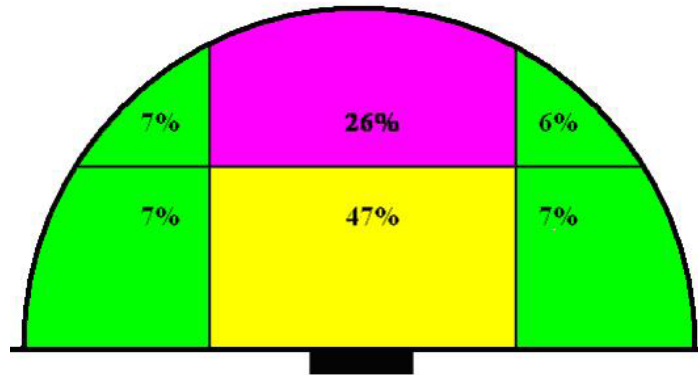


Close Range Shooting by Damager

Background:

During the 1998 World Cup in Utrecht in Holland, a total of 393 goals were scored. 207 of them were field goals. This diagram shows the sector of the circle where the goal scorer last played the ball. The outcome may surprise you



Reference Source: Remgo Hartgers - www.hockeytrainer.nl

(Note: +- 98 goals from Yellow Grid & +- 54 goals from Purple Grid & Green Grids contributed +- 55 goals, or +- 13 goals per grid)

Objective:

1. Develop the skill sets required for close range shooting:
2. Individual Close Range Shooting (Note: Coaches normally only concentrate on top of the circle shooting - striker into the circle and shoot at goal);
3. Congested Area Close Range Shooting (Note: Coaches often rely on the scoring forward taking a first time shot at goals - the aspects of stopping / controlling & shooting is generally ignored);
4. Rebound Close Range Shooting (Note: This aspect is hardly ever coached at all levels - especially rebounds from short corners).

-----oooooooooooo-----

General Profile of the Scoring Forward:

The scoring Forward should be.....:

- ❖ Fast;
- ❖ Explosive;
- ❖ Aggressive;

- ❖ Courageous;

As well as being:

- ❖ Skillful;
- ❖ Creative;
- ❖ Flamboyant;
- ❖ "Cool" under pressure.

And also have:

- ❖ Good reactive power;
- ❖ The quality to **BE IN THE RIGHT PLACE AT THE RIGHT TIME**;
- ❖ The ability to score from any position;
- ❖ The ability to adjust to changing situations.

If we summarize these qualities, we come to the following conclusion:

Scoring =

Technical abilities

1. A scoring forward has to possess several different scoring techniques.

Decision making

1. Which technique the forward uses to score a goal is to be decided in a fraction of a second. The decision making will be influenced by:
 - ❖ Position of the Forward with regard to the goal;
 - ❖ The position of the ball with regard to the Forward and the goal;
 - ❖ The position with regard to the Defender(s) and / or Goal Keeper.

Scoring = dependent on time and space

A SCORING FORWARD HAS TO RECOGNISE WHEN (S)HE IS READY TO SCORE - AIM TO GET EVERY SHOT ON GOAL!

-----oooooOooooo-----

Section 1 - Individual Close Range Shooting

Background:

1. One-on-One against the Goal Keeper - individual break-away;
2. One-on-One against the Goal Keeper - pass reception;
3. Two-on-One against the Goal Keeper - team work (Coaching - Basic Skills).

Objective:

1. To get into a position to score a goal from close range;
2. Develop improvisation (**do the unexpected**) in close range shooting.

Execution of Skill:

1. Establish the technical ability of the scoring Forward;
2. Individual Close Range Shooting Skill Set Profile:
 - ❖ Hitting while running;
 - ❖ Bodyweight forward;
 - ❖ Arms away from the body;
 - ❖ Good footwork is required;
 - ❖ Variations - hit the ball with your left / right foot forward.

The "Dig":

- ❖ Ball placed between the feet and weight transferred from back foot to front foot;
- ❖ Stick angled as it contacts ball;
- ❖ Power imparted by the right hand;
- ❖ Stick contacts the ball and the ground at the same time.

Slapshot:

- ❖ Hands apart;
- ❖ Good footwork is required;
- ❖ Short backswing;
- ❖ Point after the ball with the stick;
- ❖ Short but firm movement.

Flat stick hitting:

- ❖ Hands are close to the ground;
- ❖ Hands are close together;
- ❖ Stick "**sweeps**" over the ground;
- ❖ Combination of a fast movement of arms and wrist;
- ❖ If the blade of the stick is turned "**open**" (**faces the sky**) the ball will be lifted.

Backhand (**reverse**) flat stick hitting:

- ❖ Hands close to the ground;
- ❖ "**Frying-pan grip**", stick is turned 90° clockwise;
- ❖ Hit the ball with the shaft of the stick;
- ❖ Combination of a fast movement of arm and wrist;
- ❖ Position of the ball and the movement of the wrist decide the direction the ball goes.

