



Field Hockey

Go for Goal

45 Top Drills to get your players scoring more goals

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Go For Goal



Introductory Notes by Bram van Asselt

This guide gives you the key drills for creating more goals, plus some structured goal keeper training to stop you conceding them.

1st Touch

Help players develop a better first touch - when goal scoring it is crucial that players have a very good first touch to be able to get the ball in a position to strike at goal as quick as possible.

Scoring and the Final Pass

It is important that the players learn to shoot from the various areas in the circle where the opportunities to score may arise. Lots of repetition is important at this stage. This section also includes practices for where the final pass may come from to enable to create the scoring opportunity.

Creating Scoring Opportunities

This section builds on the principle that most goals in hockey are scored from mistakes by the opposition, creating a break and chance for the team winning the ball. These practices are match orientated and improve the player's awareness of when and how to exploit the opportunities in the game when to break occurs.

You should be able to see the final pass and the scoring skills practiced using the previous practices coming through in these match situation drills.

Goal Keeping

This guide is focused on scoring and so it is only right that Goal keepers also receive some structured coaching and not purely rely on shot practice to improve their skills. These drills give you some key skills to teach keepers.

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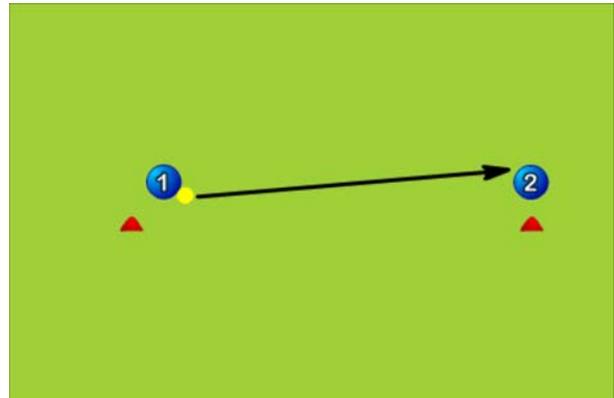
1st Touch

Forehand to Forehand

DESCRIPTION

Players pass and control ball on stick, forehand to forehand.

Ball is not allowed to bounce off the stick.

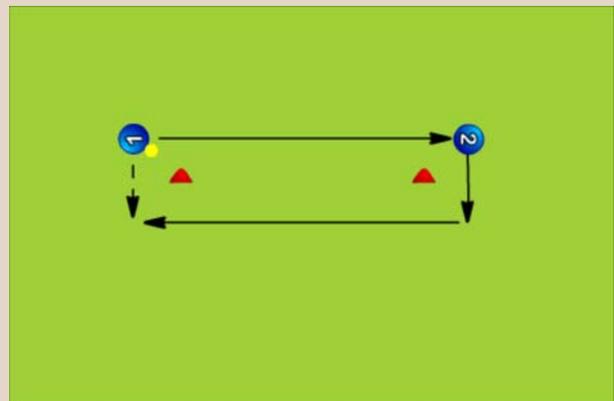


first touch

DESCRIPTION

2 players one ball.

Player passes the ball to the other player who has to first touch the ball into a passing position on the other side of the cone and passes the ball back to the other player.



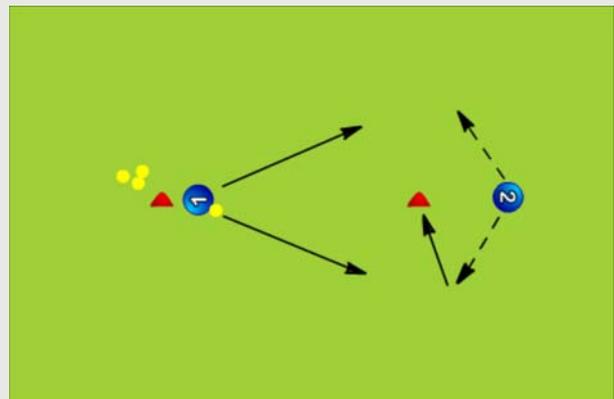
first touch to cone

DESCRIPTION

One player passes the ball away from cone. Other player receive using first touch to move ball towards the cone then vice versa.

