

## Goaling Sessions

**COVID-19 Disclaimer:** under the Metropolitan Melbourne Stage 4 lockdown, the following sessions may only be performed at your home. All sporting facilities and equipment are closed. You may use a partner (someone you live with) as a feeder for some of the shots.

- Begin each session with a warm-up of 15 shots from random spots
- Shots only count if they go in!
- All shots should be followed in for a rebound - the ball shouldn't touch the ground at any point between shots
- Happy shooting!

### Session 1

- 5 x Short-range
- 5 x Mid-range
- 5 x Long-range
- 5 x Step to side L foot - anywhere
- 5 x Step to side R foot - anywhere
- 5 x Step back onto R foot - anywhere
- 5 x Step back onto L foot - anywhere
- 5 x Step forwards onto R foot - anywhere
- 5 x Step forwards onto L foot - anywhere
- 2 in a row from 10 random spots

### Session 2

- 5 x Favourite spot
- 5 x Step back - left foot
- 5 x Step back - right foot
- 5 x Step in - left foot
- 5 x Step in - right foot
- 5 x Step left
- 5 x Step right
- 5 x Least favourite spot
- 10 x Start at pole, throw ball to somewhere in circle, chase & catch, turn and shoot from there. Vary how you throw the ball - up, along ground, short, long etc.

### Session 3

- 5 x Step R from 2m out
- 5 x Step L from 2m out
- 5 x High arc shots from 1m - ball must not touch ring
- 4 x Clusters of 3 in a row from different mid-range spots
- 10 in a row from directly in front, 1m out
- 10 in a row from directly in front, 2m out
- 10 in a row from directly in front, 3m out

### Session 4

- 5 x one-handed shots from 1m out in front of goal
- 5 x one-handed shots from 1m out to left of goal
- 5 x One-handed shots from 1 metro out to right of goal
- 5 x Shots on right foot from various spots, stepping in random directions
- 5 x Shots on left foot from various spots, stepping in random directions
- 5 x Begin out of the circle (right), drive base, receive pass (or pick up ball), shoot
- 5 x Begin out of the circle (left), drive base, receive pass (or pick up ball), shoot
- 10 x Begin anywhere out of the circle, drive to the post, turn and drive towards thrower, receive pass (or pick up ball), shoot