

## LEARNING OBJECTIVES

To successfully score a goal

## SKILL

- Shooting Technique

## ACTIVITIES

- Tutti Frutti
- Golden Child
- Hotspot
- Knockout

# Shooting

**RULE  
OF THE WEEK  
REPLAYED  
BALL**

If a player has possession of the ball they cannot bounce the ball to themselves



## WARM UP

**Swap  
Switch  
Swoosh**

1. All players have a ball and jog around a set area
2. The leader shouts the following commands:

**Swap - swap balls with someone else**

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**Switch - put the ball on the floor and change places with someone else**

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**Swerve - move the ball around their waist**

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3. Change movements ie. skipping or side steps

## Shooting Technique

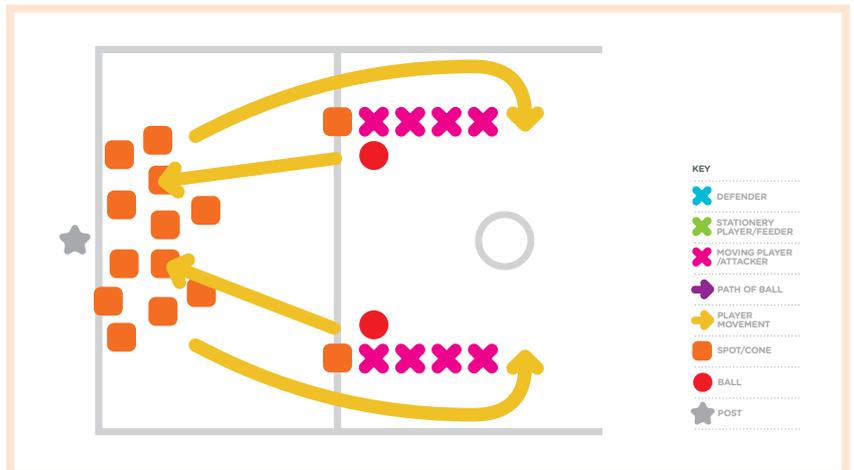
1. Face the post
2. Place the ball above your head on one hand with your fingers pointing backwards
3. Use your second hand to support the ball
4. Use your legs to push up as you shoot
5. Follow through with your fingers



- Imagine there is a witches hat on top of the post and you are aiming for the ball to go through the top of the hat
- Toes facing the post
- If you have a successful shooting action don't change it

## Tutti Frutti

1. Two teams, two balls
2. Lay out rings of different coloured spots in the goal circle
3. The first player per team runs to a spot in the circle and takes 1 shot
4. If they score they pick up the spot they scored from and return the ball to their team
5. If they miss, they just return the ball to their team
6. Continue until all the spots have gone
7. Add up scores to find out who the winning team is



- Allocate points to the rings of spots ie. inner circle 1 point, middle circle 3 points, outer circle 5 points
- Remind the players that you can't normally run with the ball but you can on this occasion to get to a spot in the circle



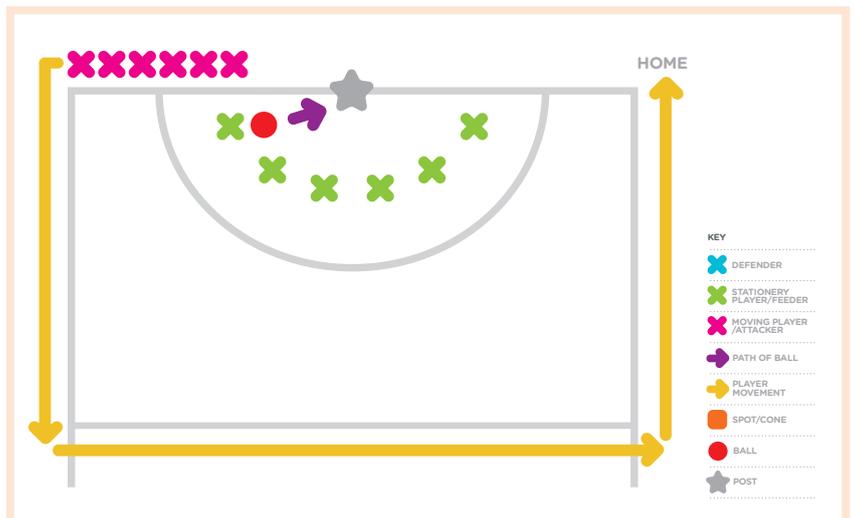
- Use a specific pass to return the ball to their team
- Add spots further from the post



