

1 TOUCH SHOOTING

AREAS OF THE GAME

ATTACKING, GOALSCORING

DRILL OBJECTIVE(S): FOOTWORK & BALANCE TO PREPARE FOR QUICK RELEASE SHOT INSIDE GOAL SCORING BOX

PLAYERS: 1+ PLAYER(S) (GK OPTIONAL)

SPACE: CIRCLE

EQUIPMENT: 10+ BALLS

DESCRIPTION

EXPLANATION:

Basic Drill (Diagram 1):

- Coach starts with pile of balls at top of circle. Shooter (X) starts just inside the circle with back facing the goal.
- Coach throws a short pass into the circle on the right side. Attacker turns and shoots (only 1 touch, no extra touches to control ball), then recovers to original position.
- Coach throws a ball to the left side. Attacker turns and shoots (1 touch) and returns. Repeat for 10 shots.

Additional Shots (Diagram 2):

- Add additional first-time shots to the drill from angles closer to goal.
- In Diagram 2, the shooter follows the sequence of numbers for 4 shots in numbered sequence, 1, 2, 3, 4.
- Attackers then rotate so one of the passers becomes the shooter.

VARIATION:

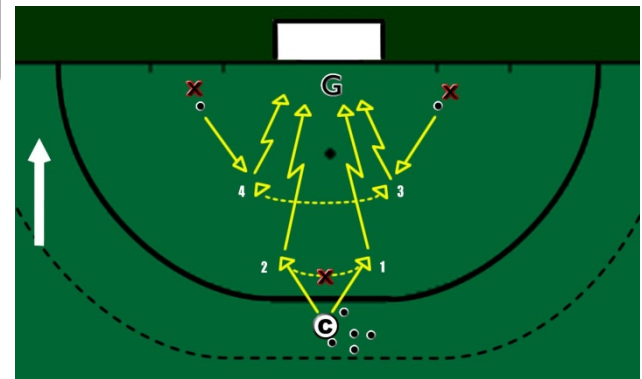
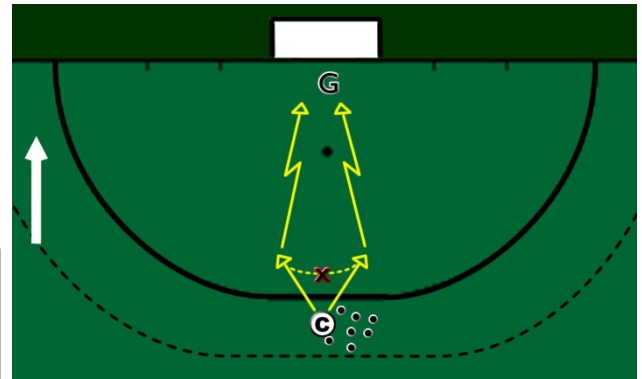
- To work on reactions to a loose ball in the circle, have the shooter start facing the goal, so he can't see the coach. Ball should then be thrown randomly into the circle so shooter has to be balanced & react to the ball as soon as he sees it
- This can become a conditioning/fitness drill if tempo stays high and you add repetitions

COACHING POINTS:

- This drill is all about footwork and balance. Inside the circle there is very little time to control and take extra touches to control the ball. So we are training the shooter to adjust footwork to get in position to shoot (instead of adjusting ball to put it in position).
- Shooter should try to shoot for the far side-board (unless he sees GK out of position).

EVALUATION:

- Can the shooter react quickly and prepare stick to shoot as he is moving towards the ball?
- Even though shooter is releasing a quick shot, he should still hit the target 75% of the time.



LTAD STAGE

LEARN TO TRAIN
TRAINING TO TRAIN
TRAINING TO COMPETE
TRAINING TO WIN

CORE SKILLS

SCORING

INFLUENCERS

USING SPACE/TIME
VISION

FIELD HOCKEY CANADA
HOCKEY SUR GAZON CANADA

240-1101 PRINCE OF WALES DR
OTTAWA ON K2C 3W7
613.521.8774 | FIELD.HOCKEY.CA

