





























KADS 2023 – SHOOTER TAKE HOME PROGRAM
















Karratha Netball Association – 2023 KADS Shooter Take Home Program

Shooting Technique

	Set	Flex (Down)	Extend (Up)
Fingers	 Shooting hand: spread wide ball resting on finger pads. Supporting hand: resting lightly on the side of the ball.		 Point towards goal ring.
Wrists	 Shooting hand: flexed supporting the ball. Supporting hand: neutral.	 Shooting hand: fully "cocked". Supporting hand: neutral.	 Shooting hand: flick the ball. Supporting hand: neutral.
Elbows	 Relaxed and straight.	 Bend.	 Straighten.
Head	 Facing goal post Eyes on the goal ring.	 Facing goal post Eyes on the goal ring.	 Facing goal post Eyes on the goal ring.
Shoulders	 Arms extended to almost 180 deg, shooting arm is reasonably close to the ear	 Small amount of movement at shoulder, arm can move forward.	 Return to extended position.
Back	 Relaxed and upright.	 Relaxed and upright.	 Relaxed and upright.
Hips	 Relaxed Facing goal post.	 Naturally flex as knees bend.	 Glutes power to straighten.
Knees	 Relaxed Facing goal post.	 Bend.	 Hamstrings power to straighten.
Ankles/ Feet	 Feet facing goal post. Shoulder width apart Weight balanced.	 Heels stay on the ground.	 Calves power heels to lift.

Move	Diagram	Focus for GS and GA
Straight lead		Strong, straight hard drive in the one direction. You need to move fast (and catch them unawares) to shake off a good defender.
Drive and stop		This is a good one if you've got a particularly nifty defender who is managing to keep up with your straight lead. Simply stop and take one quick step in the other direction, leaving your defender on the back foot.
Dodge		Throw a quick zigzag at a 45-degree angle while you're running. This makes it difficult for your defender to even know where you are, let alone intercept the pass. Where'd she go...?
Double-dodge		Throw multiple zigzags. Focus on keeping the sharp, 45-degree angle at all times. Make sure to push off HARD when you change direction.
Front-cut		Listen up you need to follow this one carefully! Sprint up to a player and plant both feet while facing her. Then place your right foot to her right side. Then spin a little 180-degree pivot on your right foot, bringing your left foot round to her left side. You now have your back to her and have effectively cut her off from receiving the ball, but more importantly you're in a great position to receive the ball. Clever huh?
Clear		Drive at a 45-degree angle towards your marker; then change direction and clear backwards (either sidestep/jog backwards). You should have left yourself or your fellow players clear to receive the ball.

Clear and drive		Same as the Clear except when you've moved backwards you quickly push off and sprint to change the direction.
Roll	<p>Starting position</p>  <p>If you want to roll out to the left, pivot off your left foot.</p> 	This one's easy to do and easy to remember. If you want to roll to the left, pivot backwards off your left foot. If you want to roll to the right, pivot backwards off your right foot. Rolling is a great way to keep your marker on their toes – but timing is everything.
Half-roll	<p>Starting position</p>  <p>If you want to roll out to the right, pivot off your left foot.</p>  <p>Roll back to starting position and drive forward.</p>	Like a Roll, but... half. Even better if you run up to a player, land with two feet, keep one foot grounded, roll 180 degrees, roll back to where you were then drive at a 45-degree angle.



Karratha Netball Association – 2023 KADS Shooter Take Home Program



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The following cards provide you guidance for your shooting sessions. We recommend you get to the post at least 3-4 times a week.

You don't have to complete the cards in order. If you want to work on a particular aspect of your game, focus on that shooting card. If you want a bit of a break, complete one of the "Taking it easy" cards.

After your practice sessions, record which card you completed and how you felt in your training diary.

