



One-Touch Shooting

Category: Technical: Goal Scoring

Difficulty: Performance Phase

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Individual-Adult Member



Backhand Shot

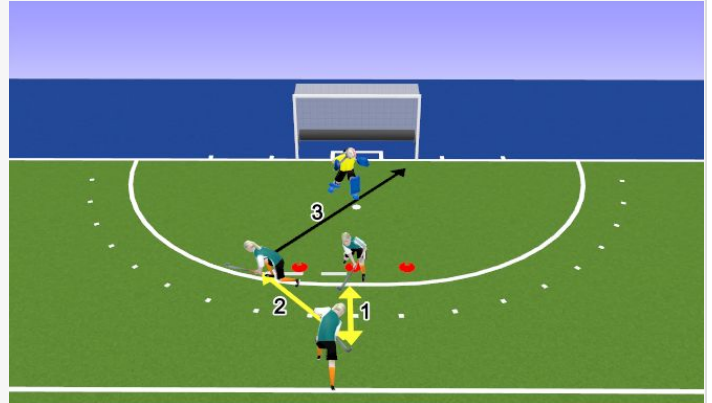
Objective: Score as the result of using quick one-touch or two-touch passes and short, fast leads.

Set Up:

- Place a five-yard line of cones one yard inside of the circle
- Have a pile of balls in the center of the field two yards behind the broken circle or seven yards from the top of the circle
- Have your group form a line behind the ball pile

The Drill:

- The first shooter starts one step behind the line of cones
- The ball starts with the player outside of the circle
- The shooter leads toward the ball while the player with the ball passes it firmly to them
- The shooter plays the ball one-time back to the passer and then leads in one direction
- The passer reads the shooter's lead and one-time passes the ball into space for the shooter to pick up and shoot to the far post
- The passer replaces the shooter and the next person in line becomes the passer



Points of Emphasis:

- Encourage flat, firm passes
- Recommend that your players keep a low body position throughout their time in the drill, standing up and then dropping down to receive the ball takes up too much valuable time in a quick-paced drill
- Emphasize shooting to the far post
- Encourage your goalkeepers to make one-time clears to the least dangerous space or the opposite side of the circle the shooter is striking the ball from

Recommendations:

- For intermediate players: modify the drill to be two-touch passes and allow them to get their feet around to receive that ball on their strong side for the forehand shot
- For advanced players: encourage them to receive the ball on their reverse for the forehand shot and practice back-space shots
- The first check pass can be challenging, encourage your players to communicate clearly with their stick, their voice, and their lead to help time the pass
- Start the drill by only going to one side, then switch, finish with the players getting to choose the side they want to shoot from
- Make it a competition! Set a time and have the field players set a number of goals that they think they can score within the time frame — if they meet it, they win, if they don't goalkeepers win!

Forehand Shot

