



SHOOTING PROGRAM

CARDS 1 - 10



Shooting Card # 1

1. Warm Up the shot – 5 minutes of general shooting, starting close to the post and gradually moving out.
2. 3 semi circles of 6 shots – close, middle and $\frac{3}{4}$
3. 4 lines of 5 shots – starting at the post, and moving out 1 step at a time
4. 4 reverse lines of 5 shots – starting at $\frac{3}{4}$ distance and move in to post 1 step at a time, if you miss keep going
5. 15 shots from your favourite position
6. 15 shots from your least favourite position
7. 10 $\frac{3}{4}$ distance shots
8. 10 shots falling out of the circle on both sides
9. 10 step across shots left and right foot
10. 10 $\frac{1}{2}$ distance shots (if miss 2 in a row court sprint or if no court then 10 situps)

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Shooting Card No. 2

1. Warm up the shot – 5 minutes of general shooting
2. 10 shots under the post - all net
3. 50 ½ way shots, any position – work in blocks of 10
4. 3 semi circles 10 close, 10 mid, 10 ¾ shots per circle
5. 20 shots halfway – rapid fire shots (don't use the full 3 seconds)
6. 4 lines of 5 shots – starting at the post, and moving out 1 step at a time last shot should be approximately ¾ distance
7. Shoot from half way distance – need to score 10 in a row. Record how many times it took to get the 10 straight e.g. 4/10 or 1/10
8. 10 step back shots from half way
9. 10 step across shots left and right foot
10. Start 2 metres outside the goal circle – sprint to top of circle, double dodge, front cut, back cut, and drive to pick up ball for anywhere in the circle – balance and shoot x 10

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Shooting Card # 3

1. Warm up shot – 5 minutes of general shooting
2. 10 shots under the post – all net
3. 3 lines of 5 shots – starting at the post moving out to $\frac{3}{4}$ distance
4. 50 shots anywhere in the circle – focus 10 shot blocks
5. Shoot 30 shots from any distance – by playing the ball to self, catch, turn, balance and shoot – 15 from pivoting on left foot, 15 from pivoting on right foot.
6. 3 positions x 10 shots. Start at the edge of the circle – take 1 big balanced step in and shoot
7. 10 clear shots – record how many goals totally + how many of those are clear shots, all net.
8. 10 step back shots, left and right leg
9. 10 Step across shots left and right foot
10. 10 Reductions – start at 10, shoot a goal go to 9, 8, etc – miss a goal and go up by 1. The aim is to get to 0 in 10 shots.

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Shooting Card # 4

1. Warm Up the shot – 5 minutes of general shooting, starting close to the post and gradually moving out
2. 3 semi circles of 6 shots – close, middle and $\frac{3}{4}$
3. 4 lines of 5 shots – starting at the post, and moving out 1 step at a time
4. 4 reverse lines of 5 shots – starting at $\frac{3}{4}$ distance and move in to post 1 step at a time, if you miss keep going
5. 15 shots from your favourite position
6. 15 shots from your least favourite position
7. 10 $\frac{3}{4}$ distance shots
8. 10 shots falling out of the goal line on both sides
9. 10 step across shots left and right foot
10. 20 shots – 1.5m and 3.5m alternate – Play ball to self

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Shooting Card No. 5

1. Warm up shot – 5 minutes of general shooting
2. 10 shots under the post – all net
3. 3 lines of 5 shots – starting at the post moving out to $\frac{3}{4}$ distance
4. 50 shots anywhere in the circle – focus 10 shot blocks / 8 of 10 clear shots
5. Shoot 30 shots from any distance – by playing the ball to self, catch, turn, balance and shoot – 15 from pivoting on left foot, 15 from pivoting on right foot.
6. 3 positions x 10 shots. Start at the edge of the circle – take 1 big balanced step in and shoot (When 1 defender is out of play at the edge of the circle)
7. 10 clear shots – record how many goals totally + how many of those are clear shots, all net.
8. 10 step back shots, left and right leg
9. 10 Step across shots left and right foot
10. 5 large figure 8 drives and clearing action around cones – then shoot 5 anywhere x 5

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Shooting Card # 6

1. 20 shots mid to close range – focus on routine
2. 10 shots focus on high release
3. 10 shots close to post (hugging the post!)
4. 10 shots 1 step out from the post
5. 10 clear shots close to the post
6. 20 shots eye closed – close to mid range
7. 20 one hand shots close to the post
8. Shoot 10 in a row close to mid range (no miss, if miss start again)
9. 10 step across shots
10. Finish with 20 Technique shots from anywhere

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Shooting Card # 7

1. 20 shots - mix up
2. 5 close, take 1 step back, shoot 5, take another step back shoot 5
3. repeat x 3 from different angles (Eg work from left side of goal post, middle, right side)
4. 10 shots close to post
5. Lay on back – ball in hand , straight arm flick ball up as high as you can and re-catch repeat x 20
6. 10 clear shots
7. Select 4 different spots in the goal circle – shoot 5 in a row from each position
8. 10 Reductions = start at 10, if you shoot a goal you go to 9, if you miss you go to 11. You continue to shoot until you work your way down to 0.
9. Place the ball on the ground anywhere in the circle – sprint to the post, sprint to the circle edge then sprint to the ball – “take a steadying breath” and shoot x 3 from one spot. Repeat x 5 times.
10. 5 step across to the left, 5 step across to the right, 5 step forward shots.

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Shooting Card # 8

1. 10 close shots
2. 10 mid range shots
3. 3 lines of 4 – start in close shoot, if score take a small step back shoot ... if you miss before you score your 4th in a row start the line again.
4. 10 eyes closed
5. 10 step to sides L & R (small step so keep balanced)
6. 10 step forward and to side L & R as above.
7. Falling out of court shots x 20 L & R
8. Easier to have someone holding the ball outside the baseline
You reach out with one hand, balancing on the line, control ball to preferred hand and shoot.
Aim is to get you on extension, falling out of court.
9. 20 mid range shots
10. Score as many goals in 30 seconds – choose 4 spots to shoot from. Work between close to mid range

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Shooting Card # 9

1. 20 shots anywhere – focus on routine
 2. With a broom- have someone hold the broom up in front of you as you shoot - you will need to remain focused on the post and ensure you get a strong, high release. The person with the broom can vary where they stand.
 3. 10 close shots
 4. 10 mid range shots
 5. 10 step to side L & R (think about stepping away from the broom!)
 6. 20 mid range shots
- NO BROOM on the next shots**
7. 10 clear shots close
 8. 10 clear shot 2-3 steps out from post
 9. 2 lines of 5
 10. 20 falling out of court shots L & R sides of post

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Shooting Card # 10

1. Warm Up the shot – 5 minutes of general shooting, starting close to the post and gradually moving out
2. 3 semi circles of 6 shots – close, middle and $\frac{3}{4}$
3. 4 lines of 5 shots – starting at the post, and moving out 1 step at a time
4. 4 reverse lines of 5 shots – starting at $\frac{3}{4}$ distance and move in to post 1 step at a time, if you miss keep going
5. 15 shots from your favourite position
6. 15 shots from your least favourite position
7. 10 $\frac{3}{4}$ distance shots
8. 10 shots falling out of the goal line on both sides
9. 10 step across shots left and right foot
10. 20 shots – 1.5m and 3.5m alternate – Play ball to self

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