COACHING POINTS

can be used as a fitness work out



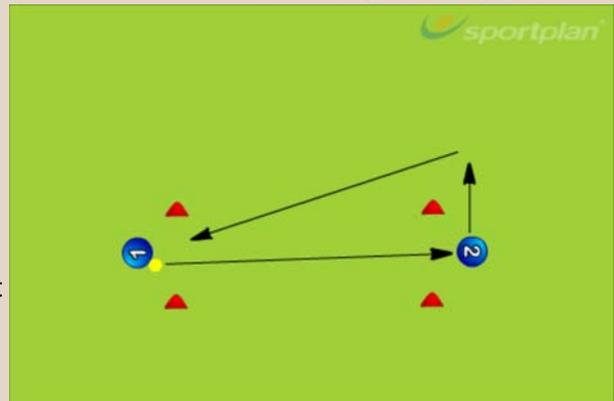
First touch

DESCRIPTION

- Setup as shown 10m long by 6m. (Place cones at each end)

player 1 pushes ball through cones, player 2 receives and with 1st touch puts ball to the right of the right cone and then pushes ball through opposite cones and player 1 receives and with 1st touch puts ball to the right of the right cone and repeat.

- aim for 2 touch
- After 10 goes change and put ball left of left cone



Round the Gate under Pressure

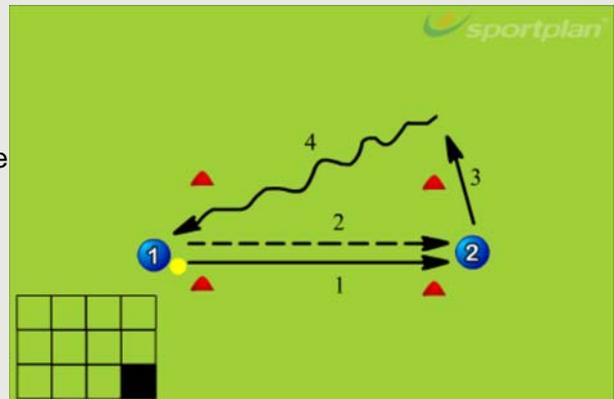
DESCRIPTION

2 Players, 1 ball. One of the players has to pass the ball to his partner through the gate. After the pass he/she then runs after the ball to put pressure on the player receiving (they have to run through the gate). The player receiving has to play the ball left or right to avoid the tackle then run to where the original pass started from.

- Player 1 can chase back to stop player with ball crossing the goal line and score a point.

COACHING POINTS

- Player 2 after having gone left or right should accelerate and try to block out the player 1 chasing back.
- Swap when player 1 wins the ball.



Distribution under Pressure

DESCRIPTION

1 Player passes the ball to the player through the cones then follows it to put pressure on the receiver. The receiver has to try and pass the ball to the player left or right, and then follows the ball to take that players position. The second player receiving the ball runs back to the start.



Escape from grid

DESCRIPTION

Set up a square grid 5 x 5 m

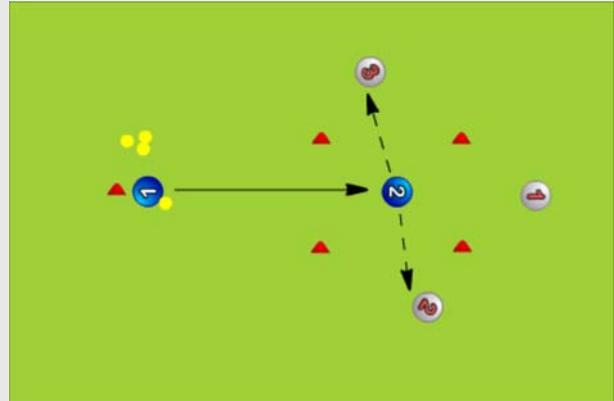
one player in the middle and 3 players on the outside. Wit one player passing the ball into the player in the centre of the grid.