SHOOTING CARD	FOCUS
1	Stationary shooting
2	Movement and Shooting
3	Shot variety
4	Consistency
5	Turning and shooting
6	Shooting under pressure
7	Stationary Shooting II
8	Tough Card I
9	Balance
10	Hard Drives
11	Passing and Shooting
12	Taking It Easy – Card 1
13	Taking It Easy – Card II
14	Puff and Shoot!
15	Long-range shooting
16	Defensive Pressure
17	Consistency Shooting III
18	Movement Shooting II

SHOOTING GLOSSARY

Diagram Object	Meaning
	Marker
	Drive
	Pass

UP AND IN SHOOTING CARD 1

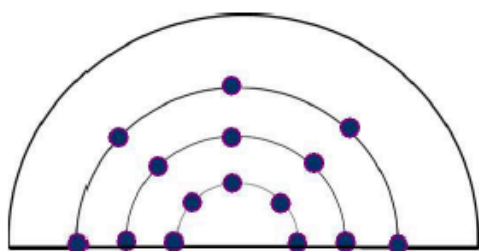
Focus: **Stationary shooting**

Equipment needed: Ball, markers (chalk).

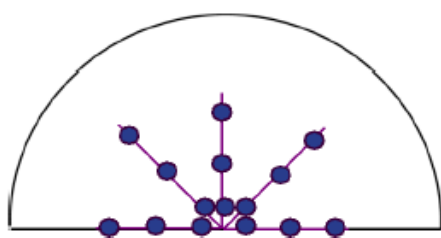
Players: One player

Warm Up: 5-minute run around courts. Mix up sidestepping along base line, sprinting between thirds, high knees, running backwards, etc.

- Shoot 30 goals from anywhere in the circle (short to mid-range).
- Set up 5 markers in the shape of the 3 arcs (see diagram below): 1 short arc, 1 mid-arc, 1 long-range arc. Start by shooting from baseline marker on the first arc (close range). Once you have shot successfully, move onto the next marker in the same arc. If you miss more than 2 shots in a row, you have to start from the beginning of that arc. Repeat for each arc (15 successful shots).



- Left side of goal circle: shoot 20 successful shots anywhere on the left side, mix up positions (close to mid-range).
- Right side of court: shoot 20 successful shots anywhere on the right side, mix up positions (close to mid-range).
- Straight line: 5 x 3 lines (see diagram below). If you miss more than 2 shots in a row start the line again.



- Short-range shots: shoot 20 clear shots (shots in without touching the ring) (20).
- Mid-range: shoot 20 clear shots (shots in without touching ring) (20).
- Long-range: shoot 10 shots in.
- Warm down. Record how you felt in your training diary.

UP AND IN SHOOTING PROGRAM 2

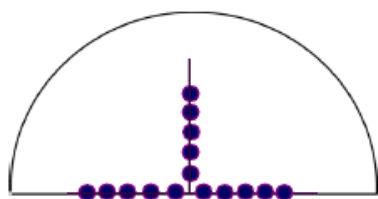
Focus: Movement and Shooting

Equipment needed: Ball, markers (chalk), skipping rope

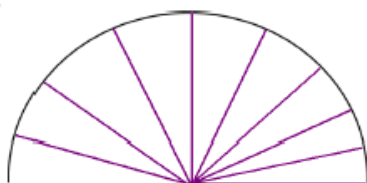
Players: One player

Warm Up: Skipping rope – skip for 1 min; jog to baseline and back; skip for another min; jog to baseline and back; skip another minute; jog and back.

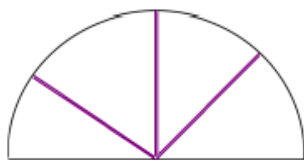
- Shoot 20 successful goals as quickly as possible (20).
- 3 x 5 lines: try to steady yourself, get your breath back and shoot successfully. If you miss 2 goals in a row, start at the beginning of the line.



- Skip **hard** for 30 seconds. Shoot another 10 goals mid-range.
- Place the ball on the court underneath the post. Sprint to the edge of the goal-circle, dodge, sprint back, pick up ball and shoot x 10. Focus on pumping your arms and keeping your head up.



