

Program for Shooters

The aim of this program is designed for you to complete at home at your own pace. This program is designed to develop skills in Ball work and Shooting. It is vital to practice these skills.

Using this program at least 2-3 times a week you will notice improvement with your strength, skills and accuracy.

Also remember as a shooter you need to be practicing your shots every day. Changing your technique takes time. Also remember that you will miss a lot of shots at first. Practice close to the post and move gradually further out as you become more comfortable. The more you practice the better you become.

If you are in the process of changing your technique you need to shoot for 30 minutes, take your time and think about each step of the shot. You may need to take longer than 3 seconds, if you miss evaluate why.

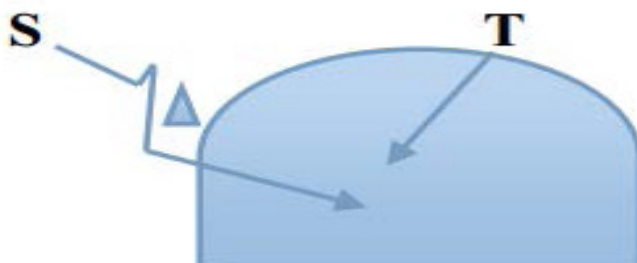
Shooting Program

Remember - correct shooting technique will be emailed out. Please read this and try to implement the correct shooting technique.

- 6 Shuttle runs across ring, then shoot 10 mid range shots. Repeat 5 times



- 50 shots - from anywhere
- 20 shots - close range
- 20 shots - mid range
- Throw ball up to self and split legs to gain maximum distance closer to the post. Shoot from various positions. Repeat this 20 times.
- Start outside the goal circle and sprint to a marker placed on the edge of the circle. Dodge towards thrower then push off and change direction to run back behind cone. Steady and shoot. Repeat 10 times. Remember to work both the left and right side of the goal circle (*you can use drink bottles as markers, if you don't have a thrower you can just place ball on ground and then pick it up and shoot*)



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- Place markers randomly in the goal circle. Move your feet around each marker without kicking or touching them. Remember to keep your head up.



- If you have an extra person get them to pass loose balls from outside the circle. Keep your eyes up on the ball, not down at your feet. Work for 30 seconds.