Players on the outside cannot intercept the ball coming into the grid they can only try to stop the player in the middle coming out of the grid.

The players on the outside of the grid can only enter the grid once the player has received the ball.

COACHING POINTS

Player in the middle has to keep an eye on the players on the outside and try to work out when receiving the ball were to take the ball with the first touch. Preferbably to the side without the defender.



Pass and Follow

DESCRIPTION

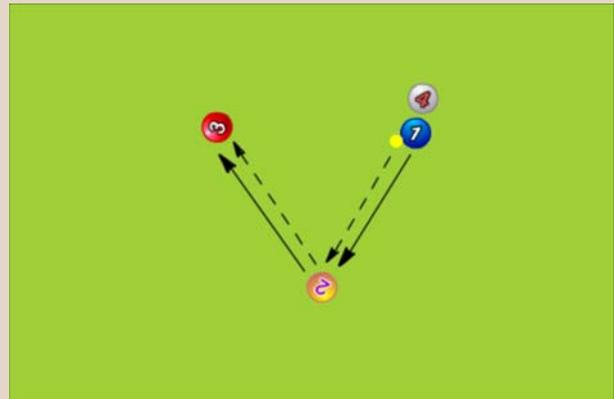
Pass ball to player and then chase pass to put pressure on player.

Receiving player either passes first touch or two touch to the next player.

First touch should be in direction of intended pass.

First clock wise then anti clock wise then both ways

Group size can vary 5 would be in a square. etc



Scoring

Direct Shot

DESCRIPTION

- Setup Practice as shown.
- Ensure that there are plenty of balls.

Players have to dribble to the circle and shoot as soon as they enter.



Reverse Stick Shot

DESCRIPTION

- Players line up as shown.

Player 1 dribbles the ball into the circle, running parallel with the goal. The player then pushes the ball out in front of them to have a reverse stick shot at goal.



Shooting challenge

DESCRIPTION

Two teams, team 1 has to try and score with two touches (1st into the circle 2nd to shoot). Team 2 players have to try and stop team 1 having a shot. (They can start defending when player 1 has made the first touch).

Scoring - Team 1 score a point for a shot at goal, and score 2 for a goal.

Team 1 starts with 3 lives. They lose one each time they are stopped or miss the goal. When all lives are lost, swap round.

COACHING POINTS

- Play 2 - 3 innings.
- If the defenders are getting too close move or adjust where they start from.
- For the attackers to be more successful they should push the ball diagonally, away from the defender, into the circle.



Quick shot

DESCRIPTION

Pass and follow to a player positioned just outside the circle or inside if that is relevant to your team.

one thing about staying outside the circle is that the defenders are not 100% concerned about you because you're not in a scoring position so they tend to lose mark.

- to put some pressure on the placement of the first touch you could put some clusters of cones just inside the circle (pretend defenders)

COACHING POINTS

- Make sure you have enough balls.
- Players receiving should sit low (just outside the circle) and try with their first touch to play the ball into the circle and shoot with their second touch as quick as possible.



Sweep far post

DESCRIPTION

Player 2 passes the ball to player 1. Player 1 then passes the ball into the goal with a slap hit. Player 2 follows his/her pass and takes the position of player 1.

COACHING POINTS

It is important that the player slap hitting the ball is wide and not too close to the goal.

- It is important that the keeper plays realistically. In the sense that he/she after each shot, goes back to a position where they would be if the shot came from where the ball started.
- Player should not try to play the ball with a hit. To score use a stroke that keeps the stick on the ground at all times.
- Players passing should aim at the back foot of the scorer.
- Player scoring should stand sideways on to the goal, left shoulder aiming at the target.



Deflection far post

DESCRIPTION

Player start with a ball outside the circle and have to hit or slap/sweep hit the ball to the far post for the player on the far post to be able deflect the ball into the goal.