Deflection:

- ❖ Angel to the goals and ball;

- ❖ Stick in front of your body in an early stage;
- ❖ If the blade of the stick is turned "open" (faces the sky) the ball will be lifted.

Scoring with a slide:

- ❖ Slide on your one shin (or shin guard);
- ❖ Stick in front of your body in an early stage;
- ❖ If the blade of the stick is turned "open" (faces the sky) the ball will be lifted.

Chop:

- ❖ Feet in front of the ball and pointing 90° away from the goal;
- ❖ The ball is behind your body;
- ❖ Hands close together, with or without a short grip;
- ❖ Bodyweight on the back foot;
- ❖ Short, powerful hit;
- ❖ Hit the ball behind, on its top.

Bunt:

- ❖ Hands apart;
- ❖ Short, sharp back swing and follow through;
- ❖ Power imparted by the right hand;
- ❖ Stick contacts the ball and the ground at the same time.

Lifting (Flicking) the ball:

- ❖ Control the lift;
- ❖ Keep your eyes on the ball;
- ❖ Score when the ball is at it's highest point;
- ❖ Be creative.

Drag from the right leg:

- ❖ Bodyweight on the right foot;
- ❖ Ball inside the hook of the stick;
- ❖ Right hand low.

Improvisation:

Be creative - examples:

- ❖ Dive;
- ❖ Lob over the goal keeper;
- ❖ Controlled "baseball hit";
- ❖ Hitting on the turn;
- ❖ Hitting with back to the goal.

Supplement the technical abilities of the scoring Forward (Coaching - Basic Skills);

Practice several different combinations without Defenders and Goal Keeper:

- ❖ Get into a good goal scoring position (near goals, not forward of the near post, be down low);
- ❖ When running into the circle with the ball, straighten it up towards the goal before shooting;
- ❖ Look at the goals and goalkeeper to decide where to shoot (Is the Goal Keeper off the line?);
- ❖ Forwards should hit / push to the side of the foot which the Goal Keeper has all the weight;
- ❖ Shoot quickly (For example: push rather than hit, drop the left hand down for a shorter back swing, slap hit the ball, hit off either foot);
- ❖ Shoot to the far side of the goals so that if the Goal Keeper saves the shot, it will rebound into play;
- ❖ Shoot low into the corners from the top of the circle and high from in close;
- ❖ Follow-up the shot (don't stand back and admire the shot);
- ❖ Protect the ball for the shot (For example: drag it back for a squeeze shot, run to the right using the left foot for protection).

NOTE: "Combination" of "2" techniques comprise of having the Forward perform 2 techniques in the goal scoring action:

For Example - Ball crossed from the Left Wing:

- ❖ Stop the ball with Flat Stick Stop;
- ❖ Goal shot with a Slapshot.

NOTE: "Combination" of "3" techniques comprise of having the Forward perform 3 techniques in the goal scoring action:

For Example - Ball crossed from the Left Wing:

- ❖ Stop the ball with Flat Stick Stop;
- ❖ Drag the ball onto the Reverse Stick side (Elimination of a Full Back or a Goal Keeper);
- ❖ Goal shot with the Backhand (Reverse) Flat Stick Hit.

Practice a combination of 2 techniques WITHOUT resistance (NOTE: In the "combination" exercises the Forward has to react to the position of the ball when receiving it. The passer of the ball can decide to pass on the Forward's left, right, behind, or in front. The Forward has to react to this and choose the correct scoring technique.);

Practice a combination of 2 techniques with PASSIVE resistance

(NOTE: A Defender can influence the decision making of the Forward by choosing a side to defend, the attacker then has to adjust to the situation

that presents itself);

Practice a combination of 2 techniques with **ACTIVE** resistance (**NOTE: Although "REBOUND CLOSE RANGE SHOOTING" is dealt with in Section 3, it is important to already condition the Forward into reacting to a save and attempting to score using the correct technique**);

Practice a combination of 3 techniques with **PASSIVE** resistance;

Practice a combination of 3 techniques with **ACTIVE** resistance;

Practice several combinations in a small game situation with **PASSIVE** resistance;

Practice several combinations in a small game situation with **ACTIVE** resistance

Watch For:

1. Player looks at the goals and Goal Keeper / Defender before shooting.
2. Early decision making;
3. Correct position with relation to:
 - ❖ The ball;
 - ❖ The goal;
 - ❖ The Goal Keeper & Defender(s).
4. Correct combination of scoring techniques;
5. Ability to adjust to the changing situation that presents itself;
6. Shot is quick - both early shot and avoid a big wind-up;
7. Player always follows up on the shot.