- Shoot 10 clear goals short-range.
- Shoot 10 clear goals mid-range.
- Stand with the ball at the edge of the circle. Throw the ball ahead of you (try to throw a ball that will land mid-way in the circle). Catch the ball, steady and shoot. Repeat 10 times from different spaces along the goal circle.
- Set up 3 markers on each side of the circle and one up the middle. Ball is at post. Start at post. Sprint to 1st marker, sprint to post, sprint to 2nd marker, sprint to post, sprint to 3rd marker, sprint back to post. Only shoot the ball when you get back from the 3rd marker. Repeat x 10.



- Get your breath back and shoot 10 long-range goals.
30-goal reduction (start from 30, for every goal you successfully shoot you deduct a goal; for every goal you miss you add a goal. For example, start from 30, if you miss the first goal you now have to shoot 31 goals etc.
- Warm down. Record how you felt in your training diary.



UP AND IN SHOOTING PROGRAM 3

Focus: Shot variety

Equipment needed: Ball

Players: One player

Warm Up: Jog around court with ball. Toss it up in air and grab it, throw it in front and recover it as soon as possible, wrap it around your waist/hips/neck while running. Run for 5 minutes. Stretch.

- 30-goal reduction.
- 20 step-in shots from the left side of the circle, stepping in with your left leg. Start from mid-range. When you step in, focus on keeping balanced. *I prefer setting up the shot (ball over head), stepping forward and bending my knee at the same time.*
- 20 step-in shots from the right side of the circle, stepping in with your right leg. Start from mid-range.
- 10 step-back shots from under the goal post. Start from below the netball ring and step back; steady and shoot.
- 10 step-back shots starting from short-range. Step-backs are useful to avoid defensive pressure over the shot.
- 10 step-right shots (mid-range).
- 10 step-left shots (mid-range).
- 10 shots – overbalanced on baseline (on the right side of the post; short-range). Throw a high ball to yourself, catch it on the baseline, and shoot the ball through.
- 10 shots – overbalanced on baseline (on the left side of the post, short-range). Throw a high ball to yourself, catch it on the baseline, and shoot the ball through.
- 10 shots – lay-ups (like basketball! Start from edge of circle, throw the ball ahead to yourself, catch ball while on the run and shoot the ball through).
- Shoot 10 clear short-range goals (clear goals don't touch the edge of the goal ring!).
- Warm down. Record how you felt in your training diary.



UP AND IN SHOOTING PROGRAM 4

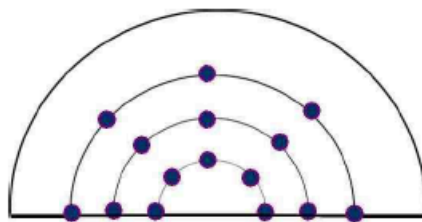
Focus: Consistency

Equipment needed: Ball, markers/chalk

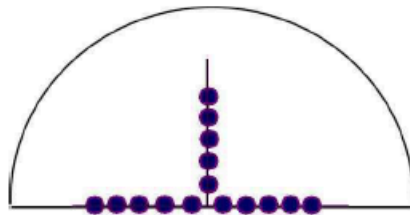
Players: One player

Warm Up: Skipping rope for 5 minutes. Stretch.

- Shoot 20 goals as quickly as possible. If you miss 2 shots in a row, sprint to the other baseline and jog back.
- 3 arcs of 5. If you miss a shot, start at the beginning of the arc – don't cheat!



- 3 x 5 lines. If you miss a goal, start from the beginning.



- 10 clear goals from mid range (if you miss 2 in a row, start from the beginning).
- 10 shots stepping in from mid-range left side of the circle (if you miss 2 in a row, start from the beginning).
- 10 shots stepping in from mid-range, right side of the circle (if you miss 2 in a row, start from the beginning).
- 10 long-range goals.
- Warm down. Record how you felt in your training diary.



