

How to Shoot in Netball

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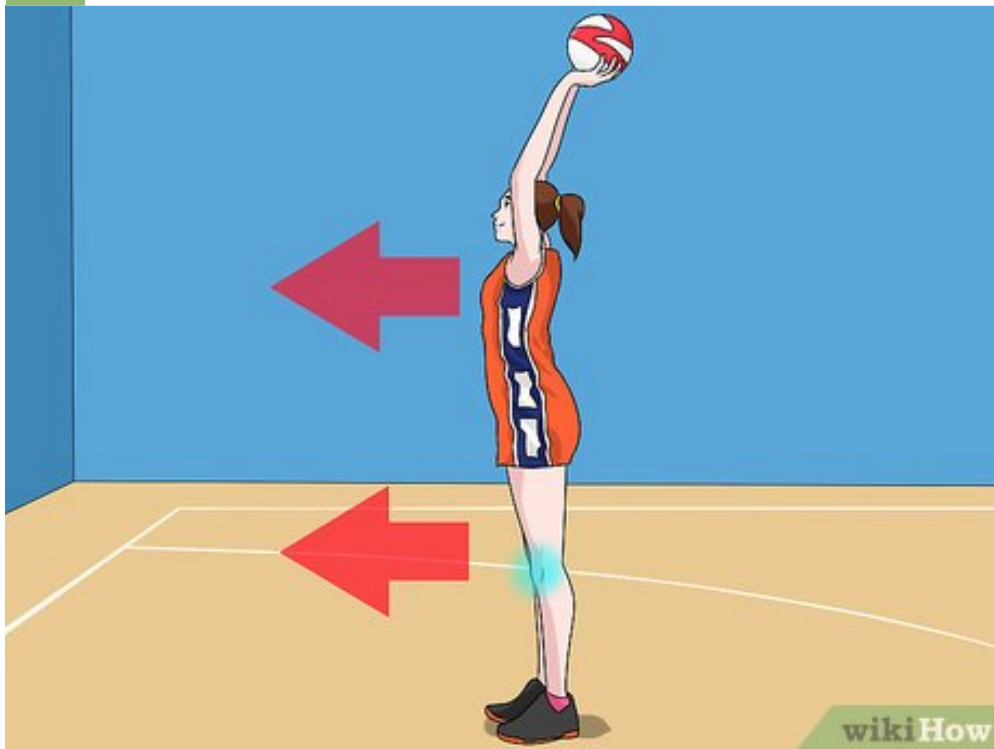
Netball is a team sport that is similar to basketball. The biggest differences are there is no dribbling, there is no backboard, and you must pass the ball in 3 seconds. It not only involves running, jumping, throwing, and catching, but also builds strong bonds of trust and team effort. Shooting is one of the main skills needed in netball, but the shooting technique is a little different than most sports. With practice and dedication, you can learn to shoot a netball.

Things You'll Need

- ☐ A netball court
- ☐ A netball
- ☐ A netball post
- ☐ Sports kit (trainers)

