

TARGETS

- 1. Netball post**
 - Move to marker 5-10 metres away and move back to shooting spot.
 - If a basketball hoop is available then alternate receiving ball from a partner with a dribble to shoot.
 - Receive ball from partner and shoot.
 - 2. Five-a-side goal**
 - Move to ball 5-10 metres away and dribble back.
 - Try at least one shot with the non-dominant foot.
 - Try different types of shots, e.g. hard and fast, side foot and placed.
 - 3. Target on ground**
 - Move to marker 5-10 metres away and move back to shooting spot.
 - Try different types of throws and also try a non-dominant hand.
 - Receive ball from partner and throw to hit target on the ground.
 - Skittles or baskets would also make a good floor target.
 - 4. Target on wall**
 - Move to marker 5-10 metres away and move back to shooting spot.
 - A wicket would also make a good wall target.
 - Receive ball from partner and throw to hit target on the wall.
 - 5. Boccia ball as target**
 - Player has five boccia balls and must release each one as fast as possible.
 - Partner collects and returns balls.
 - 6. Small goal (hockey or handball) or goal marked on wall.**
 - With hockey/unihoc stick, move to ball 5-10 metres away and dribble back.
 - Try different types of shots, e.g. hard or placed.
- Shooting for accuracy**
- Set up targets as shown.
 - Practice throwing for accuracy from different positions.
 - If successful move further away from the target.

SAFETY

Ensure all shooting is directed away from the children.
Leave enough space between groups.

EQUIPMENT

Suitable targets.
There must be enough balls for at least 2-3 per pair.

THINK INCLUSIVE

Some players may find targets such as skittles and baskets more visible, accessible and exciting!
A bucket or basket on its side enables children to push or roll a ball using a foot, hand or ramp.

ABC LINKS

Agility - Encourage the children to practise:

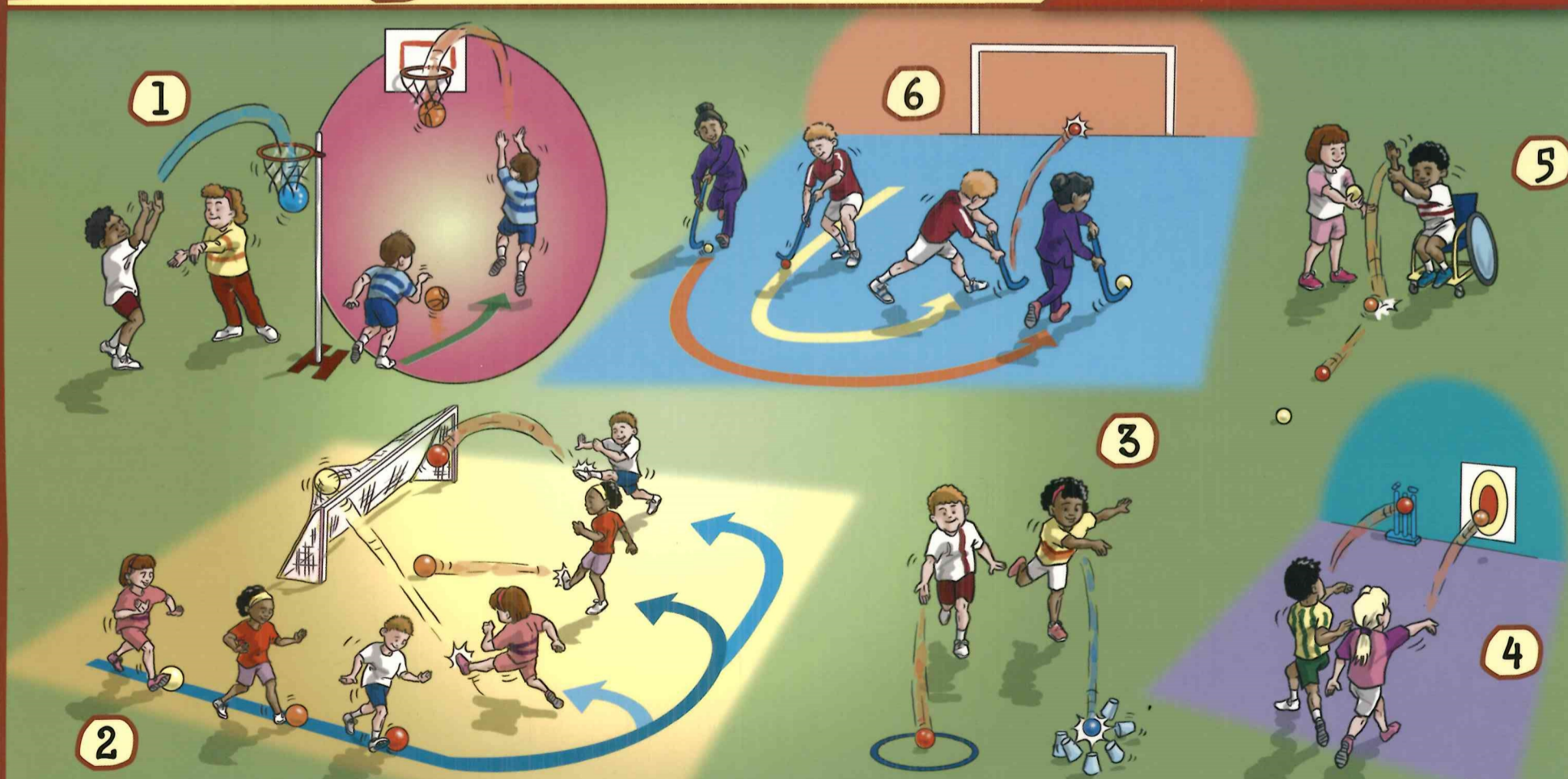
- changing quickly to an appropriate speed for shooting
- dodging and shooting
- jumping and shooting at maximum height
- twisting, turning and then shooting.

Balance - Encourage the children to practise:

- different balanced positions for shooting
- shooting from the 'wrong position', e.g. right foot forward when shooting with right hand
- shooting while moving, when balance is challenged.

Co-ordination - Encourage the children to practise:

- a smooth transition from dribbling or receiving to shooting
- shooting from different positions and noting the effect.
- shooting with the wrong hand or foot



SUPER-SHOOTING SHUTTLE

- Set up different targets as shown.
- Mark different places from which the children will shoot.
- In pairs, one child shoots while the other assists or keeps score.
- Start at the shooting spot and then move away at speed to a point between 5 and 10 metres away.
- Return with the ball or return and receive a pass.
- Move to a marker and shoot.
- Repeat, but move to a different marker each time.
- Swap roles after 5 shots.



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