

Goal Scoring: Two-Player Deflection Drill

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OBJECTIVE

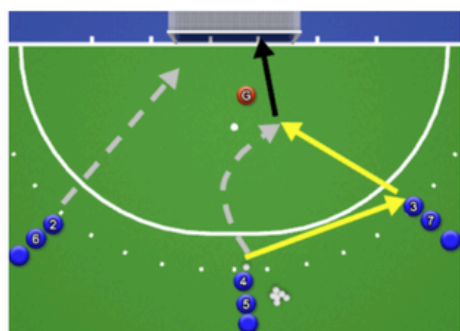
Train attackers to create coordinated near-post and back-post leads while finishing hard balls played toward goal.

DIAGRAM

BALL 1:



BALL 2:



Scan to view
drill video



SETUP

Players

- Two attacking groups
- Goalkeeper (optional)

Area

- Attacking circle

Equipment

- Goal
- Balls and Cones

EXECUTION

Ball 1

1. Player 1 passes left to Player 2 and leads to the near post.
2. Player 2 receives and hits a hard ball toward goal for Player 1 to deflect.
3. Player 1 rotates to the outside line while Player 2 stays in.

Ball 2:

1. Player 4 passes right to Player 3 and leads to the near post while Player 2 leads to the back post.
2. Player 3 receives and hits a hard ball toward goal.
3. Player 4 or Player 2 deflects to score.
4. Players 2 and 4 rotate out while Player 3 stays in.
5. Continue alternating sides.

POINTS OF EMPHASIS

- Look to score off initial deflection or first rebound.
- Attackers need to communicate & lead on different lines: near post & back post.
- Far post player: inside the far post, hips facing goal, two hands on stick.

VARIATIONS

- Reverse the passing direction to train both sides.
- Add a goalkeeper and play out rebounds.
- Require one-touch finishes.
- Vary the angle of the entry ball.
- Award points for first-time goals to create competition.

Drill Booklet Key

- Pass
- Run without the ball
- Dribble
- Shot