


Title: **Shooting Movement - Getting closer to the post!**


Date: 17/05/2011	Venue: Netball Court	Duration: 1 Hour	No of Players:	Ability / Level: All Ages & Abilities	Equipment: Balls, Bibs and Cones
Session Goals: The practises in this session focus on the agility and movement skills of the shooter, ensuring that they're able to get free in the circle and move closer to the post to shoot.				Personal Coaching Goals: Teach your shooters that you can make life easier for yourself through use of intelligent runs, to create space and minimize the distance for the shot!	

Time	Task / Activity / Session Content	Coaching Points
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Warm Up

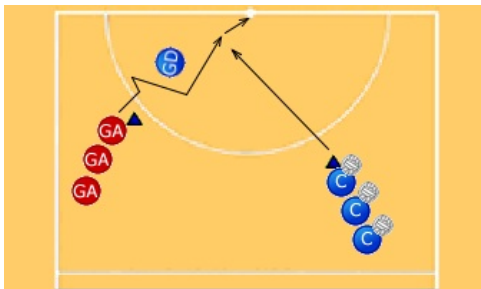
<p>Run, Balance, Shoot - Cone Game</p> <p>The feeder starts on the edge of the circle. Meanwhile the other player (player 1) runs around a cone and then drives into the circle to receive the ball before making the shot. Rebound, feed out and repeat.</p>		<p>Notes</p> <p>Keep your focus on the ball. Drive onto the ball.</p>
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Running into the Circle

<p>Leading to the post</p> <p>Players line up outside the circle with the passer at the top of the circle. The shooter then runs down towards the back line before cutting in quickly to receive the ball before steadying for the shot.</p>	 <p>Created with Sportplan Animator</p>	<p>Notes</p> <p>If the players want to shoot from close they need to ensure their lead run leaves them close to the post. Once you have been a shooter you become a passer and vice versa for the passer.</p>
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Leading to the post - Introducing a defender

Same practice as above but this time the defender is introduced to defend (it's key that the defender is *reacting* not *anticipating*).
If the defender is in the way of the first pass the attacker can double back and receive the pass on the other side.
Player then shoots.



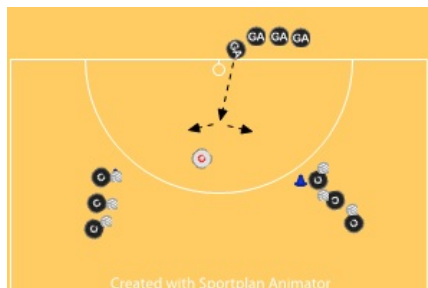
Coaching Tips

Ensure your attackers move around in the circle to receive the ball not to become too predictable.

Making space to make the shot

From behind the post

This time the attackers start from behind the post and must try and get free from the defender to receive the ball and shoot.
Alternate the side the ball is fed from each time.



Coaching Tips

The attackers should always try to drive to the post and change direction to move closer to the post, instead of changing direction halfway through their run, finishing up with a shot from far out.



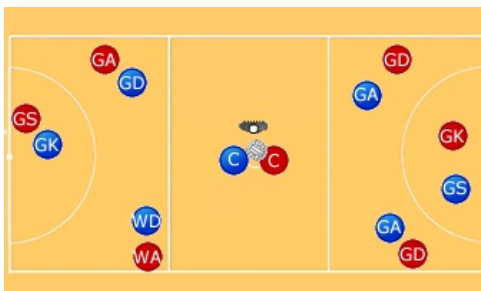
Notes

With less experienced players start this drill without a defender and introduce a defensive player once they're more confident performing this movement pattern.

Final Game

Full Court - Game on!

Finish with a full-court game.
Before you start though ask your players to think about their running, are they running purely for the sake of it or are they making intelligent runs towards the opponents goal?



Shooting Challenge:

Fancy giving your players a challenge before they head home? Why not find out if they can score from the half way line - a fun challenge to test your players' (very) long-range shooting.



Other Comments:

"If you're not failing every now and again, it's a sign you're not doing anything very innovative."

Woody Allen

Evaluation: