

GOAL SCORING



THE SHOT CLOCK

PREPARATION

OPPORTUNITY

EXECUTION

GOAL SCORING:

PREPARATION

MINDSET

1. There is NO PRESSURE on you.
2. Learn to make good decisions in the scoring areas.
3. Have a good knowledge and skill to back the knowledge up on what your scoring decision will be.
4. Know your opposition Goalkeeper. Learn from video or other players experience.
5. Know your strengths/capabilities

SPLIT SECOND QUESTIONS

1. Are my feet and body in good position?
2. What is the GK doing?
3. Is the ball coming soft or hard to me?
4. Is the ball coming flat or bouncy to me?
5. What shot should I play?
6. Where do I aim?

Repetition | Repetition | Repetition

GOAL SCORING

OPPORTUNITY

As mentioned before, the ball can come to/fall to you in many ways!

- To the left of my body
- To the right of my body
- In the middle on my body
- Off a GK rebound
- Off a Post rebound
- Off a deflection from a defender shin-pad or foot.

DOWN

&

ALERT

=

DANGEROUS

“Always expect the ball to come to you and you will be prepared”.

GOAL SCORING

EXECUTION

- Prepare your Mind
- Prepare your feet
- Prepare your body

GOAL SCORING STEPS

Aim for the corners

Shoot Low

Prepare for GK Save

“I’ve never seen the ball go under the goal before. However, I’ve seen the ball go over the top plenty of times.”

GOAL SCORING

SHOT CLOCK THEORY

- Your starting position is at the middle of the clock. 7-Yard spot is a good point of reference.
- 12.00pm is the Goal-Keeper starting position.
- Develop shots from both sides of the body in relation to where the ball is coming from.
- Understand the Scoring rules. Shot vs Pass vs Penalty Corner.
- Learn to make better decisions before the ball gets to you with the targeted training technique

“Build a pocket full of shots through targeted training techniques”

GOAL SCORING

Striker Attributes

Speed:

"Use it at the right time". It's the ability to know when to use it. You can be fast, but can you break away when you need to from an opponent? For me, its about change of pace while running alongside an opponent.

Leading Knowledge:

This part is hugely important in getting yourself into good scoring positions. Since the offside rule came in, strikers have forgotten how to manipulate the defense through movement. Meaning, knowing what lead (or multiple leads) to do, in order to know where the space is going to be, therefore knowing to meet the ball there, when its passed. To counteract the offside rule, sometimes you need to think "offside" in order to get in a position to receive with no pressure.

"Be prepared to lead more than once in a playing phase"

GOAL SCORING

Striker Attributes

Communication:

You need to speak to your teammate who plays alongside you so you can form good combinations. Make teams, fear not only you as a striker, but your teammate who feeds you all day long. I know my success as a striker that took me all the way to the Australian team was my connections with the inside forwards/midfielders. If you don't communicate with your teammate, you won't ever get the ball and find yourself running around like madmen, taking other striker's space, and congesting the dangerous areas of attack. This will lead to frustration and to extent selfishness as a striker because when you finally do get the ball, you will do what's necessary to be the hero and forget about the team thing.

While selfishness sometimes is necessary as a striker, its not so in this case.

"If you don't communicate, how do you expect your team mate to understand what you want"?

Shot Variety:

One major quality of the great striker is having plenty of options in the memory bank to play in certain areas of the circle. Strikers need to develop at least 3-4 shots, either side of the body to give themselves a better chance of scoring. You will need to decide your strength areas around your body and select the shot you want to develop.

GOAL SCORING

Striker Attributes

Shot Selection:

Its one thing to know shot variety, but even more valuable to a striker is having the ability to choose the right shot. How often to do watch a game, whether that be an international game or local club game, many strikers make the wrong choice.

Shot selection to me is about pre-meditation. Meaning knowing what shot you can play depending on the following:

- # Where the ball is coming from

- # how you control the ball

- # how your body position is placed

- # how your feet are positioned

- # how low you are in the circle.

- # what the Goalkeeper is doing. Is he coming out? Is he stationary? What his Strengths and weaknesses are? All these things need to be considered in a split second. Seems impossible to think about that all at once right?.....WRONG! Through specialist training, it can be done.

GOAL SCORING

Striker Attributes

Repetition in Training:

The key to being a successful striker does not happen overnight. It takes hours and hours of repetition work to get to be the best. Though this repetition, you will develop a better **"FIRST TOUCH"** The most important skill to develop.

Vision:

A huge advantage to being a successful striker is not only being able to take the shot and score goals, but to see a teammate in a better scoring position. This must be a priority in being the best team player in the right situation. Often selectors see this quality above anything else. Reason: because it's a decision-making skill under extreme pressure which is hard to teach.

Shot or Pass:

Finally the last decision the striker needs to make before a result of your actions. Do I need to be selfish? Or do I need to do the team thing? Both good questions, but in the end of the day, if you don't have confidence in making that decision, you'll make the wrong

GOAL SCORING

Drill Delivery

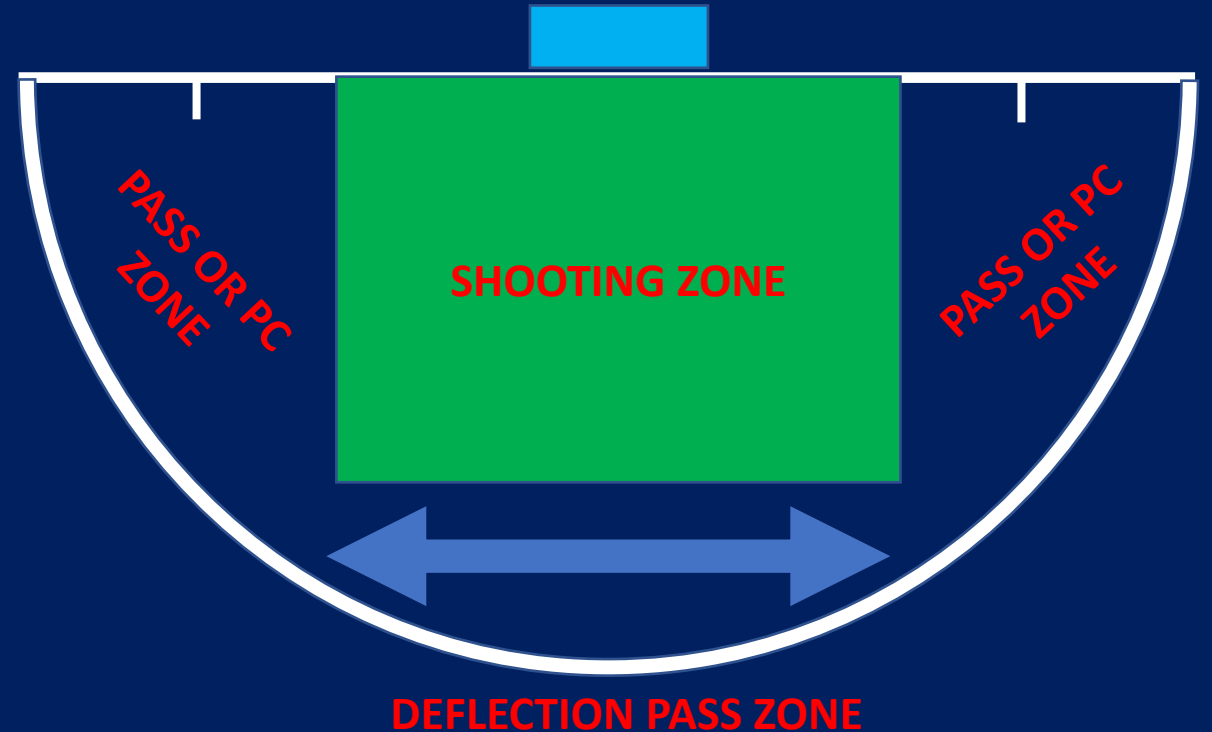
Your goal scoring drills need to contain the following:

1. Intensive/ fun balance
2. Progression (1 shot to 2/3 shots in a drill)
3. Pressure (eg.time)
4. Encourage variety of shots

GOAL SCORING

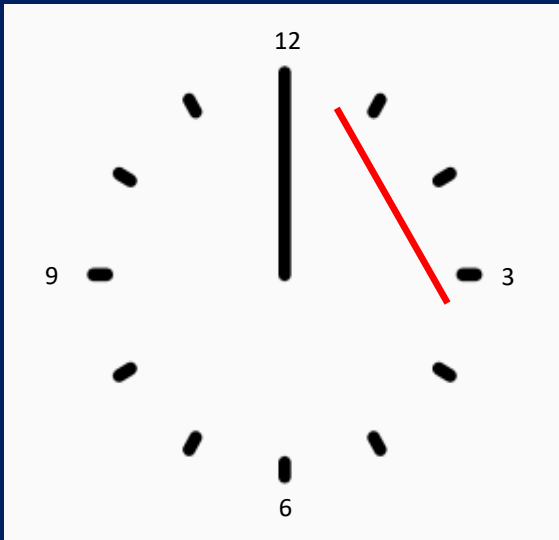
Decision Making Areas

- **Shooting Zone:** Take the Shot (Be selfish)
- **Pass or PC Zone:** : Pass to a teammate or win a PC
- **Deflection Zone:** Look to make a pass for a deflection



GOAL SCORING

SHOT CLOCK AREA: ZONE 1-3



Shot Types – Zone 1-3: 12 shots

Flat Pass

- Sweep shot (left foot)
- Control and Push/Flick (Middle Body)*
- Control and Sling (Right foot)*
- Slight Miss controlled trap and Squeeze) Right Foot)*
- Reverse Receive across body and Reverse sweep*