COACHING POINTS

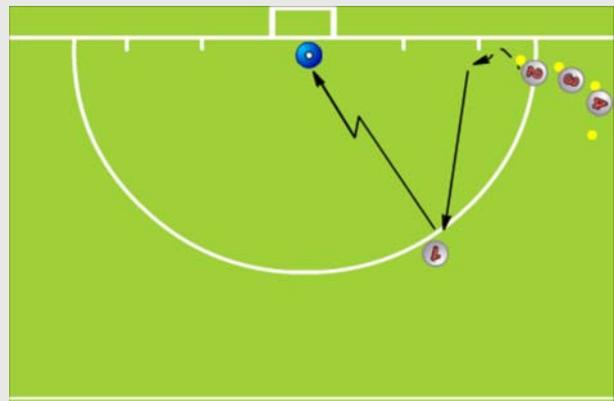
Goalkeepers should stand in position to stop the shot from the top of the circle with each go before they try to save the deflection (react rather than anticipate).



Back out to the top

DESCRIPTION

Players with the ball run down the backline and play the ball to the player at the top of the circle this player receives and shoots players rotate.



Far post goal

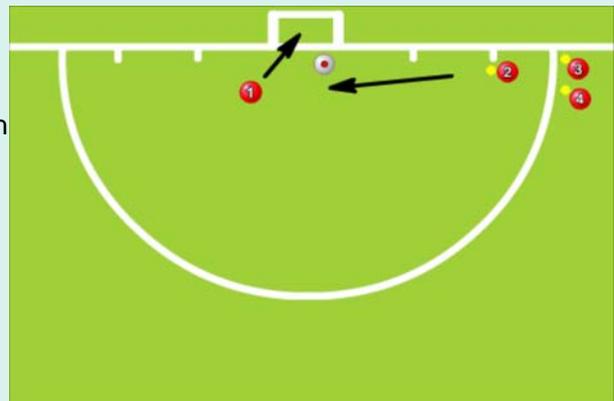
DESCRIPTION

Player runs down the byline and passes the ball to a player on the far post. Who tries and scores with a first time shot.

Players run round the cone to get to the other queue.

COACHING POINTS

- This is a pass available to the player running along the back line.
- Important for the player on the far post to stand beyond the goal. Outside the reach of the keeper.



Pass back to top

DESCRIPTION

Players run in to the Circle along the back line from which they pass the ball to a player at the top of the Circle on the opposite side of the goal.



Quick Shot Relay

DESCRIPTION

- Setup the practice as shown.

The practice starts with Red Player 1 dribbling their ball to the goal line before passing the ball back to Red Player 4 who is on the penalty spot. Red Player 4 then shoots at goal and Red Player 1 carries on their run to the penalty spot to replace Player 4.

The same happens on the left hand side and the practice continues to loop around alternating from the the right and then the left.



Creating scoring chances

DESCRIPTION

Player CF feeds the ball to RW who takes the ball to the back line. On reaching the back line he/she passes the ball back to the CF who has now come directly behind the RW. When CF receives the ball he/she takes the ball into circle and shoots. CF is now new RW and RW comes back to the start. Next CF starts.



Far post goal

DESCRIPTION

Player on the left passes the ball into the path of the player on the right. When this player receives the ball he/she continues to run with the ball, and passes the ball to the player on the far post, who shoots at goal.

The player passing to the far post continues to run, and takes up a new position by the right post (as you look at the goal).

Practice now starts from the other site.



COACHING POINTS

- Keeper should try and make each attempt as realistic as possible by reacting and not anticipating the pass to the far post.
- Players on the left post as you look, should sweep the ball into the goal(stick in contact with the ground at all times).
- Player on the right post should try and deflect the ball towards the goal.

3 Pattern

DESCRIPTION

Players start on the 23 metre line, in 3 groups, each group with some hockey balls.

2 passes to 1.

3 passes to 2.

1 passes to 3.

On receiving the ball, have a shot at goal.



COACHING POINTS

- Players pass, then runs and receives the next pass.

Shoot and Rebound

DESCRIPTION

- Setup the practice as shown.
- Coach starts on the goal line by one of the penalty corner lines.

