



# #ShootAndScore

Category: Technical: Goal Scoring  
Difficulty: Foundation Phase

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## Phase 1

### Solo-Summer Drills

#### #ShootAndScore — Phase 1

##### Set Up:

All you need is a circle, cage, and 9-36 field hockey balls.

##### The Drill:

With one to three balls in each section, shoot at the cage aiming for the corners — low double-board shots, or high shots into the top corners of the net.

Sections 1-3, use a flick or push

Sections 4-6, use a push, flick, sweep, or quick hit

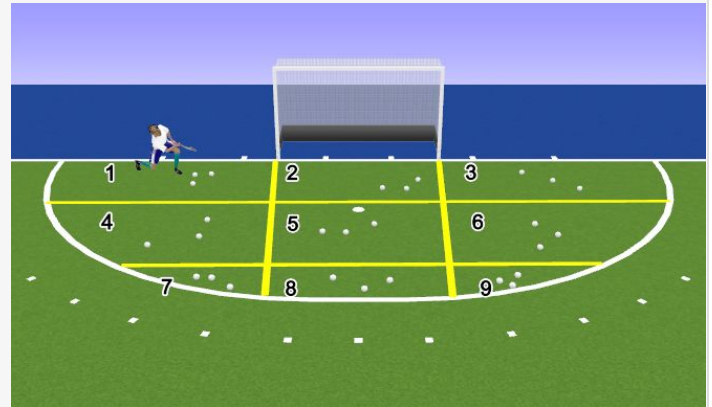
Sections 7-9, use a hit, sweep, or reverse chip

##### Points of Emphasis:

- Focus on the technical elements of your shots, this phase should be more methodical and is good for beginners or players who want to spend some time improving their technical skills. Work on keeping your head and shoulders down and use the appropriate hand positioning and ball positioning for the shot you choose
- Make a goal for yourself to score a specific number of shots — if you have 36 balls, make it a target put 30 of them in the cage, and to score 15 of them in the corners

##### Recommendations:

- Take one day to focus on your shots at sections 1-3, then the next day focus on sections 4-6, and so on
- To add an element of conditioning and additional challenge, encourage yourself to complete all 36 shots in under a set amount of time (try two minutes to start)
- Film yourself completing this drill — this is a drill that showcases your technical ability and would be a good one to share with your coaches or include in your recruiting materials
- Get creative, use this basic framework to meet your needs — repetition is important for technical skills, and this drill provides a simple way for you to vary your positioning in the circle and your shot selection.



## Phase 2

### Solo-Summer Drills

#### #ShootAndScore — Phase 2

##### Set Up:

All you need is a circle, cage, 9-36 field hockey balls, and cones or other obstacles.

##### The Drill:

With one to three balls in each section:

1. Start by picking up a ball and executing a skill around the cone or obstacle
2. Finish with a shot at the cage aiming for the corners — low double-board shots, or high shots into the top corners of the net
3. Do the same thing with the remaining balls in that section, once they've all been used, move to the next section and repeat

Sections 1-3, use a flick or push

Sections 4-6, use a push, flick, sweep, or quick hit

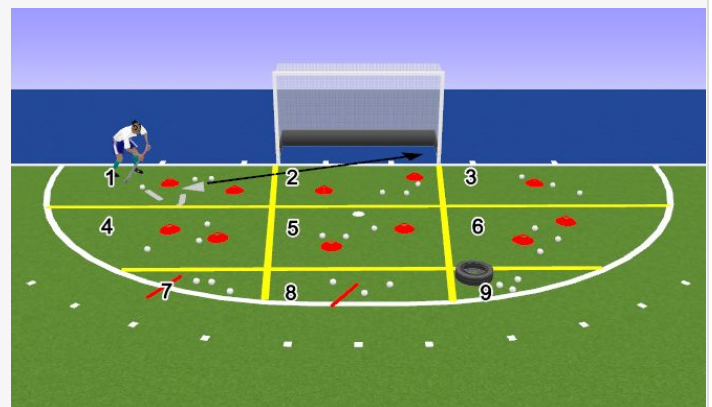
Sections 7-9, use a hit, sweep, or reverse chip

##### Points of Emphasis:

- Focus on continuing to execute your technical shooting skills and accuracy while on the move
- Encourage yourself to shoot quickly — less time on the ball, the better!
- Keep your body position low and dynamic throughout the drill
- Make a goal for yourself to score a specific number of shots — if you have 36 balls, make it a target put 30 of them in the cage, and to score 15 of them in the corners

##### Recommendations:

- Use a variety of obstacles to make this fun! Just be sure that if a ball were to hit your obstacle while you're shooting, that it would rebound safely
- To add an element of conditioning and additional challenge, encourage yourself to complete all 36 shots in under a set amount of time (try three minutes to start)
- Film yourself completing this drill — this is a drill that showcases your technical ability and would be a good one to share with your coaches or include in your recruiting materials
- Get creative, use this basic framework to meet your needs — repetition is important for technical skills, and this drill provides a



simple way for you to vary your positioning in the circle and your shot selection.