UP AND IN SHOOTING PROGRAM 5

Focus: Turning and shooting

Equipment needed: Ball, markers/chalk

Players: One player

Warm Up: Sprint intervals – work by thirds:

Jog – sprint - jog (x 2)

Jog – high knees – jog (x2)

Jog – butt kicks – jog (x2)

Jog – side step – jog (x2)

Jog – backwards running - jog

Full court sprint

Full court jog back

- Shoot 20 one-handed goals (short-range).
- Shoot 20 one-handed goals (mid-range)..
- Shoot 20 clear goals (short-range)..
- Right-hand side: Stand mid-range, facing away from post. Throw the ball in the air over shoulder. Turn around, snatch ball in, balance and shoot x 20.
- Left-hand side: Stand mid-range, facing away from post. Throw the ball in the air over shoulder. Turn around, snatch ball in, balance and shoot x 20..
- Stand on circle edge, facing towards goal post. Bounce the ball to yourself (pick up mid-range) steady and shoot. Try various starting points around the circle edge and repeat x 20.
- Stand on baseline (left of post) near the edge of the circle. Throw the ball in the air over your shoulder, turn around, snatch ball in, balance and shoot x 10.
- Stand on baseline (right of post) near the edge of the circle. Throw the ball in the air over your shoulder, turn around, snatch ball in, balance and shoot x 10..
- Shoot 10 long-range goals.
- Warm down. Record how you felt in your training diary.



UP AND IN SHOOTING PROGRAM 6

Focus: Shooting under pressure

Equipment needed: Ball, markers/chalk

Players: One player

Warm Up: Run a few laps of the court throwing the ball to yourself, flicking it between your hands, wrapping it around your upper body as you run. Stretch.

- Shoot 20 goals with your eyes closed.
- Shoot 30 goals as quickly as possible. Mix up the shot locations. Imagine you are in a pressure situation during a game and that each goal counts.
- Stand on the baseline. Throw a ball to yourself that will force you to overbalance on the baseline and score a goal in. Catch the ball and in the same motion, shoot the ball through. You should be off-balance when you shoot to replicate a pressure situation in a game! Shoot 10 goals from either side of the baseline.
- Shoot 5 goals in a row as quickly as possible (shots between short – mid-range). If you miss a shot, start again.
- Place the ball on the ground; sprint to the transverse line; pick it up and shoot as quickly as possible. Vary your shot locations. Repeat x 10.
- Shoot 10 long-range goals. If you miss 2 shots in a row, sprint to the first transverse line and back.
- Warm down. Record how you felt in your training diary.



UP AND IN SHOOTING PROGRAM 7

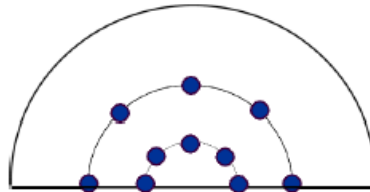
Focus: Stationary Shooting II

Equipment needed: Ball, markers/chalk

Players: One player

Warm Up: Jog around goal third, side-step around goal circle. Pick up ball and shoot 3 close-range goals; pop ball back down again. Repeat 5 times.

- Stand with back to post. Throw the ball to yourself (vary the pass – straight, lob, bounce), catch, turn and shoot. Repeat x 30.
- Start from the goal circle; bounce the ball in front of you, catch, balance and shoot. Repeat x 30.
- Shoot 20 clear goals from mid-range.
- Shoot 10 x step-in goals from halfway.
- Shoot 10 x step-left (mid-range), balance and shoot.
- Shoot 10 x step-right (mid-range), balance and shoot.
- Shoot 10 x step-back (close range), balance and shoot.
- 2 x semi-circle of 5 (short-range). If you miss a shot, start the arc again.



- Scatter markers around the circle – 5 in total. Shoot each marker and repeat x 2. If you miss a shot, start that circuit again.
- Warm down. Record how you felt in your training diary.