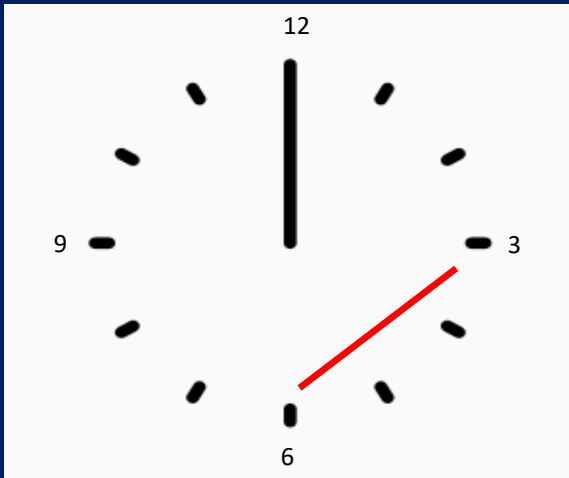
Bouncy Pass (keep hands a part)

- As above for all.

* Will require additional body movement post Trap.

GOAL SCORING

SHOT CLOCK AREA: ZONE 4-6



Shot Types – Zone 4-6R: 16

Flat Pass

- Deflection / Reverse deflection (left foot)
- Control and Push/Flick (Middle Body)*
- Control and Sling (Right foot)*
- Slight Miss controlled trap and Squeeze) Right Foot)*
- Reverse Receive across body and Reverse sweep/tomahawk (right foot)*

Bouncy Pass (keep hands a part)

- As above for all.

* Will require additional body movement post Trap.

GOAL SCORING

SHOT CLOCK AREA: ZONE 6-9



Shot Types – Zone 6L-9: 10

Flat Pass

- Fore Stick Deflection
- Upright Reverse deflection
- Control and Push/Flick
- Control and Squeeze*
- Control and Reverse sweep

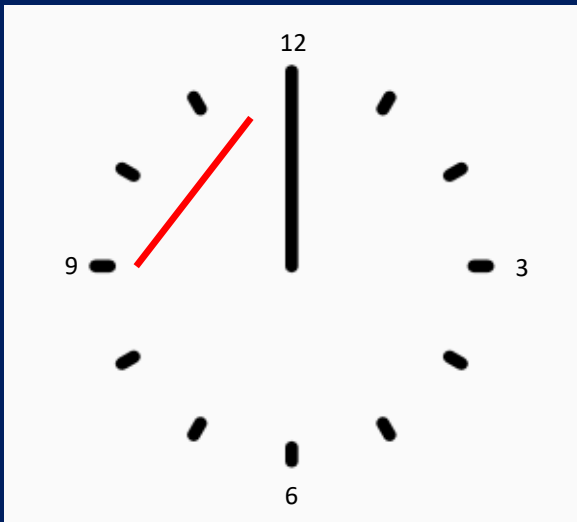
Bouncy Pass (keep hands a part)

- Deflection
- Upright Reverse deflection
- Control and Push/flick

* Will require additional body movement post Trap.

GOAL SCORING

SHOT CLOCK AREA: ZONE 9-12



Shot Types – Zones 9-12: 8 shots

Flat Pass

- Control/Eliminate and Push (3 different shot movements)*
- One Time Deflection
- Open Reverse receive and push off right foot*

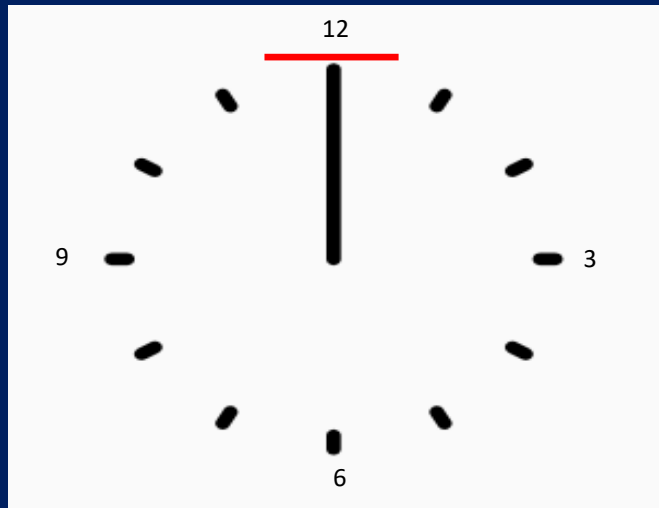
Bouncy Pass (keep hands a part)

- One Time deflection
- Control and push/flick

* Will require additional body movement post Trap.

GOAL SCORING

SHOT CLOCK AREA: ZONE 12: REBOUNDS



Shot Types – Rebound Zone: 10 shots

Flat Return

- Control and Push*
- Control and Flick*
- One Time Bunt (upright fore stick or reverse)*
- One Time squeeze (fore stick or reverse)*
- Dive and sweep (fore stick or reverse)*
- Control and Sling

High Return (keep hands a part)

- Control and Bounce*
- One Time Bunt

* Shooting off left or right foot could be required.