

## **Sharp Shooting: Essential Shooting Skills for Netball**

### **Course Summary:**

The course will examine the technique of shooting and the associated game strategies linked to this position namely, shooter rotation, balance, 'T' position and the support of attacking players on the circle edge. The coach will be introduced to observation and analysis skills and will acquire knowledge of the common errors and corrective measures linked to various phases of the shooting action. In the workshop coaches will gain hands on experience working with a shooter and correcting a mismatch with guidance from the tutor. Shooter programmes will be reviewed and the use of tools / props explored to enhance the practice environment for the shooter in training.

### **Outcomes:**

By the end of the workshop a coach should be able to:

- Explain the coaching points for effective shooting technique
- Identify common errors and corrective measures
- Observe and analyse an individual's shooting performance
- Explain the purpose of circle rotation and identify practices to develop this skill
- Identify the coaching points for the 'T' position on a defender
- Plan and progress practices to develop shooter movement

**Please note that this is a practical workshop and will require coaches to participate in some activities, candidates must therefore ensure appropriate clothing and footwear is worn.**