Player 1 starts on the 25 yard line and dribbles to the top of the circle before shooting at goal. The same player then continues their run to receive a second ball from the coach to simulate a rebound situation.



Pass and score

DESCRIPTION

Players line up in two groups outside the 23 metre area.

Player on the left, passes the ball to a player on the right running towards the goal. On receiving the ball this player runs into the circle and shoots at goal.

After passing the ball, the player on the left runs towards the goal and receives the pass from the player on the right etc.



COACHING POINTS

- Make sure that you have enough balls (50 for 8 players).
- Pass should be played in front of the player on the right, and at the back foot of the player on the left.

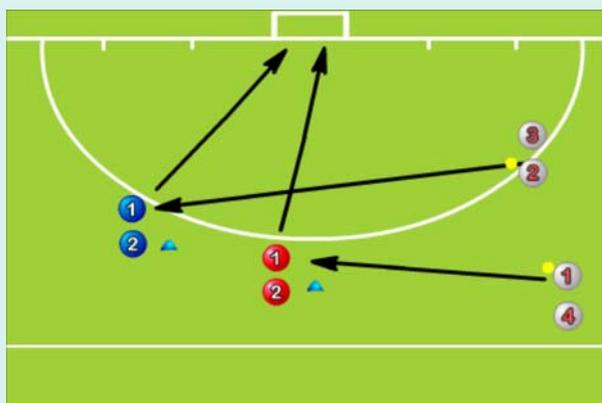
Cros top and cross deep

DESCRIPTION

Player 1 passes the ball to the player at the top of the circle, who receives the ball and shoots at goal.

Then player 2 passes the ball to player on the edge of the circle, who receives the ball and shoots.

Each time players should change position.



COACHING POINTS

- Player receiving the ball should try and first touch the ball in the direction from where the pass came from and shoot.

Reverse Stick Shot

DESCRIPTION

- Players line up as shown.

Player 1 dribbles the ball into the circle, running parallel with the goal. The player then pushes the ball out in front of them to have a reverse stick shot at goal.



1v1 battle for the ball

DESCRIPTION

Two players run to the ball to gain possession. The player in possession tries to score. The player without the ball is the defender and tries to prevent a goal being scored.

COACHING POINTS

- Keeper should stay on the line to start with.
- Player pushing the ball should favour one side to encourage a result and avoid battles.
- Safest direction to push the ball is to the left side of the circle as you look at the goal.



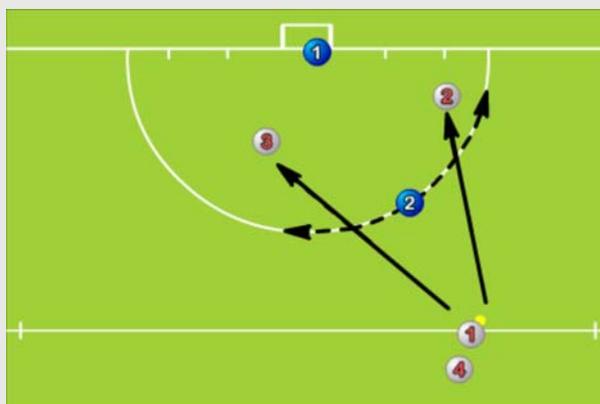
Using players in space

DESCRIPTION

Player 1 passes the ball into the circle to player 2 or 3, avoiding the defending player, on the edge of the circle, who can only try and intercept the pass. The receiving players in the circle try and score a goal past the keeper.

COACHING POINTS

- The player from the 23 metre line follows the pass and takes the position of the player that has had the final shot and takes his/her place.
- Progression - allow the defender to go into the circle to try and stop the attackers scoring.