Method 1

Method 1 of 3: Perfecting Your Technique



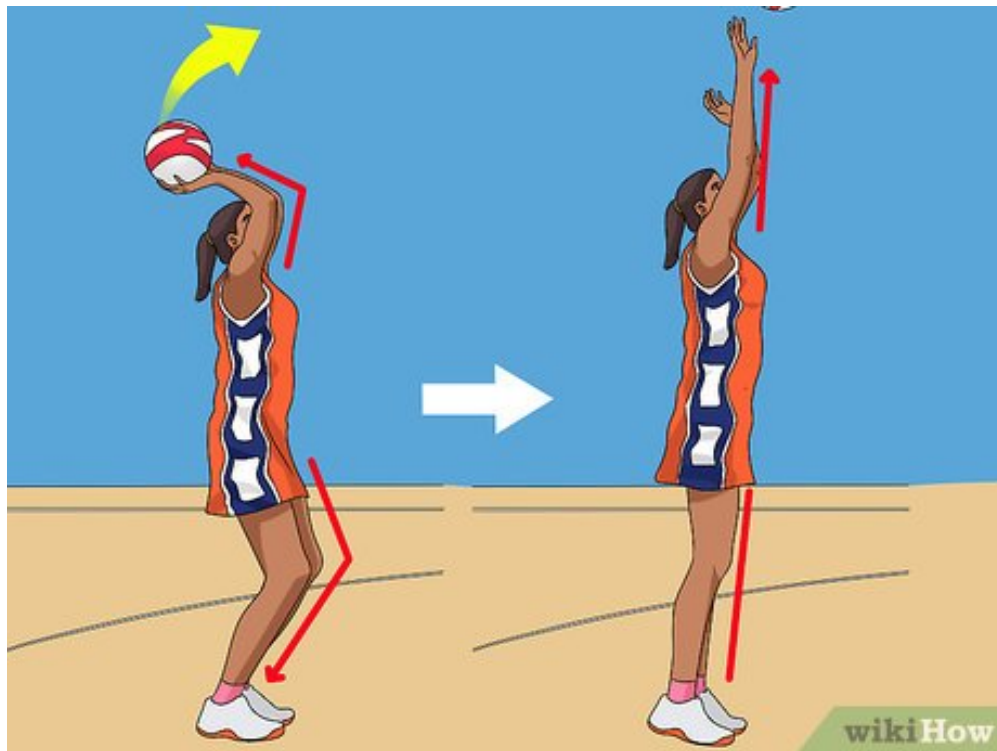
1 Position your body to shoot. The proper stance is the foundation to your shooting technique. Keep your feet hip/shoulder width distance apart and relax your knees. Your hips, shoulders, and elbow should be facing forward. Your body should be aligned no matter where you are around the post. Stand close to the ring.

- Have someone else watch you as you practice your stance. Another person can see any errors and help you make adjustments.
- Practice your stance in different positions around the post. Make sure your feet are always pointed towards the post.



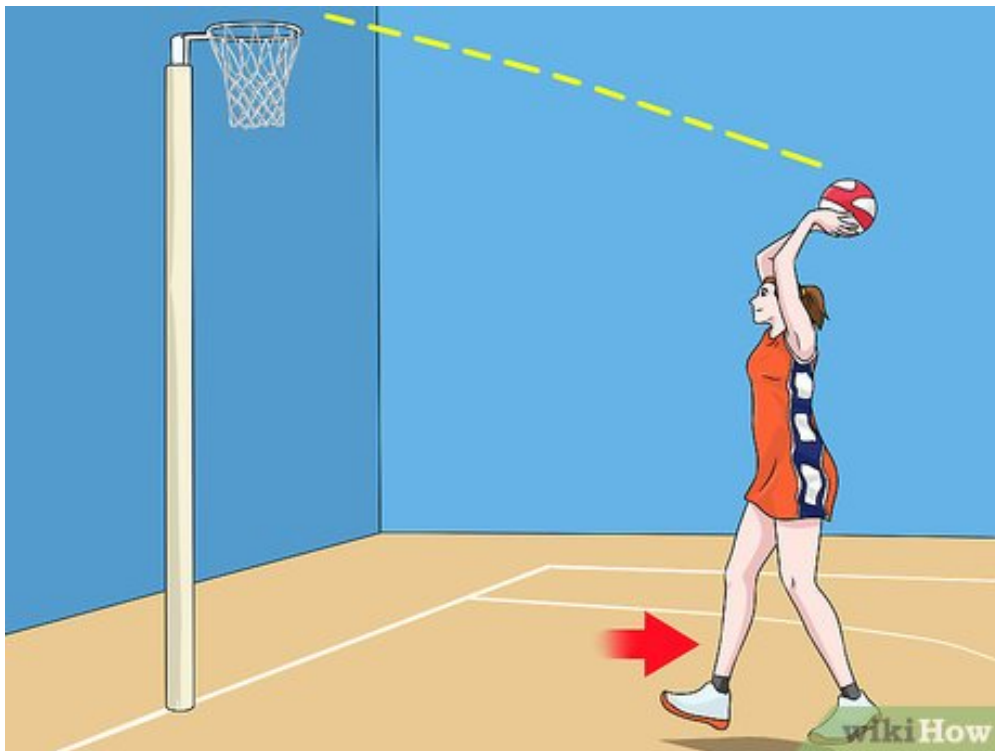
2 Place the ball in your hands. Hold the ball with your dominant/shooting hand and keep your fingers soft. Hold the ball as high as you can in both hands. Use your other hand for balance, but do not apply any pressure to the ball with this hand. Your fingers should be touching the ball, but leave a little bit of space between the palm of your hand and the ball.