- Lower the post
- You only have to hit the ring/net to score

## Goalden Child

1. Two teams, one shooting and one running
2. The shooting team shoot in turn until a goal is scored when leader blows their whistle
3. At the same time one person from the running team starts running around the netball court and stops and stays exactly where they are when the whistle is blown
4. The next runner immediately starts running until the shooting team score another goal and the whistle is blown
5. The last runner is the 'Goalden Child' and can collect their teammates when they pass them on their way around the netball court



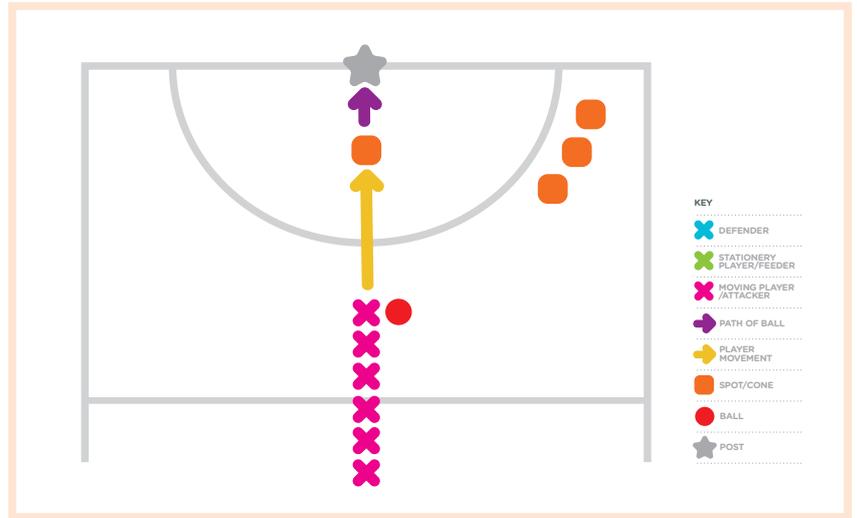
- Similar to rounders, the running team are trying to get as many people "home" as they can
- The shooting team have to get 2 shots in before the whistle is blown
- The running team have to run around smaller area



- Lower the post
- The running team have to run twice around the area

## Hotspot

1. Lay one spot in the circle and 3 spots outside the circle (hotspots) next to each other
2. The first player takes a shot from the spot in the circle
3. Score and they join the back of queue
4. Miss and they stand on a hotspot
5. Repeat, if the next player misses players move along the hotspots
6. If someone shoots and scores whoever is stood on hotspots is out



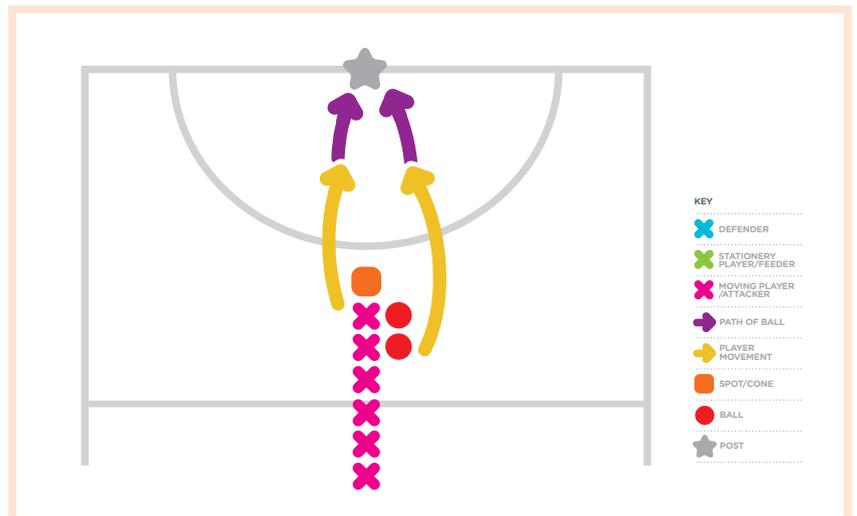
- Move the shooting spot further away from the post
- Add only 2 "hotspots"



- Move the shooting spot closer to post
- Lower the post
- Players only have to hit the net/ring

## Knockout

1. Start with a queue of players at the top of the goal circle
2. The first 2 players in the queue have a ball each
3. The first player starts shooting from wherever they feel comfortable and they keep shooting until they score
4. The second player starts shooting straight after the first player has taken their first shot
5. If player 1 scores first they pass to the next person in the queue who starts shooting
6. If player 2 scores first player 1 is out



- If the person who starts in the queue behind you gets a shot in before you, then you are out
- Make sure players pass quickly to the next person in the queue as soon as they score
- If players are out, get them to stand behind the post and pass balls back to the players still in the game



- Give everyone a number of lives rather than being out straight away
- Lower the post
- The players only have to hit the ring/net rather than score

CLOSING GAME

## Hit the Post

Repeat the same game as week 3