Compete, Shoot & Leave

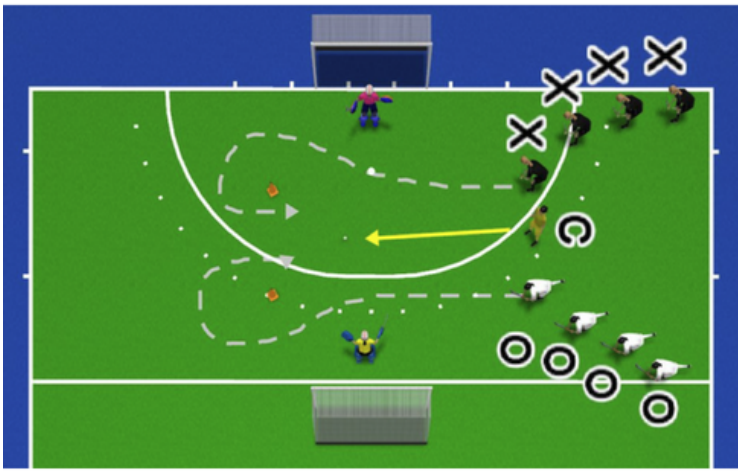
Submitted by Mo Ordnung, Associate Head Coach and Goalkeeping Specialist, Ithaca College

OBJECTIVE

Challenge players and goalkeepers in a fast-paced competitive drill that combines 1v1 play, quick transitions, and finishing under pressure.

Scan to view drill video

DIAGRAM



SETUP

Players

- 2 teams of Field Players
- 2 Goalkeepers

Area

- 2-goal playing area

Equipment

- 2 goals
- Balls & Cones

EXECUTION

1. On "Go!", one player from each team sprints around a cone as the coach plays a ball between them to start a **1v1**.
2. The player who gains possession may attack either goal and switch goals at any time.
3. If the attacker loses possession or fails to score, they leave the drill.
4. The remaining player attacks the opposite goalkeeper **1vGK**.
5. If they fail to score, they leave the drill and the goalkeeper attacks the opposite goal (**GKvGK**).
6. If the goalkeeper fails to score, the opposite goalkeeper has 3 seconds to score in the open goal.
7. The round ends with a goal (1 point) or when the ball leaves play.

POINTS OF EMPHASIS

- Scan both goals before committing.
- Attack the open goal quickly before pressure arrives.
- Goalkeepers transition quickly from making the save to supporting the attack.
- Keep the initial field player race competitive and safe.

VARIATIONS

- Track team and goalkeeper scores separately.
- Adjust the size of the playing area.
- Award bonus points for goals scored in the 1v1 phase.
- Adjust the time limit for the final goalkeeper.

Drill Booklet Key

- Pass
- Run without the ball
- Dribble
- Shot

nfhca national field hockey coaches association