- If you are a younger player or a new player, it may be easier to hold the ball with two hands. Holding with two hands will give you more power when you are shooting.
- Once the ball is firmly in your hands, hold the ball high above your head. Your elbow should be by your forehead.
- You should not be able to see the ball when it is above your head.

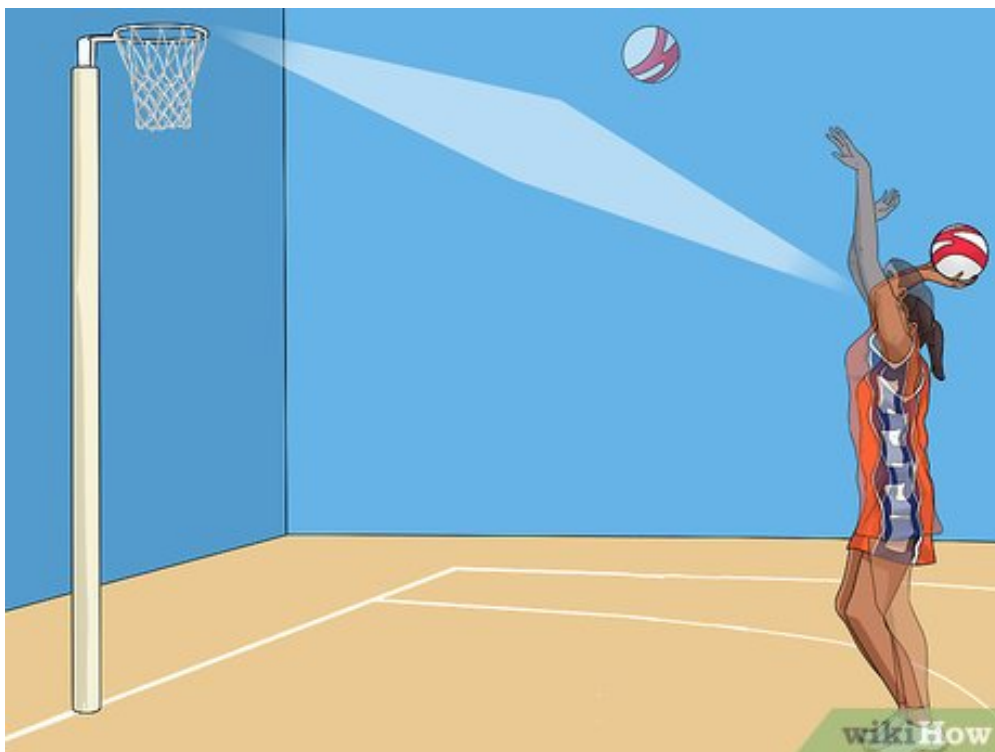


3 Shoot the netball. Bend your elbows and your knees at the same time. Keep your elbow by your forehead and only move the top part of your arm. Straighten your elbow and your knees and then release the ball. Toss the ball up in an up-and-over motion toward the ring. Aim at the center point above the net as you shoot and flick your hand forward with your shooting arm.

- It is important that you bend your knees before you release the ball because the power of your shot comes from your knees.
- Flicking your hand will cause the ball to spin backwards after you release it. This helps with the accuracy of your shot.
- Keep your back straight as you release the ball.^[1]
- If you are shooting with two hands, both of your hands will go through the shooting motion.
- Think of your elbow as a lever when you are shooting and only move the top portion (i.e. forearm area).