## Phase 3

### Solo-Summer Drills

#### #ShootAndScore — Phase 3

##### Set Up:

All you need is a circle, cage, and at least 9 field hockey balls.

##### The Drill:

With one ball in each section:

1. Start by picking up one ball and carrying it in to a new section
2. Once you enter the section, shoot the ball aiming for the corners — low double-board shots, or high shots into the top corners of the net
3. Pick up the ball in that section and carry it into a new section, shooting once you enter the new section
4. Do the same thing with the remaining balls until they've all been used

Sections 1-3, use a flick or push

Sections 4-6, use a push, flick, sweep, or quick hit

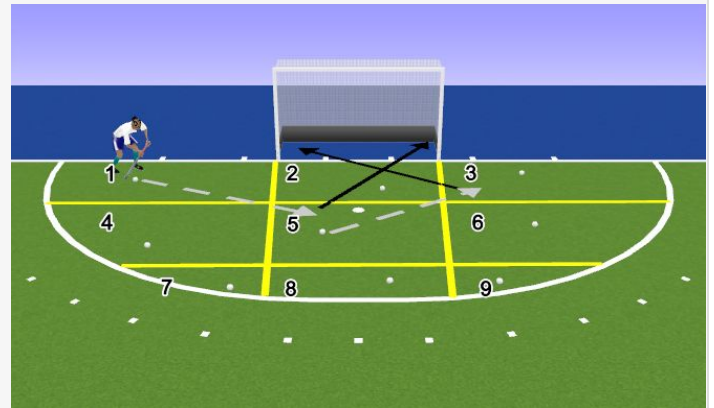
Sections 7-9, use a hit, sweep, or reverse chip

##### Points of Emphasis:

- Focus on your awareness in the circle — the section you're in determines the shot you can use
- Make your transition time between balls as short as you can
- Work on good footwork to set up the shot rather than dribbling the ball into a comfortable shooting position
- Encourage yourself to shoot quickly — less time on the ball, the better!
- Keep your body position low and dynamic throughout the drill
- Make a goal for yourself to score a specific number of shots — if you have 36 balls, make it a target put 30 of them in the cage, and to score 15 of them in the corners

##### Recommendations:

- The sections will be harder to imagine in this phase, if it helps, set up some cones to show outline each section
- To add an element of conditioning and additional challenge, encourage yourself to complete all 9 shots in under a set amount of time (try 30 seconds to start)
- Film yourself completing this drill — this is a drill that showcases your technical ability and would be a good one to share with your coaches or include in your recruiting materials



## Phase 4

### Solo-Summer Drills

#### #ShootAndScore — Phase 4

##### Set Up:

In this phase you need a circle, cage, 9 field hockey balls, and a partner.

##### The Drill:

With a pile of balls at the top of the dotted circle:

1. Start in section 1 and cut into a new section
2. Your partner should pass the ball
3. Once received, shoot the ball aiming for the corners — low double-board shots, or high shots into the top corners of the net
4. Cut into a new section, receive the pass and shoot
5. Do the same thing with the remaining balls until they've all been used

Sections 1-3, use a flick or push

Sections 4-6, use a push, flick, sweep, or quick hit

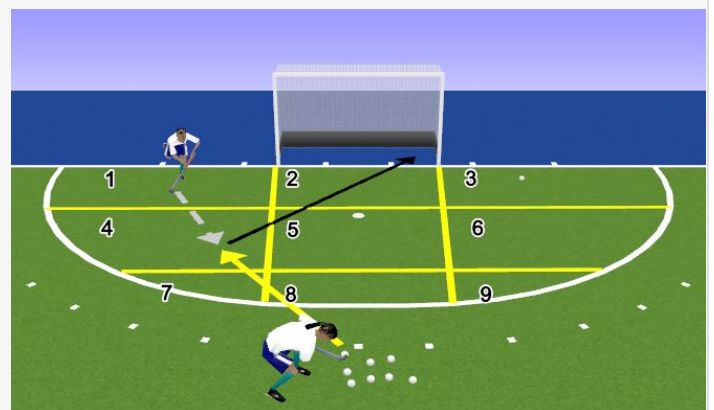
Sections 7-9, use a hit, sweep, or reverse chip

##### Points of Emphasis:

- Focus on your awareness in the circle — the section you're in determines the shot you can use
- Make your transition time between balls as short as you can
- Work on good footwork to set up the shot rather than dribbling the ball into a comfortable shooting position
- Encourage yourself to shoot quickly — less time on the ball, the better!
- Keep your body position low and dynamic throughout the drill
- Avoid going to the same section twice
- Make a goal for yourself to score a specific number of shots — if you have 36 balls, make it a target put 30 of them in the cage, and to score 15 of them in the corners

##### Recommendations:

- The sections will be harder to imagine in this phase, if it helps, set up some cones to show outline each section



- To make this more challenging have the passer send varied passes...make them slow, make them bouncy, make it so you have to reach for them — rarely are passes perfect, encourage yourself to be adaptable and creative
- Film yourself completing this drill — this is a drill that showcases your technical ability and would be a good one to share with your coaches or include in your recruiting materials