Practice Drills - To improve shooting skills when under pressure.

-----oooooOOOOOooooo-----

Congested Area Close Range Shooting

Background:

1. Close Range Shooting - set piece play;
2. Close Range Shooting - short corner variations;
3. Close Range Shooting - pass reception.

Objective:

1. To get into a position to score a goal from close range;
2. To develop reflexes to react to deflections within the circle;
3. Develop improvisation (**do the unexpected**) in close range shooting.

Execution of Skill:

1. Establish the technical ability of the scoring Forward (**Note: Refer to Section 1 - Individual Close Range Shooting Skill Set Profile**);
2. Supplement the technical abilities of the scoring Forward (**Coaching - Basic Skills**);
3. Practice several different combinations without Defenders and Goal Keeper;
4. Get into a good goal scoring position (**near goals, not forward of the near post, be down low**);
5. Reaction to the anticipated or change of direction;
6. Look at the goals and goalkeeper and defenders to decide where to shoot;
7. Forwards should hit / push to the side of the foot which the Goal Keeper has all the weight;
8. Shoot quickly;
9. Shoot to the far side of the goals so that if the Goal Keeper saves the shot, it will rebound into play;
10. Shoot low into the corners from the top of the circle and high from in close;
11. Follow-up the shot;
12. Protect the ball for the shot.
13. Practice a combination of 2 techniques **WITHOUT** resistance;
14. Practice a combination of 2 techniques with **PASSIVE** resistance;
15. Practice a combination of 2 techniques with **ACTIVE** resistance;
16. Practice a combination of 3 techniques with **PASSIVE** resistance;
17. Practice a combination of 3 techniques with **ACTIVE** resistance;
18. Practice several combinations in a small game situation with **PASSIVE** resistance;
19. Practice several combinations in a small game situation with **ACTIVE** resistance

Watch For:

1. Player gets into a goal shooting position early;
2. Player anticipates the direction of the ball;
3. Player reacts early to the deflections;
4. Early decision making;
5. Correct position with relation to:
 - ❖ The ball;
 - ❖ The goal;
 - ❖ The Goal Keeper & Defender(s).
6. Correct combination of scoring techniques;
7. Ability to adjust to the changing situation that presents itself;
8. Shot is quick - both early shot and avoid a big wind-up;
9. Player always follows up on the shot.

Practice Drills - To develop the ability to score in congested areas.

-----oooooO0000Ooooo-----

Rebound Close Range Shooting

Background:

- 1. Close Range Shooting - Goal Keeper / Defender saves;**
- 2. Close Range Shooting - Penalty Corner saves.**

Objective:

- 1. To develop anticipation & reflexes to be in a position to score a goal from close range;**
- 2. Develop improvisation (do the unexpected) in close range shooting.**

Execution of Skill:

- 1. Establish the technical ability of the scoring Forward (Note: Refer to Section 1 - Individual Close Range Shooting Skill Set Profile);**
- 2. Supplement the technical abilities of the scoring Forward (Coaching - Basic Skills);**
- 3. Practice several different combinations without Defenders and Goal Keeper;**
 - ❖ **Anticipate direction of the ball from the save (or deflection);**
 - ❖ **Reaction to the anticipated or change of direction;**
 - ❖ **Look at the goals and goalkeeper and defenders to decide where to shoot;**
 - ❖ **Forwards should hit / push to the side of the foot which the Goal Keeper has all the weight;**
 - ❖ **Shoot quickly;**
 - ❖ **Shoot to the far side of the goals so that if the Goal Keeper saves the shot, it will rebound into play;**
 - ❖ **Shoot low into the corners from the top of the circle and high from in close;**
 - ❖ **Follow-up the shot;**
 - ❖ **Protect the ball for the shot.**
- 4. Practice a combination of 2 techniques WITHOUT resistance;**
- 5. Practice a combination of 2 techniques with PASSIVE resistance;**
- 6. Practice a combination of 2 techniques with ACTIVE resistance;**
- 7. Practice a combination of 3 techniques with PASSIVE resistance;**
- 8. Practice a combination of 3 techniques with ACTIVE resistance;**
- 9. Practice several combinations in a small game situation with PASSIVE resistance;**
- 10. Practice several combinations in a small game situation with ACTIVE resistance**

Watch For:

1. Player anticipates the direction of a save (**or deflection**);
2. Player reacts early to the save (**or deflection**);
3. Early decision making;
4. Correct position with relation to:
 - ❖ The ball;
 - ❖ The goal;
 - ❖ The Goal Keeper & Defender(s).
5. Correct combination of scoring techniques;
6. Ability to adjust to the changing situation that presents itself;
7. Shot is quick - both early shot and avoid a big wind-up;
8. Player always follows up on the shot.

Practice Drills - To improve close range rebound shooting accuracy.