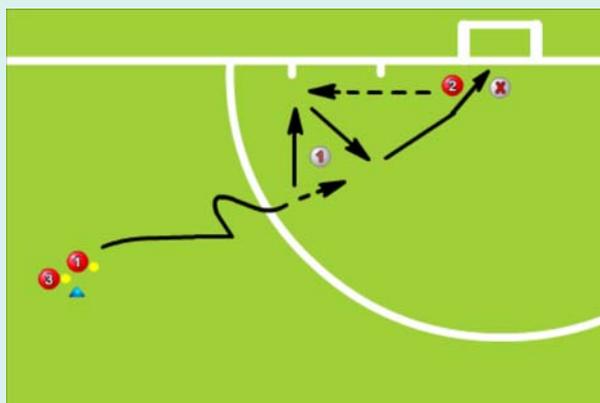
Using the back line to score

DESCRIPTION

Players start from the left or the right with a ball.

One defender in the Circle and one support attacker on the back line.

Players with the ball start outside the circle and have to try and score. Depending on how what the defender does the attacker with the ball can choose to use the 2nd attacker or go on their own to score.



Creating the Scoring Opportunity

1v1 break up and down

DESCRIPTION

Split the group into 2 teams (no more than 4 / 5 on each team)

put one goal on the half way line and one in the normal position on back line. set out a circle with cones for the goal on the half way line.

each team positions themselves to the left of the goal.

every player needs a ball.

one of the players in one of the teams starts with the ball. This player has to run with the ball to the opposite goal and strike the ball into the goal. on doing so one player from the other team can now run with the ball to the other goal and try to strike the ball into that goal.

The player that struck the ball first has to run back and try to defend against the 2nd player that has set off.

COACHING POINTS

Basically the player that last attacked has to defend against the next player and then they go to the back of the same team as they started.

You can play this game for a set time (5 minutes) give the team a break and start again.

If the practice is done well it is extremely tiring for the players.



Break from Box

DESCRIPTION

Defender runs into the box with the ball where the 2 attackers try to take possession of the ball on doing so the 2 attackers break out of the box towards the goal to try and score.

The defender can try to defend back and stop the break.



Break from set piece

DESCRIPTION

Set up the break each time as shown in diagram

The break starts when the defender (number 2) passes the ball to one of the attacking players.

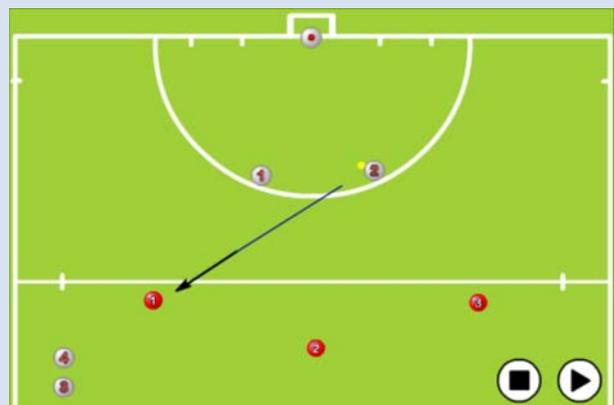
After this the game is normal.



Quick break

DESCRIPTION

The SW has to hit the 16 yard hit to one of the opposite players. On doing so the three attackers try and score and the two defenders try and stop them and make up for their mistake. Three attackers start outside the 23m line and the defenders start inside the circle.



2v1 break

DESCRIPTION

One attacker and one defender stand at the top of the circle.

2nd defender stands wide outside the 23m area and passes the ball to a 2nd attacker level in the middle of the pitch one receiving the ball this attacker can take the ball and try and score a goal using the other attacker the defender that started the exercise can run back and help prevent the 2 attackers from scoring. On completion of the practice the same happens on the other side of the pitch.



Team relay

DESCRIPTION

Four teams of 3 or 4 players. Put one goal 15m over the half way line so the half way line is the top of the circle.

Two teams together (partners), one playing and one on the 23m line.

Team 1 starts with the ball and tries to score against team 2. When team 2 gain possession either after a goal or tackle, they have to pass the ball to team 3, who now can try and score in the other goal. Team 1 has to run back and defend.

When team 1 win the ball they have to pass the ball to team 4, who attack against team 3 etc. After a team has passed the ball to their partner team, they take their place at the 23m line and wait.

