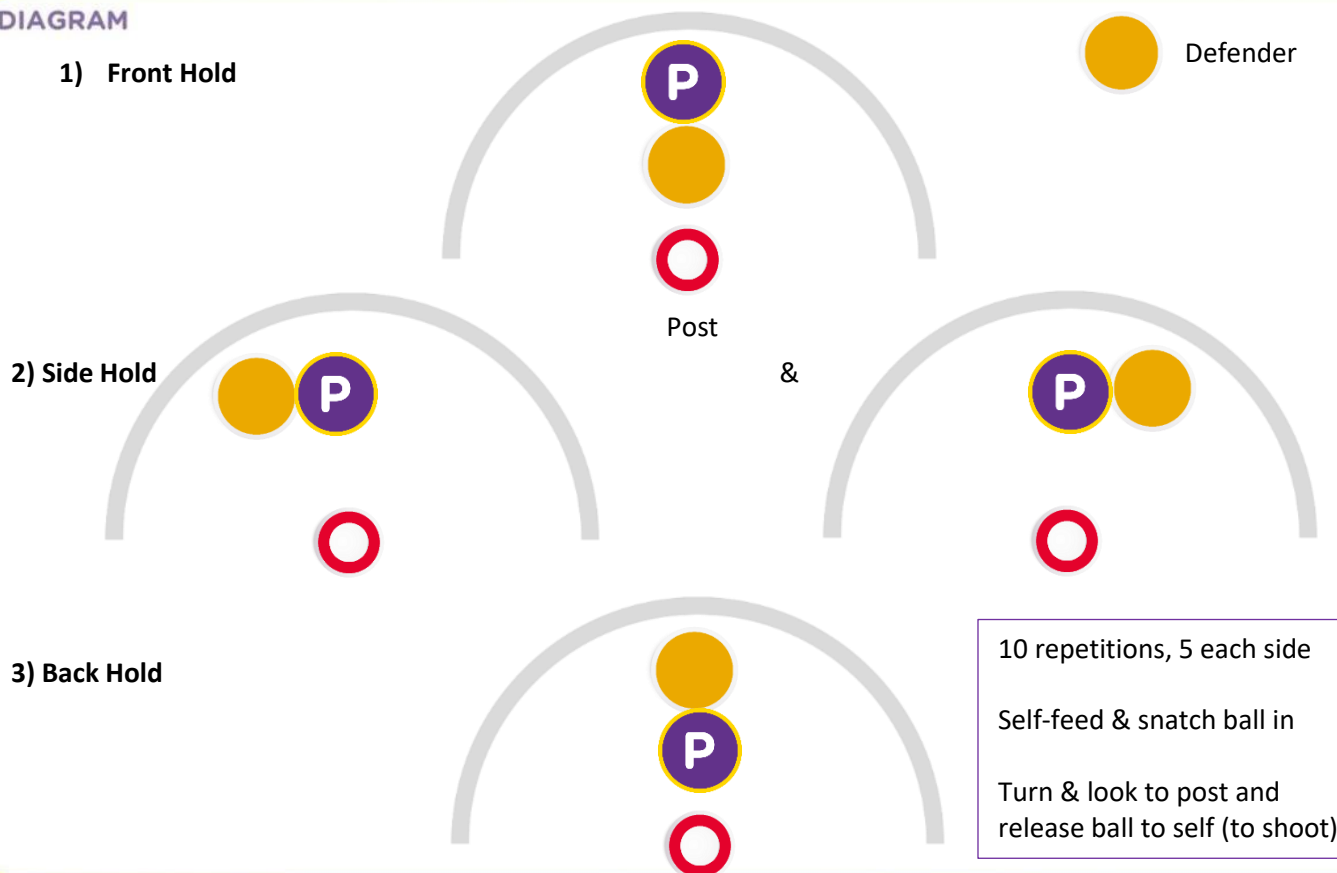
SHOOTING HOLDS

Using body to gain an advantageous shooting position

EQUIPMENT

Ball, Shooting circle markers, netball post/post marker (or marker on wall/fence for post) cone or chair for defender

DIAGRAM



DESCRIPTION

1) Front Hold: Start in front of defender, maintain tall & strong body position until last moment, receive ball & split land (5 left foot forward, 5 right)

2) Side Hold: Stand to side of defender, open to space & where self-feed will be received (5 with defender on left, 5 with defender on right)

3) Back Hold: make a "T" shape with your body & "defender's shoulders", wait until ball is at '12' o'clock' above you before taking it at highest point (5 facing one way, 5 facing other)

WHAT'S NEXT?

Try holding positions based on ball entry point into circle.

Alter ball entry points on circles edge and adjust holding position accordingly using appropriate movement skills/ small adjustments

Note: A partner could stationary hold ball on circle edge (2 meters from player) from different points but not release ball