Nets Netball Home Programs - Pre Elite

Shooting - Novice - 50 Goals

Program 1

- 10 goals - from various positions 1m away from the post
- 5 goals - from various positions 2m away from the post
- 10 goals - bounce the ball on the ground, catch it then shoot 1m from the post
- 10 goals step forward towards the post (5 on each leg)
- 15 goals - pick 3 spots in the circle and shoot 5 at each 1m from the post

Record your Statistics

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Program 2

- 10 goals - one hand shots near the post where the other hand is up near the ball but not touching it
- 10 goals - various positions 2m away from the post
- 10 goals - step backwards away from the post (5 on each leg)
- 5 goals - throw the ball up in front of yourself, catch, then shoot 1m from the post
- 5 goals - clear shots where the ball does not hit the ring 1m from the post
- 10 goals - from various positions 1m from the post

Record your Statistics

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Shooting - Novice - 50 Goals

Program 3

- 20 goals - from various positions 1m to 2m from the post
- 15 goals - 5 lines of 3 shots: start close to the post, shoot 1: step back: shoot another: continue until you have completed 3 shots in a line
- 5 goals - step left onto one foot and shoot 1m from the post
- 5 goals - step right onto one foot and shoot 1m from the post
- 5 goals - choose your favourite spot in the circle and shoot 5

Record your Statistics

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Program 4

- 10 goals - from various positions 1m from the post
- 10 goals - from various positions 2m to 3m from the post
- 5 goals - step left onto one foot and shoot 1m from the post
- 5 goals - step right onto one foot and shoot 1m from the post
- 10 goals - choose your favourite spot and shoot all from there
- 10 goals - throw the ball up in front of yourself, catch, then shoot 1m from the post

Record your Statistics

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Program 5

- 5 goals - one hand shots near the post where the other hand is up near the ball but no touching it
- 10 goals - one shot taken at 1m from the post then one shot taken at 2m from the post (repeat this pattern 5 times)
- 10 goals - wrap the ball around your waist as quick as you can then shoot from various positions 1m from the post
- 10 goals - choose your favourite spot and shoot all from there
- 10 goals - from various positions 1m from the post
- 5 goals - choose your favourite spot in the circle and shoot 5 in a row without missing (go back to the start if you miss)

Record your Statistics

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Shooting - Novice - 50 Goals

Program 6

- 20 goals - from various positions in the circle but if two are missed in a row = 5 push ups or sit ups
- 15 goals - in groups of 3 shots (one taken at 1m, 2m, one at 3m) - repeat this pattern 5 times
- 10 goals - using a semi-circle pattern from baseline to baseline complete 10 shots 1m from the post
- 5 goals - clear shots where the ball does not hit the ring 1m from the post

Record your Statistics

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Program 7

- 5 goals - high knees running on the spot 5 times before shooting the ball 1m from the post (repeat pattern 5 times)
- 10 goals - 2 shots in a row from the same spot then choose a different spot in the circle (repeat from 5 different spots)
- 10 goals - pass the ball from hand to hand in front of your body as quickly as you can for 10 passes then shoot 1m from the post
- 10 goals - from various positions 2m from the post
- One minute timer goals - shoot from your favourite spot in the circle for 1 minute, counting how many goals you get in. Repeat and aim to better your score

Record your Statistics

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Nets Netball Home Programs - Pre Elite

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Program 8

- 10 goals - using a semi-circle pattern from baseline to baseline complete 10 shots 1m from the post
- 10 goals - complete 5 star jumps on the spot then shoot 1m from the post
- 10 goals - from various positions 2m+from the post
- Two minute timer goals - shoot from your favourite spot in the circle for 2 minutes counting how many goals you get in. Repeat and aim to better your score.

Record your Statistics

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