

JO HARTEN'S NETBALL SHOOTING PROGRAMME FOR YEAR 3 TO 6

15-30 mins each day if you can

Some is of this can be done individually and some will need a partner (parent or sibling)

X10 2-handed shots

Using your lower body to power up, and lifting your heels high

X10 1-handed (right) shots

Same as above, using your lower body to power the shot

X10 1-handed (left) shots

Same as above, using the lower body to power the shot

X10 hitting the ring (under shooting)

X10 shooting the ball (over shooting)

Shoot the ball over the top of the ring

Make sure the ball is pushed high up and over the ring and that it drops down in a straight line close to the other side of the post

X10 shots turning to post

Stand relatively close to the post but try shooting a bit further out sometimes too

Face the Feeder who should be outside of the D on the circle edge

Receive a pass from them

Turn to post (hips fully round to post)

As the Feeder passes, they should call 1, 2 or 3 (these numbers refer to seconds)

After you've turned, shoot the ball on the number of seconds that the Feeder has called

X10 shots turning to post, with a dodge

As above, but dodge before receiving the ball from the Feeder

Make your move towards the post when you receive the ball

X10 shots, turning to post, with a dodge, and shuffle back

As above but instead of turning to post to shoot, continue to face the Feeder

Pass the ball back to them

Shuffle back towards the post

Receive the ball back from the Feeder

Turn and shoot on the number of seconds called by the Feeder

80 shots in total