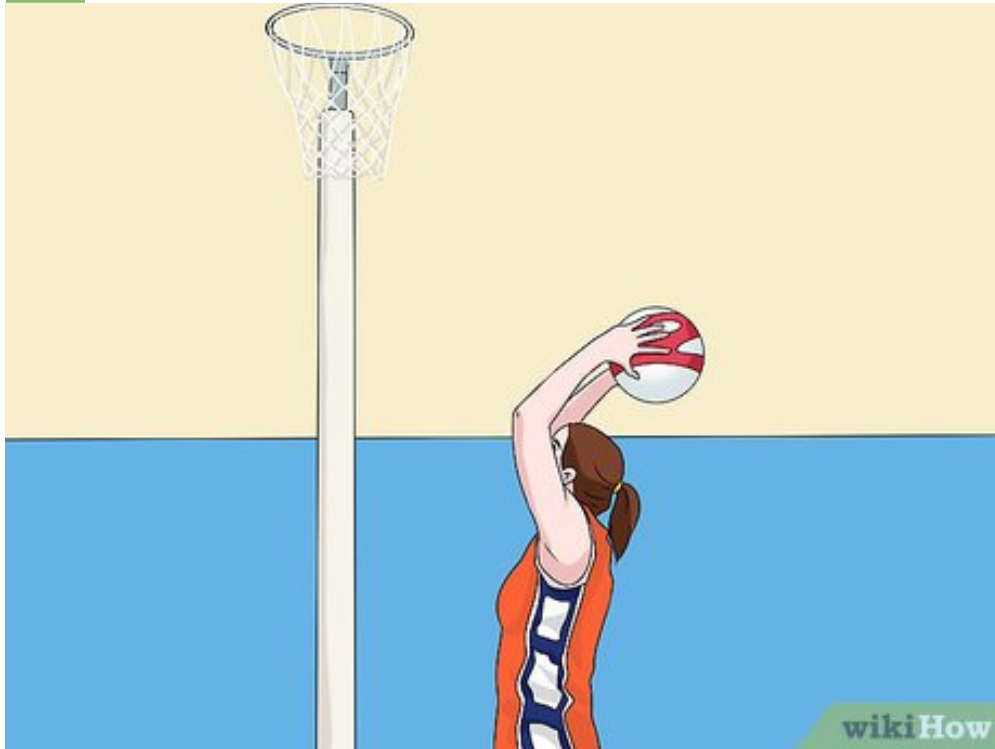
4 Stand a little further back, bend your knees and jump then throw to perfect your technique from further away. To be a good Goal Attack or Goal Shooter, you don't have to be able to get goals from a long way away from the ring, it's great if you can though.



5 Remember the **BEEF** acronym. The shooting technique can be overwhelming. There are so many things to remember. BEEF can help you remember the key aspects of shooting a netball.^[2]

- B for balance. Keep your feet hip/shoulder width apart and pointing towards the goal.
- E for eyes. Keep your eyes focused on where you want the ball to go.
- E for elbow. Keep your elbows close to your ears as you shoot.
- F for follow through. Always flick your hand and wrist at the end of your shot.