UP AND IN SHOOTING PROGRAM 8

Focus: Tough Card I

Equipment needed: Ball, markers/chalk

Players: One player

Warm Up: Jog for 5 minutes. Shoot 20 one-handed goals (from close to mid-range). Stretch

- Shoot 16 goals from a maximum of 20 attempts (i.e. as soon as you have missed 5 goals you must start again).
- Set up figure of eight. Put ball under post. As fast as you can, run the figure of eight, facing outwards of the goal circle. When completed, run to post and shoot 3 goals as quickly as possible x 10..



- Shoot 20 mid-range goals as quickly as possible.
- Start in middle of circle (baseline), sprint to the left side of circle; sprint to right side of the circle; sprint back to the goal post, pick up the ball and shoot. Repeat 5 times.
- Same drill; except set up cones on a 45-degree to the post. Sprint to the edge; roll and sprint back to ball. Shoot. Repeat 5 each side.
- Set up shooting sequence on the court using chalk by writing the numbers 1- 15 around the goal circle. Shoot from each spot. Do not continue until you have shot a clear goal.
- Set up a semi-circle of cones x 5. Do 3 tuck jumps (jump and bring your knees up). Shoot a clear goal at each spot before moving on - you must perform 3 tuck jumps at each point x 5.
- Warm down. Record how you felt in your training diary.



UP AND IN SHOOTING PROGRAM 9

Focus: Balance

Equipment needed: Ball

Players: One player

Warm Up: 20 one-handed shots. Stretch

- 10 lay-ups from left side.
- 10 lay-ups from right side.
- 20 falling out of court shots.
- 10 step in from left of post (mid-range).
- 10 step in from right of post (mid-range);
- 10 step back from underneath post.
- 10 shots eyes closed.
- Start from edge of circle, bounce ball fast towards the post (*make it hard for yourself; you want to catch the ball on the stretch!*), steady and shoot x 10 from left side; 10 from right side.
- Warm down. Record how you felt in your training diary.

UP AND IN SHOOTING PROGRAM 10

Focus: Hard Drives

Equipment needed: Ball

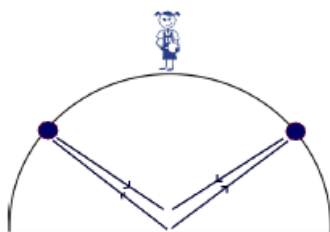
Players: Two players

Warm Up: Run up and down the court; vary sprints/grapevine/jogging backwards.

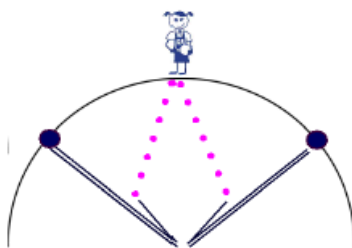
Throw 20 passes each:

20 x chest passes + 20 x shoulder passes + 10 x lobs + 10 x bounce passes

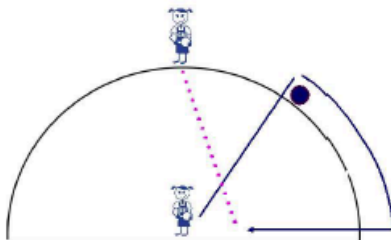
- Shoot 20 goals from anywhere
- Easy dodges – one worker; one feeder. Set up 2 markers (as shown in diagram below). Sprint to the first marker, sprint back to the post – catch the ball on stretch x 5 each side. (Remember it's important to steady when you catch the ball and shoot – do not shoot on the run). Swap worker/feeder and repeat.



- Stop and open – Drive to marker, drive back to post, stop and then open up. (The key is to drive very hard to the post, to make the defender think the ball is being thrown there; then stopping last minute and dodging the other way – only one step is needed; see diagram below) x 5 each side. Swap worker/feeder and repeat.



