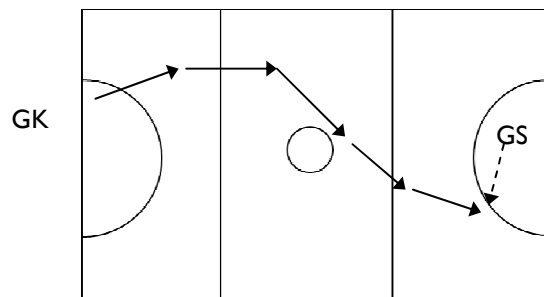


## Improving your positional play

\* Watch other Goal Shoot's live on T.V./DVD to see how easily the ball gets into the goal circle without having to be passed around too much. What do they do?

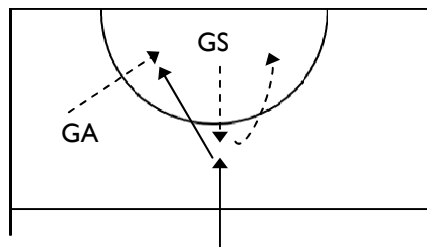
\* Watch the ball as it comes down the court from the other end. Try to move to that side of the court at the right time. This is exactly when a feeder would want to pass to you.

E.g.



\* Work with your Goal Attack so that you develop an understanding of each other's movements and abilities.

\* Drive out of the circle positively to be in the best position to receive a pass. Turn fully and look to feed your Goal Attack in the circle as your first choice of pass.



## DO YOU LIKE?

- \* Shooting Goals?
- \* Getting free in a small space?
- \* Jumping to receive a pass?
- \* Using small, quick movements to outwit opponents?
- \* Receiving lots of different types of passes?

**IF...  
YOUR ANSWERS ARE  
'YES'  
YOU COULD BE  
A  
SUPER  
GOAL SHOOTER**



**COACHFORCE**

**SO...**

**YOU WANT TO BE  
A  
SUPER  
GOAL SHOOTER**

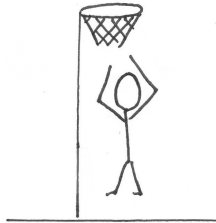
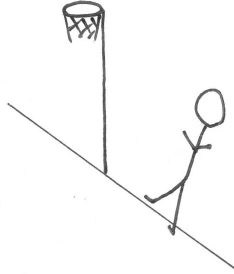


## Skills you can practice alone

### WITHOUT A BALL

#### Balance

Stand on one leg on the goal line and see how far you can lean out without overbalancing. Balance on your right and left leg.

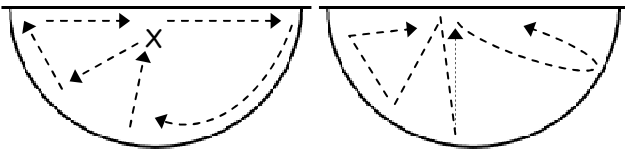


#### Elevation

Jump and try to touch the net on the goal ring

#### Footwork

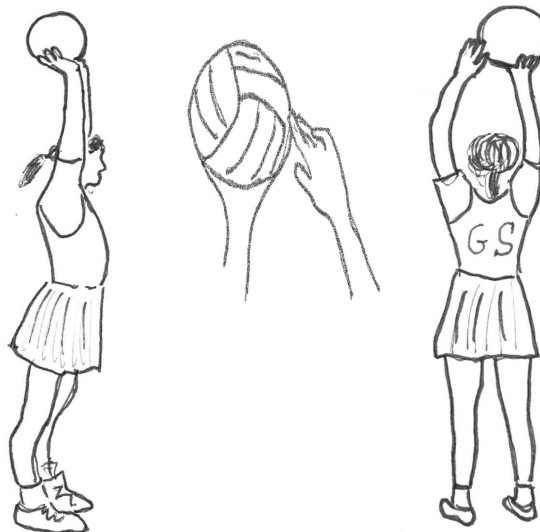
Move around in the goal circle to become familiar with its size and shape. Try with your eyes shut!



Move from goal post to the circle edge and experiment with all the ways that you can turn and move back towards the goal post. As you discover a new way, practice it so you can repeat it at speed and turn both ways.

### WITH A BALL

- \* Shoot, shoot and shoot again!!!
- \* It is important to practice using the correct technique. Get a coach to watch you, or maybe someone could video you?
- \* Ask these questions (the answer should be 'Yes' to each of them)
  - Are my feet facing the goal?
  - ◆ Are my shoulders facing the goal?
  - ◆ Do I bend my knees?
  - ◆ Is the ball held on my fingers?
  - ◆ Is the elbow of my shooting arm facing the goal?
  - ◆ Is my shooting arm straight up when I release the ball?
  - ◆ Does the ball come off my finger tips
  - ◆ Does my hand finish in a 'periscope' shape once the ball is released?



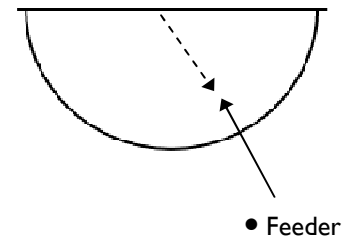
## Things you can do in 2's

- \* Work with 1 shooter and 1 feeder but always have the same number of turns.

The feeder passes the ball and calls 1, 2 or 3 (seconds) and the shooter has to shoot within that time.

The shooter begins with their back to the goal post, tosses that ball in the air, catches it and turns to land facing the goal. The other person defends the shot from 0.9 metres.

The shooter starts near the goal post, runs out towards the edge of the circle. The feeder passes and at the same time calls 'right' or 'left' and the shooter has to turn that way.



—Work with your Goal Attack, plan moves so that when you run out of the circle, she runs in. If you run to the top of the circle, she enters from the back etc.