Method 2 of 3: Practicing Shooting Drills



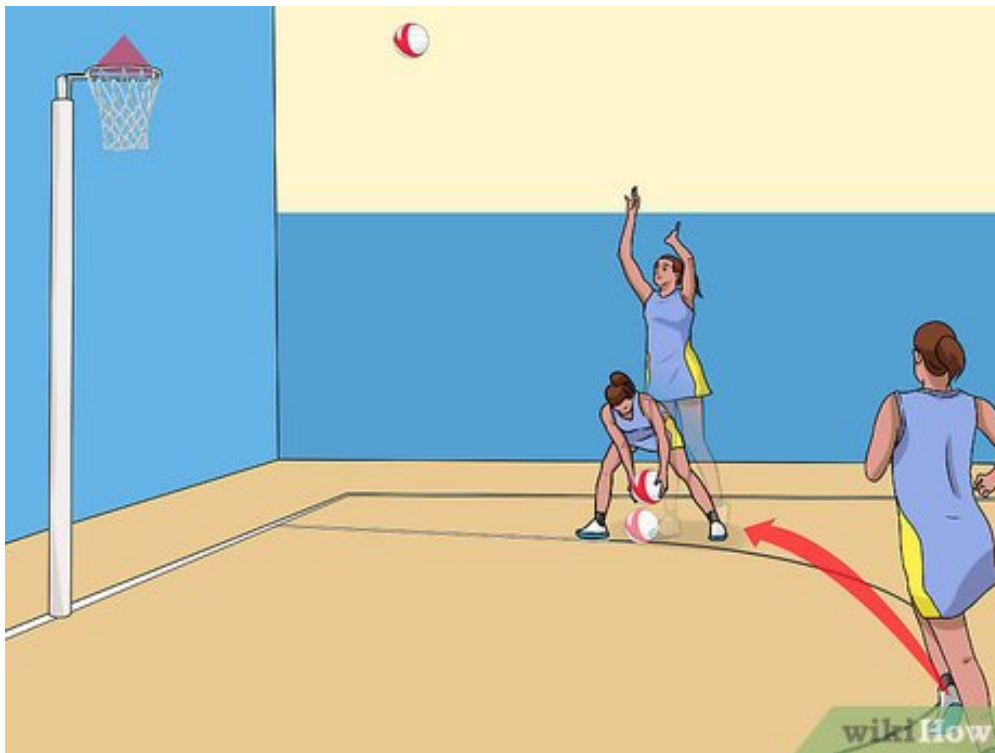
1 Shoot by yourself. Shoot by yourself and really focus on your technique. Take shots from different angles around the post. Focus on the quality of the shots you are taking and not the number of shots. Evaluate each shot and ask yourself some questions:[3]

- Did I flick my hand at the end of my shot?
- Did my elbows touch my ears throughout my shot?
- Did I bend my knees?
- Did I keep my arms stretched above my head?
- Did I release the ball above my head?[4]



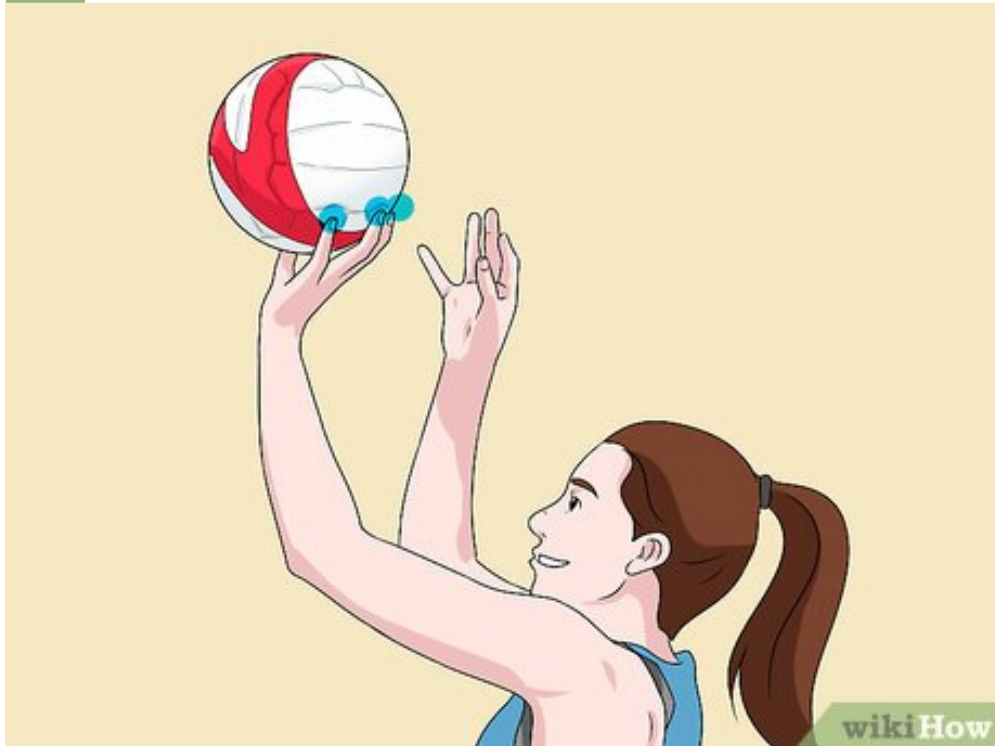
2 Shoot with a defensive partner. It is much easier to shoot when you have no one defending you. However, this is an unlikely scenario when you are playing a game. Have a partner defend you as you practice your shooting. Practicing with a defender in front of you will simulate game pressure and teach you to shoot the ball over the defender.