- Clear the markers (Drive around outside them, and drive the baseline (see diagram below). Receive pass; steady and shoot. Repeat 5 each side then swap worker/feeder and repeat.



- Clear the markers, drive the baseline hard, then stop then open. Repeat 5 each side.
- Shoot 10 clear goals each. For each missed shot, add one more (for example, if you start at 10 and miss your first shot you must shoot 11 clear goals).
- 10 long range shots to finish.
- Warm down. Record how you felt in your training diary.

UP AND IN SHOOTING PROGRAM 11

Focus: **Passing and shooting**

Equipment needed: Ball, fold-up chair/rubbish bin

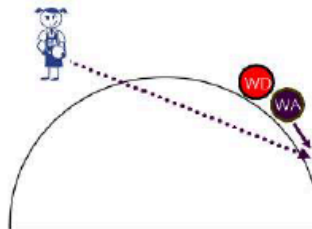
Players: Two players

Warm Up: Jog up and back, passing the ball to each other.

Reaction passes – 60 seconds each.

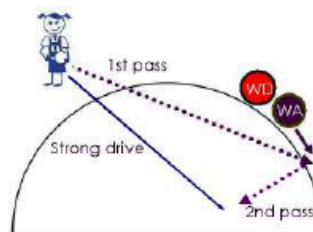
Strong shoulder passes- one person at baseline, other person at first transverse line. 20 each.

- Individually: Shoot 30 goals as quickly as possible to get your eye in.
- One player pretends to be a WA/C. You will practise your "swings". Swings are passes that cross the court (refer to page 12). Remember to not give the ball too much height, you don't want to give the defender time to intercept the pass.
- Practise 20 swings each side (see diagram).

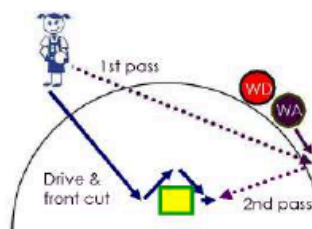


The WA/C should be catching the ball about 2m from where they stand originally.

- Now practise 10 swings each side. This time, swing the ball and drive directly to the player (see diagram below). Re-feed the ball out; get closer to the ring; shoot the ball in. Swap players and repeat.



- Put rubbish bin/chair in the middle of the goal circle. Swing the ball; now run up to chair (as if it's a defender) and front-cut the chair. Receive ball; shoot. 10 each side.



- Warm down. Record how you felt in your training diary.



UP AND IN SHOOTING PROGRAM 12

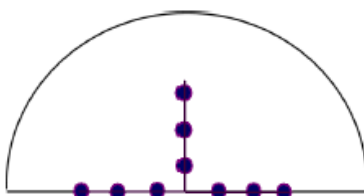
Focus: Taking It Easy – Card 1

Equipment needed: Ball

Players: One player

Warm Up: Stretch! Shoot 20 goals close up with one arm. Focus on your wrist-flicking action.

- Shoot 30 goals from anywhere.
- Shoot 10 clear goals from the left side of the circle (mix up the distance).
- Shoot 10 clear goals from the right side (mix up the distance).
- Set up a 3 lines of 3. If you miss a shot in a line you only need to start that line again.



- Shoot 2 x semi-circles of 5 (close range, mid-range): If you miss a shot start the semi-circle again.
- Shoot 10 long-range goals, close to the edge of the circle.
- Warm down. Record how you felt in your training diary.



UP AND IN SHOOTING PROGRAM 13

Focus: Taking It Easy – Card II

Equipment needed: Ball

Players: One player

Warm Up: Stretch! Shoot 10 short-range goals with your eyes closed.

- From under the post, step back, steady and shoot 20 goals. Change the direction of the step-back.
- Shoot 20 mid-range goals.
- Shoot 10 long-range goals.
- From the edge of the circle, bounce the ball towards the goal post, collect (mid-way), steady and shoot x 20.
- Shoot 10 x goals from short-mid range with your eyes closed.
- Shoot 20 goals from mid-range – step in to shoot.
- Shoot a 20 goal reduction to finish.

