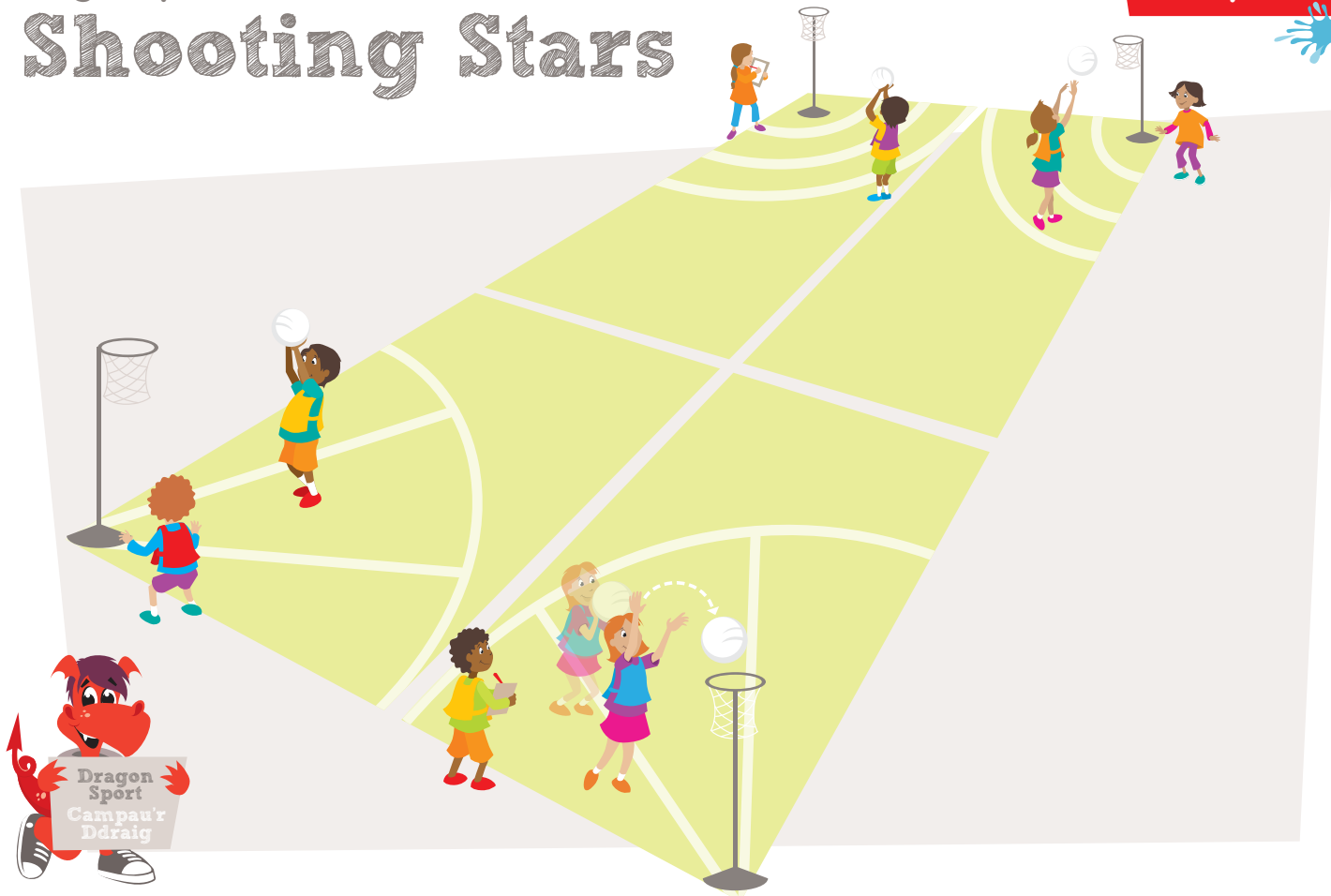


Dragon Sport Netball

Shooting Stars

Activity Card



Dragon Sport
Campau'r
Ddraig

Shooting Stars



Let's play

- Work in pairs, one shooting the other recording score and retrieving and returning the ball. 4 pairs per 'garden' depending on activity and space available
- Each pair to create a shooting zone, with three levels of difficulty. Each pair decide on their level of difficulty
- Three shoots from each level of difficulty, plus one from a position of your choice
- Score as an individual, a pair or a team
- Set targets for achievement
- Coach one another, giving feedback to help improve performance. Use digital cameras to aid analysis and feedback