- Ask your partner to point out any mistakes in your technique during this drill. [5]
- This drill can help you build confidence in your shooting abilities.



- 3 Combine shooting and cardio.** Your technique may suffer when you become tired. Incorporating cardio into shooting practice will help you build endurance and stamina. Place a ball anywhere in the semicircle. Sprint to the sideline, sprint back to the ball, pick up the ball, and then shoot. Try to get in 10 shots as fast as you can.^[6]
- You will need a partner to retrieve balls for you during this drill. Your partner should place the ball in a different spot in the semi-circle each time.^[7]
 - Focus more on your technique as you become tired.

Method 3 of 3: Avoiding Common Errors



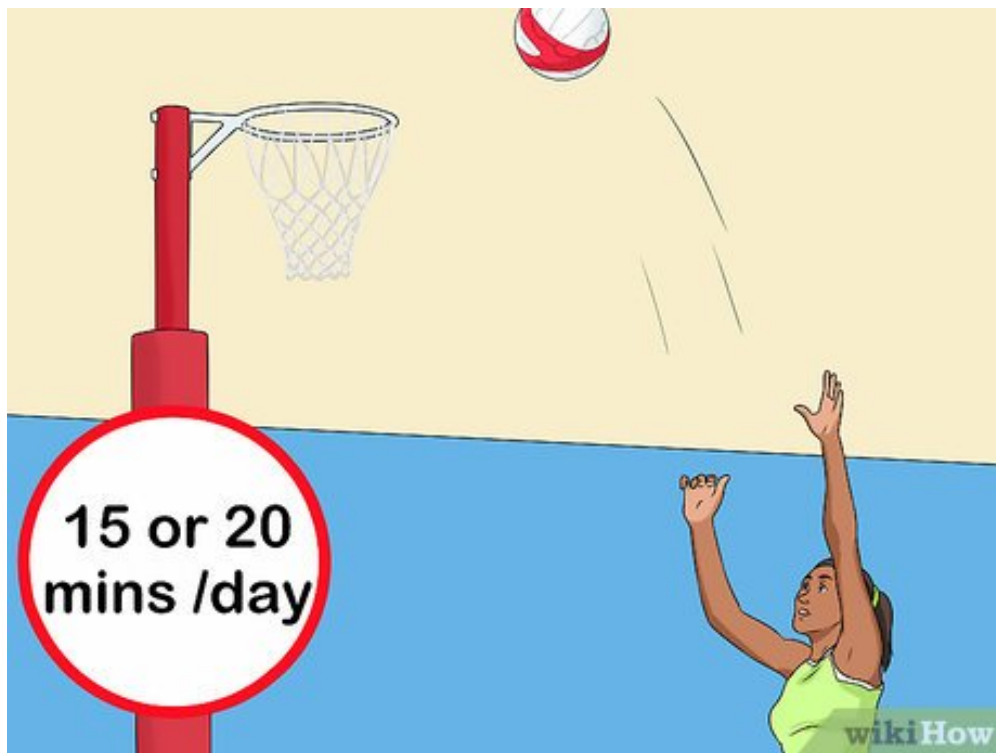
1 Use your fingers when shooting. Keep your fingers relaxed and rest the ball on the pads of your fingers. If your fingers are too straight or stiff, you will not be able to hold the ball in the correct position. Also make sure that your fingers are spread out on the ball.

- Be careful not to apply pressure to the ball with your opposite hand. This can change the trajectory of your shot.
- It will take practice to correctly balance the netball. You want to cradle the ball and make sure that it is stable^[8], but you do not want to hold too tightly and have trouble releasing it either.



2 Maintain the correct shooting stance. Make sure your feet are in a good position. If your feet are not hip width apart, you may be off balance when you shoot. Keep your feet parallel and do not let one foot be too far in front of the other. You do not want to be too close to a defender while you are shooting.