- Warm down. Record how you felt in your training diary.

UP AND IN SHOOTING PROGRAM 14

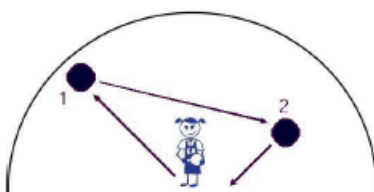
Focus: Puff and Shoot!

Equipment needed: Ball, Skipping rope, markers/chalk

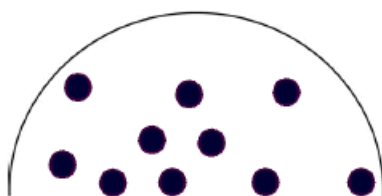
Players: One player

Warm Up: Skip for 5mins. For the first 20 seconds of each minute, skip as fast as you can! After that, skip normally. Stretch.

- Shoot 20 goals from short to mid-range.
- Set up the goal circle with 5 markers. Start at marker one and shoot. After the shot goes in, put the ball down and sprint to the third line and back. Pick up the ball, move onto marker #2, shoot and repeat. If you miss a shot, jump as high as you can 3 times on the spot. *(Remember to take a breath and steady on each shot).*
- Start under the post and place the netball under the post. Sprint to marker 1, dodge and then sprint to marker 2. Dodge again and drive to the baseline. Pick up ball and shoot. If you miss a goal, do 5 sit-ups. Repeat 5 times.



- Repeat this again but run to marker 2 first, then marker one; then the post. Repeat 5 times *(These are short-range goals that you should not miss!)*.
- 20-goal reduction.
- Put ball under post and set up marker on outside of goal circle (as shown in **diagram**). Sprint to marker, clear to baseline, drive to baseline and pick up ball and shoot. Repeat 10 times (5 each side).
- Shoot 3 lines of 3. If you miss a shot, do 5 star-jumps and start the line again.
- Set up markers as shown in diagram. Do 3 tuck jumps before shooting the goal from each spot.



- Shoot 10 clear goals from short range.
- Shoot 10 goals from mid-range.
- Shoot 5 long-range goals.
- Warm down. Record how you felt in your training diary.

UP AND IN SHOOTING PROGRAM 15

Focus: Long-range shooting

Equipment needed: Ball

Players: One player

Warm Up: Court runs:

Jog up and back twice

Jog – sprint – jog x 2

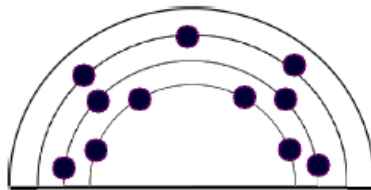
Jog – run backwards – jog x 2

Jog – sidestep – jog x 2

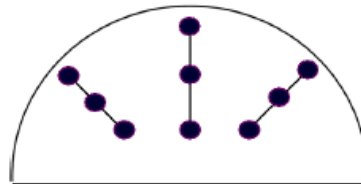
Sprint full court

Jog back.

- Shoot 20 one-armed shots at close range.
- Shoot 5 goals from each corner of the baseline/circle.
- Set up 3 semi-circles from mid to long range. Shoot a goal before moving onto the next point. If you miss 2 shots in a row, do 3 tuck jumps.



- Stand at edge of circle, throw ball in front of you, catch on the stretch and shoot 10 goals.
- 5 lines of 3 starting from mid-long range. If you miss 2 shots in a row, sprint to the third line and sprint back.



- Throw ball to self, catch (split legs); turn and shoot.
- Start from edge of circle; step in x 5.
- Shoot 10 goals from anywhere (long range).
- Remember during this card, chase your rebounds and shoot them in successfully.
- Warm down. Record how you felt in your training diary.



