

Goaling Practice

Practicing shooting will make it easier to score goals during a game.

It's important to get your technique right.

Watch these helpful video for the basic shot technique.

- https://www.youtube.com/watch?v=N20vo_pXNnU
- <https://www.youtube.com/watch?v=wGUXLyYXvzU&feature=youtu.be&t=1m59s>

Shooting practice:

- Instructions for each shot below. Ask your coach for help if you need help or if you don't understand anything.
- Print your shooting tracker – print it and share with your parents & coach.
- Keep score of how many shots you get in for each shot type.
- You don't have to complete all the shooting at once. You can complete it over a couple of days – try to complete 165 shots per week. Aim to practice 3 times at week.
- The number of goals in isn't important, what you're looking for is improvement and consistency.
- Complete all shooting properly focusing on good shooting form & technique. Try to make each shot the same.
- When practicing your shooting take the majority of your shots within 2.5m of the goal post. In a game we try to get the ball as close to the goal post, so that is where most of your practice takes place.
- Before and during practice skip or do another aerobic activity that will puff you out – this will simulate a game situation, when you get tired during the game. Practicing when you are tired will help your goaling during tough games.
- Have fun and enjoy shooting.

Goaling Types

1. 5 spot shot - Place 5 markers in a semi circle 1 metre from the goal post. Take 5 shots from each marker
(Total 25 shots)

2. 10 spot shot - As for activity 1 and add 5 markers 1.5 metre from goal post. Take 5 shots from each marker
(Total 50 shots)

3. Rebound – Take 10 shots from various spots within 2.5metres of goal post. If you miss rebound (catch the ball before it hits the ground) and have another shot
(Total 10 shots)

4. 2 foot land shot - Facing the goal post throw the ball high to your self. Jump and catch it landing on 2 feet. Take 10 shots from various spots within 2.5metres of goal post.
(Total 10 shots)

5. Pivot shot - With your back to the goal post, throw the ball to yourself and catch it.

- Pivot to the right and shoot 5.
- Pivot to the left and shoot 5.

Rebound any misses
(Total 10 shots)

6. Roll & shoot - Roll the ball in the goal circle, chase and collect it. Take 10 shots. Rebound any misses.
(Total 10 shots)

7. Bounce & shoot - Bounce the ball away from you, chase and catch it. Take 10 shots. Rebound any misses
(Total 10)

8. Skip & Shoot - Skip 20 then shoot 5 goals. Rebound any misses. Repeat this 4 times.
(Total 20 shots)

9. Move & Shoot - Run out to the edge of the goal circle, then run back towards the goal post. Leap (as if catching the ball), LAND (get balanced) and shoot.
(Total 10 times)

10. Fake & shot - With your back to the goal post, throw the ball to yourself, catch it, pivot, fake a shot and then shoot.
(Total 10 times)

Let's start shooting.

For a challenge:

Spokes - Using half goal circle. Set up 3 lines (spokes) of 3 makers. Shoot from 1 st spot in spoke. Then take a step back and move to next spot. If you miss a shot you go back to the beginning of that spoke and start again. When you've shot all 3 spots move to the next spoke.

20 steps - Start as close to the goal post as possible. When you score a goal there take ONE step in any direction and shoot from there. When you score from there take another step. Use all of the goal circle. (Score 20 shots)

Swishas - The ball doesn't touch the ring (not airball) Shoot until you score 1 Swish

10 spots - Mark 10 spots in the goal circle. Shoot from each spot 3 times. Move to the next marker. Total 30 shots

Advanced Goaling activities:

Once you have excellent basic goaling skills, an accurate goaler and physically capable of doing these activities.

A1. Rebounding toes – Shoot 10 and rebound each shot. Begin moving in towards the goal post as soon as the ball leaves your hand. Catch the ball before it hits the ground. Do this for successful shots as well. Keep a count of rebounds

A2. Step in (Forward) and shoot – Shoot 5. Make sure you are balanced and when you step in. when you are able to score after taking a small step in, try taking bigger steps until you are leaping in and shooting. You must be balanced when you shot. Rebound each shot.

A3. Step to the right and shoot - Shoot 5. Step with your right foot in front of a defender who is out of play, to stop them from getting the rebound. Rebound your shot.

A4. Step back and shoot – Shoot 5. Take a small step back, enough to enable you to see over a tall defender or to be able you to see over a tall defender or to be able to shoot when you are too close to the goal post. Rebound each shot

A5. Falling out of court – Shoot for goal when you are unbalanced and falling out of court. You have 3 seconds to shoot, so try to regain some balance and have proper shot for goal. Try running in and falling out of court, as well as falling from a stationary position. 10 shots form each side of the goal circle.

A6 Lay ups – Run in, catch the ball and step on and shoot. You do this without stopping
Shoot 10.