- Your hips and shoulders should be in a straight line. Many people allow their shoulders to move forward which will cause the whole body to move forward. Leaning forward when you shoot will change the trajectory of your shot.
- If you are having trouble keeping your hips and shoulder aligned, have someone hold your shoulders back as you shoot so that you can feel what the correct position is.



3 Practice in a focused way. Try to practice shooting for 15 or 20 minutes each day, even on the days that you have a team practice. Shooting will eventually become second nature to you. You will be less affected by fatigue or a defender in front of you if you are comfortable with your shot.^[9]

- You only have three seconds to shoot when you are in the game. Try not to hold the ball too long even when you are practicing.
- Whether you are practicing alone or with a partner as a defender, focus on the back of the ring as you shoot.
- Try to practice with a coach or a more experienced shooter. Constructive feedback can help you grow as a player.



Community Q&A

Question

How can I improve my long shots?



Community Answer

It's just practice, really. Start where you are comfortable and, with every shot you take, move a step back. Make sure you are using enough strength in your arms and knees.

Helpful 38 Not Helpful 7

Question

Can I jump when I am passing the ball to someone?



Community Answer

Yes, but be careful that you don't accidentally commit footwork, which would give a free pass to the other team.

Helpful 29 Not Helpful 15

Question

I always miss a shot when I'm nervous. What can I do?



Talvik
Community Answer

Practice. The more you practice shooting, the better you will get, and the more confident you will become in your abilities. Pretty soon it will become second nature to you.

Helpful 30 Not Helpful 11

Question

How do I treat my stiff legs?



Community Answer

Stretch regularly every day, and massage them. If it still hurts or is stiff, you may want to seek help from a doctor.

Helpful 15 Not Helpful 7

Question

Can I only use one hand without the support from the other hand at all?



Talvik
Community Answer

Yes, the other hand is just there to help balance the ball. If you find it easier using one hand only, go for it. Not only will it look impressive, but it can work even better than two hands sometimes.

Helpful 23 Not Helpful 7

Question

Can I roll the ball in netball?



Talvik
Community Answer

No, you can do a bounce pass however, which is where you pass the ball using a single bounce.

Helpful 22 Not Helpful 6

Question

My netball coach puts me in the GS and teaches me how to shoot, but I am scared of her and the stress makes me miss. What do I do?



Talvik
Community Answer

Do you enjoy being in GS? Or do you think you are better suited to another position? If the latter is true, speak to your coach and explain that you think you are more suited to GA, for example. Otherwise, practice your shooting a lot and soon it will become second nature to you. And take your time shooting! Don't rush your shots. As for being afraid of your coach, understand that she is trying to make you the best you can be, there is no need to be scared.

Helpful 22 Not Helpful 13

Question

How do I wait for a rebound when the ball does not go in the net?



Community Answer

I always stand to the side of the net with one hand up. Face the net and stay on your toes, stretching your arm towards the net. Be ready to jump for the ball or sprint to get the rebound. Remember, you can pass to the outside of the circle and move to a better position to shoot from. This technique works for me and most of the time I am successful in getting the rebound.

Helpful 17 Not Helpful 5

Question

Can I jump when I shoot or pass?



Community Answer

You can jump while shooting/passing, but you should avoid stepping if you do jump or you will have to hand the ball to the other team.

Helpful 9 Not Helpful 9

Question

How do I know if I should try to be a shooter in netball?



Community Answer

It should feel right. Take ten shots and if you at least get 5 in, and it feels right, then practice shooting. If that continues to feel right, you can try to be a shooter. However, you'll still need to work out if you want to be GA or GS or both, that will come with practice, so try both roles to see what works best for you.

Helpful 11 Not Helpful 4

[See more answers](#)



Tips

- Visualise where you want the ball to go before you release the ball.
- Practice as much as you can. The more you practice, the more natural your shooting technique will become.
- Use a good ball with lots of grip.



Warnings

- Always play with the actual netball hoop since a basketball one is different. It is also easier to shoot into.
- Always stretch before playing netball, run a lap or two around the court.

- When playing netball, wear sports kit and trainers or you could hurt yourself!

References

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9. ↑ <http://www.topnetballdrills.com/netball-shooting-tips/>
10. Videos provided by MoveLat

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