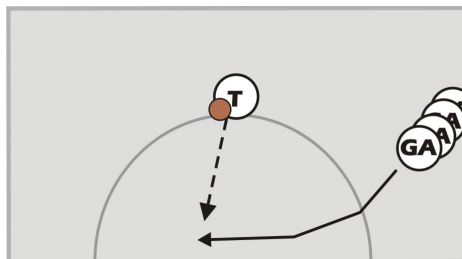


Leads to the Post

DRIVE TO POST

Players	Equipment	Level
4+ players	1 netball	ALL

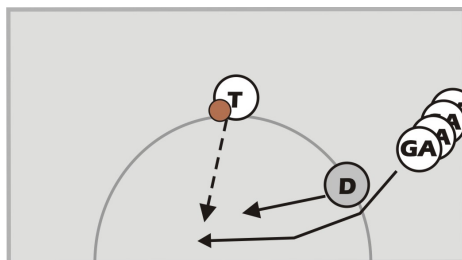


ORGANISATION

- Stress to goalers; "If you want to shoot close to the post you have to run close to the post".
- Goalers line up outside the circle with a thrower at the top of the circle.
- Goalers run hard to the post and receive a pass from the thrower, then steady and shoot.

PROGRESSION 1

- Introduce a defender who runs in front of the goaler - between the goaler and the thrower.
- The goaler again runs hard to the post. If they are free they receive the pass and shoot. If they are covered they are to stop and double back to receive the pass and shoot.
- Get goalers to vary when they change direction so it doesn't become predictable for the defenders.



COACHING POINTS

Goalers need to:

1. Drive all the way to the post before deciding to keep going or change direction. Many goalers change direction when they are only half way to the post so once they've changed direction they end up with a long shot. The idea is to still be shooting close to the post.
2. Don't hesitate when changing direction. Push off strongly with their outside foot.

PROGRESSION 2

- Goalers now have to start at the post, drive out to receive a pass first and then drive back in towards the post.
- Add a defender to this also.

