

Shooting

Novice – 50 Goals

Card N1

- 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 spot 1m from the post

Card N2

- 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

Card N3

- 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

Card N4

- 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

Card N5

- 5 goals – one hand shots near the post where the other hand is up near the ball but not 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)

Card N6

- 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, one at 2m, then 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

Proficient – 75 Goals

Card P1

- 20 goals – 1m from the post
- 15 goals – bounce the ball on the ground, catch it then shoot 1m 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
- 10 goals – clear shots where the ball does not touch the ring 1m from the post
- 15 goals – 2m from the post

Card P2

- 15 goals – using a skipping rope skip for 10 then shoot 5; repeat 3 times
- 10 goals – one hand shots 1m from the post where the other hand is up near the ball but not touching it
- 20 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 – step forwards toward the post onto one leg (5 on each leg)
- 10 goals – using a semi-circle pattern from baseline to baseline complete shots 1m from the post
- 10 goals – choose your favourite spot and shoot all from there

Card P3

- 15 goals – from various positions 1m to 2m from the post
- 10 goals – step backwards away from the post onto one leg (5 on each leg)
- 15 goals – throw the ball up in front of yourself, catch, then shoot 1m from the post
- 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 – 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

Card P4

- 20 goals – wrap the ball around your waist as quick as you can then shoot 1m from the post
- 10 goals – step left onto one foot and shoot 1m from the post
- 10 goals – step right onto one foot and shoot 1m from the post
- 10 goals – 2 lines of 5 shots: start close to the post, shoot 1; step back; shoot another; continue until you have completed all 5 shots
- 20 goals – bounce the ball on the ground, catch it and shoot from various positions 2m+ from the post
- 5 goals – shoot all in a row from your favourite position in the circle

Card P5

- 10 goals – alternate shots between 1m then 2m
- 10 goals – cross over step (from a standing position you step to the left using your right foot) 1m from the post
- 10 goals – cross over step (from a standing position you step to the right using your left foot) 1m from the post
- 10 goals – clear shots where the ball does not touch the ring 1m from the post
- 20 goals – 5 lines of 4 shots: start close to the post, shoot 1; step back; shoot another; continue until you have completed all 4 shots
- 10 goals – from various positions 3m from the post
- 5 goals – choose 5 spots in the circle, shoot 1 from each spot

Card P6

- 20 goals – alternate between 1m, shoot; then 3m, shoot
- 10 goals – falling out of court and off balance, shoot the ball on the baseline 1m to 2m away from the post
- 15 goals – facing away from the post at 1m, bounce the ball on the ground, catch, turn and shoot
- 15 goals – using a semi-circle pattern from baseline to baseline complete shots 1m from the post
- 15 goals – from various positions 2m+ from the post

Expert – 100 Goals

Card E1

- 20 goals – from various positions 1m to 2m from the post
- 10 goals – bounce the ball on the ground, catch it, then shoot 1m from the post
- 10 goals – throw the ball into the air, catch it, then shoot 2m from the post
- 20 goals – step left or right onto one foot and shoot 1m from the post
- 10 goals – clear shots where the ball does not touch the ring 1m from the post
- 10 goals – clear shots where the ball does not touch the ring 2m from the post
- 20 goals – choose 4 spots in the circle, shoot 5 from each spot

Card E2

- 15 goals – one hand shots near the post where the other hand is up near the ball but not touching it
- 10 goals – 2m from the post
- 10 goals – step backwards away from the post (5 on each leg)
- 10 goals – step forwards towards the post (5 on each leg)
- 10 goals – clear shots where the ball does not touch the ring 2m from the post
- 10 goals – from right under the post
- Two minute timer goals – shoot from anywhere in the circle for 2 minutes, counting how many goals you get in. Repeat and aim to better your score

Card E3

- 20 goals – complete 5 star jumps on the spot then shoot 1m from the post
- 20 goals – 4 lines of 5 shots: start close to the post, shoot 1; step back; shoot another; continue until you have completed 5 shots
- 10 goals – one hand shots near the post where the other hand is up near the ball but not touching it
- 20 goals – shooting as fast as possible and only holding onto the ball for 1 second 1m from the post
- 10 goals – alternate shots between 1m and 2m
- 10 goals – choose your favourite spot in the circle and shoot 10 without missing; if you miss one go back to zero and start again

Card E4

- 15 goals – run from the post to the edge of the circle and back again before shooting 1m from the post
- 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 – shoot whilst falling out of court and off balance
- 20 goals – in groups of 2 shots start 3m away from the post and take the long shot, run in to rebound and take the short shot
- 20 goals – tap the ball above your head from hand to hand quickly as you can for 10 taps then shoot 1m from the post
- 10 goals – 2m to 3m from the post
- 10 goals – 1m from the post
- 5 goals – shoot all in a row from your favourite position in the circle

Card E5

- 20 goals – using a skipping rope skip for 10 then shoot 5; repeat 4 times
- 20 goals – throw ball to self, catch and shoot 2m from the post
- 20 goals – shoot the ball alternating from 1m to 2m
- 20 goals – using a semi-circle pattern from baseline to baseline complete shots 1m from the post
- 20 goals – alternating 5 shots: shoot one at 1m, one at 2m, one at 1m, one at 3m, one at 2m (repeat pattern 4 times)

Card E6

- 20 goals – choose 5 different spots in the circle and shoot one ball at each (repeat 4 times)
- 10 goals – one hand shots near the post where the other hand is up near the ball but not touching it
- 5 goals – 3m from the post
- 10 goals – 2m from the post
- 5 goals – 3m+ from the post
- 20 goals – cross over steps (10 on each side)
- 10 goals – wrap the ball around your waist as quick as you can then shoot
- 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