UP AND IN SHOOTING PROGRAM 16

Focus: Defensive Pressure

Equipment needed: Ball

Players: Two players (preferably shooter & defender)

Warm Up: Warm up: Go for a 5 min jog to start.

Throw the ball to each other:

10 x chest passes each

10 x shoulder passes each

10 x overhead passes each

10 x bounce passes each

Jog up and down the court twice

- 20 shots from anywhere.
- 15 shots from close-range (left-hand side): defender is to defend from 2 feet away.
- 15 shots from close-range (right-hand side): defender is to defend over eyes.
- 15 shots from mid-range (left-hand side): defender is to defend over eyes.
- 15 shots from mid-range (right-hand side): defender is to defend from 2 feet away.
- 10 shots from close-range (defender is to defend from 2 feet away): step back and shoot.
- 10 shots from mid-range: step-left and shoot.
- 10 shots from mid-range: step-right and shoot.
- 10 shots from close to mid-range: defender is to jump over the shot. Fake the shot and then shoot the ball through.
- 10 shots from close to mid-range: defender is to wave arms in air over the shot.
- Throw the ball to yourself, catch, turn and shoot. Defender is 2 feet away with hands over eyes x 20 anywhere.
- Warm down. Record how you felt in your training diary.



UP AND IN SHOOTING PROGRAM 17

Focus: Consistency Shooting III

Equipment needed: Ball

Players: One player

Warm Up: Skip for 5 minutes

- Without a miss, shoot a goal:
 - at halfway
 - under the post
 - from 2/3 out.

Repeat x 3 times changing where you start. If you miss, start again.

- 4 lines of 4; shoot at each one, if you miss a shot, start each line again.
- 3 semi-circles of 5; if you miss a goal, start the semi-circle again.
- 30-goal reduction
- Shoot 10 clear goals from close range – if you miss, sprint to the third line and sprint back.
- Shoot 5 long range goals.
- Warm down. Record how you felt in your training diary.

UP AND IN SHOOTING PROGRAM 18

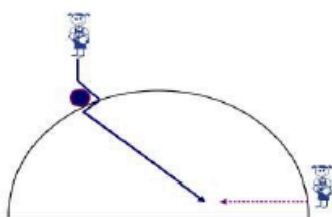
Focus: Movement Shooting II

Equipment needed: Ball, fold-up chair/rubbish bin

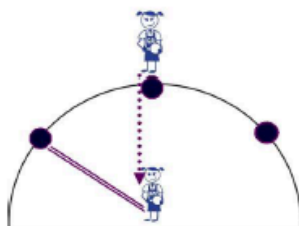
Players: Two players

Warm Up: Run around the court – sprint along the baseline, jog up the court, run backwards, sidestep, grapevine, up and down the court. Stretch.

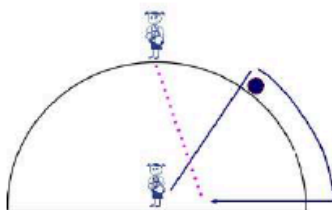
- Set up 2 cones. Start from outside of circle, run to first cone, front cut and catch the pass on baseline, steady and shoot the ball in. Repeat 10 each side; and do twice each.



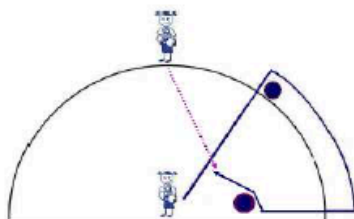
- Dodges. Set up 3 cones on edge. Run to one, push back and sprint back to post. Catch pass. Shoot. Repeat for the 2 other cones. Swap thrower/worker and repeat twice each.



- Keep cones as they are; now run to one marker, roll off the marker, and run back to post. Catch the pass and shoot. Repeat for each marker.
- Big clearing drives: clear, then drive to baseline.



- Big clearing drives. Drive to marker 1, clear, drive to marker 2, front cut – take ball under post and shoot



- 20-goal reduction to end.
- Warm down. Record how you felt in your training diary.