Netball Shooting Technique

Taken from <http://www.teachpe.com/netball/shooting/stationary.php>

**Coaching Points**

Ready Position

* Feet in a comfortable forward facing position, not too far apart
* Balanced position, with equal weight on both feet and hips facing the front
* Ball held by dominant hand and high above the head. Fingers point back and are slightly open, ball sits in your hand.
* Second hand is placed at the side of the ball to steady its position
* Elbows slightly flexed, lined in the direction of the post.

Execution

* Focus on a point above the ring to give height to your shot
* Power through the ankles by pushing up through slightly flexed knees
* Maintain balanced position
* Flex elbows not allowing the ball to drop behind your head
* Wrist flicks as the ball is released off the fingers in order to create a backwards spin
* Fingers follow the ball on a high trajectory towards the post, dropping in to the ring
* Aim to drop the ball through the net without it touching the ring

**Progressions**:

* Increase the distance of your shots
* Set targets and/or forfeits for missing shots
* [**Stepping forward**](http://www.teachpe.com/netball/shooting/stepping_forward.php)
* [**Stepping back**](http://www.teachpe.com/netball/shooting/stepping_back.php)
* [**Stepping to the Side**](http://www.teachpe.com/netball/shooting/stepping_side.php)
* Add a defender (2nd stage)



Taken from [www.healthyactivekids.com.au](https://www.healthyactivekids.com.au/families/outdoor-activities/sports-skills-netball/)



http://netballdrills.co.uk/netball-passing-drill-3-point-passing-with-core-stability/