COACHING POINTS

- Each team is only allowed to defend in their own half.
- Put lots of balls in either goal. This will enable the teams to keep the speed in the practice and put the pressure on the team trying to retrieve, to stop the break.



Earn the right to attack

DESCRIPTION

One team attacks and one defends. The attacking team will stay on the attack until the defending team takes the ball, under control, over the half way line. At that moment, the team that was attacking becomes the defending team.

COACHING POINTS

- The team crossing the half way line should try and turn and attack very straight because the likelihood is that one of their players will still be in the circle, and the opposition is near the 1/2 way line.



3 v 1 Pattern to score

DESCRIPTION

3 blue and 1 white player start from between the gates (2 cones). set in the specific areas on the pitch.

Blue 1 starts with the ball and passes the ball to blue player 2 coming out of the gate. The defender (white) can now try to stop the players scoring.

Player 2 passes the ball back to player 3 and the 3 blues continue to the goal and try to score.



COACHING POINTS

To start with just let the blue 2 pass to blue 3 each time later on blue 2 can also pass back to blue 1.

Goal Keeping

Clear before the line

DESCRIPTION

Goal keeper stays on the line until the coach roles a ball towards the edge of the circle the Goal keeper has to run and touch the ball before it leaves the circle. After having done this the GK has to retreat back to the goal and react to the next ball.

COACHING POINTS

3 sets of 6 balls



Disguised Kicking

DESCRIPTION

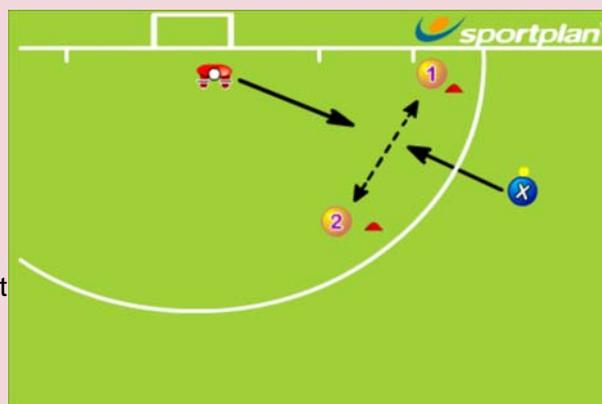
- Setup the practice as shown.
- Two players putting pressure on goalkeeper.

Coach feeds the ball for the goalkeeper to kick through the attackers.

If the attacker intercepts the ball then they shoot at goal.

COACHING POINTS

- Disguise on kicking.



Final Game

DESCRIPTION

- Setup the practice as shown.

The feeder half-hits the ball for the goalkeeper to save / clear. Once the goalkeeper has kicked the first ball the attackers have to try and score, with the goalkeeper attempting to clear the ball out of the circle.

Play the best of ten points.

COACHING POINTS

- Ensure the goalkeeper maintains a good technique throughout the practice.



Goal keeper circuit

DESCRIPTION

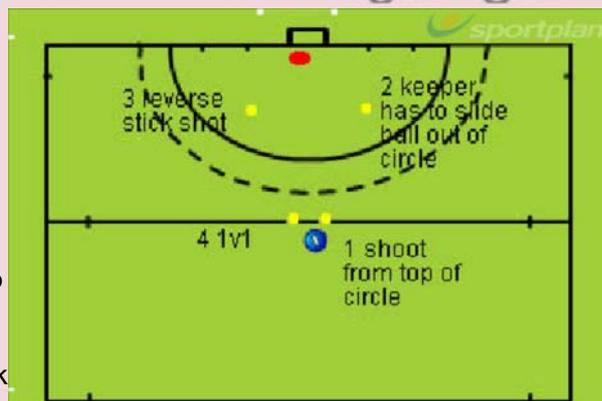
Place the 4 balls as shown 2 on the 23 meter line 1 right and one left in the circle.

Goal keeper starts on the line.

Goal keeper has to save the first shot from the top on the line.

Run out and slide at the second ball. Recover back to the goal to save the 3 shot (this one has to be shot with reverse if possible).

