

Goaling Sessions

COVID-19 Disclaimer: please ensure you are following any current government restrictions that apply to where you live (Metro Melbourne or Regional Victoria) and that you maintain social distancing of 1.5m at all times where possible.

- 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