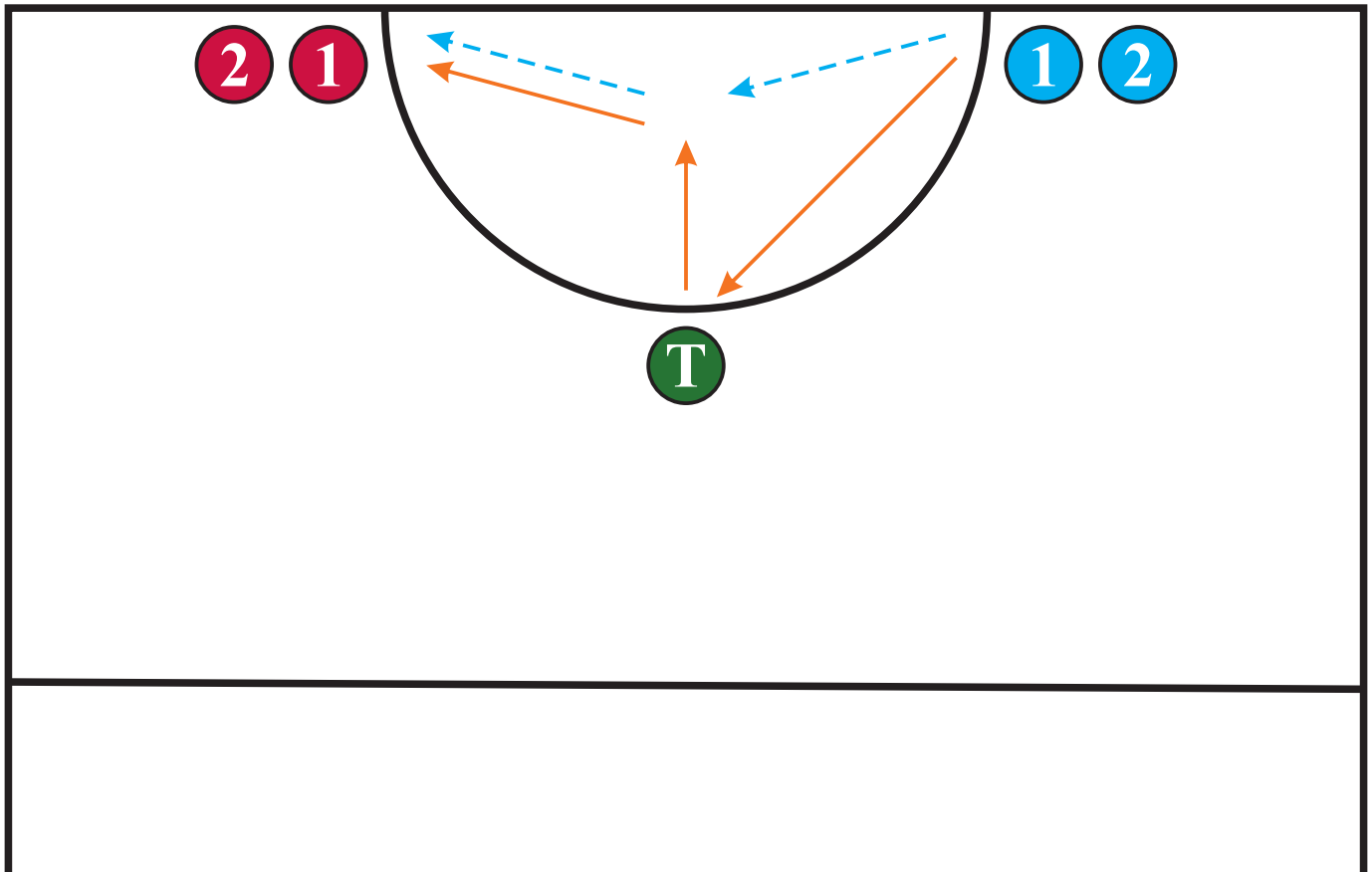


Follow Your Shot



Resources: 1 Netball, Minimum 4 Goal Shooters.

Drill Description:

Assemble players as per above diagram. Goal shooters on the baseline on either side of the goal circle.

The thrower should be a mid court player that would normally feed the ball into the goal circle.

Player Blue 1 starts with the ball, passes it to the thrower then runs into the goal circle to receive the ball back and shoot.

Player Blue 1 then recovers the ball, passes it to Player Red 1 and joins the back of the Red line.

Player Red 1 passes it to the thrower then runs into the goal circle to receive the ball back and shoot.

Player Red 1 then recovers the ball, passes it to Player Blue 2 and joins the back of the Blue Line.

..... and so on.

Rotate feeding mid court players progressively through the throwing position.

Progression:

1. Add a defender into the goal circle.
2. Add a second defender into the goal circle.

Coaching Points:

Once the shooter has put the ball up, they should be following their shot in to get into a rebounding position.