Then with the 4th ball they play a 1v1.



Intercept or not

DESCRIPTION

Player with 6 balls stands outside the circle.

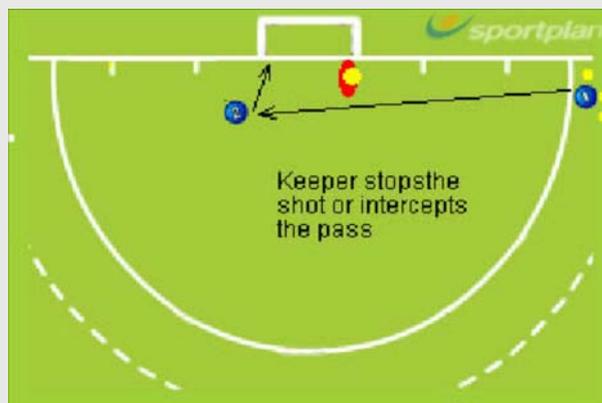
This player has to try and hit the ball to the player on the far post.

Player on the far post has to try and score.

Keeper has to decide each time if to go for the interception or save the shot from the far post.

COACHING POINTS

The player that crosses should be between 5 and 10 meters from the back line.



Kick through Gates

DESCRIPTION

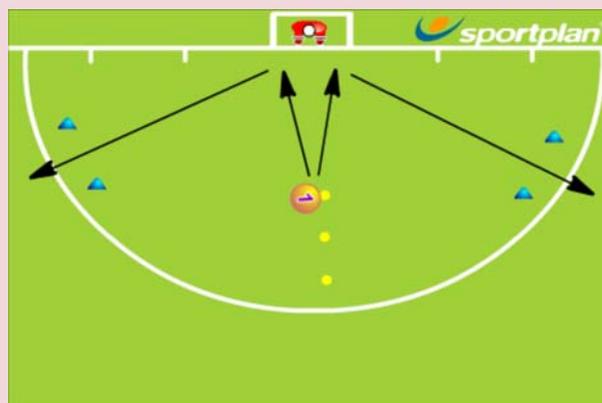
- Setup as shown.

Goalkeeper starts behind the line and advances 1 pace towards the feeder, who strikes the ball at goal to either corner.

The feeder can work further back and strike the ball harder as the goalkeepers confidence grows.

COACHING POINTS

- Ensure that the weight goes through the ball and that they do a decent save / clear technique.
- Attack the ball.



Long save into goal.

DESCRIPTION

Place 5 cones on the top of the circle as shown about 5 meters between each cone.

Goal keeper stands between the 1st 2 cones and the coaches hits the goal at the keeper. Keeper has to try and save clear the ball into the goal. then move up to the next cones. Coach plays the ball to the keeper and the exercise keeps repeating it self until the keeper reaches the end and back.



Reaction cone

DESCRIPTION

Place some cones at random 5 meters away from the goal.

Coach hits the balls from the top of the circle.

Goal keeper has to save the shots and react to the balls that get deflected by the cones.



Save behind

DESCRIPTION

Keeper starts between 2 cones approx 5m away from the centre of the goal two players stand either side with 3 balls each.

The first player rolls the ball towards the goal. GK has to try and save the ball get up and back to between the 2 cones on reaching them the second player rolls the ball to the other side of the goal GK has to try and save again and get back to the cones.



COACHING POINTS

3 sets of 6 balls.

Vary the height and pace of the ball.

Save clear into the goal

DESCRIPTION

Player is positioned outside the D with 18 balls

Keeper starts on the furthest cone away from this player.

Player hits the ball between the line of cones and the back line.

Goalkeeper has to save the ball into the goal each time. After 6 saves on one cone move the next cone to repeat .

COACHING POINTS

- Keeper should go back to touch the cone each time between each cross. (with nearest foot)
- Player hitting has to try and beat the GK by hitting the ball past the far post.
- Player can hit when the GK has touched the cone.
- Repeat the practice from the other side.

