



SCORE MORE GOALS

ACTION STEP WORKSHEET

MODULE 1 - SHOOTING SKILLS

Question	Answer
What do you think makes a great striker?	
What do you want to get out of this course?	
Name 3 shooting skills you could use to score in the 9 yard area?	
What is important when you are positioned on the far post?	
Why do you need to be inside the line of the goal post when deflecting?	
What is important for rebounds?	
What do you need to do if you want to lift the ball when shooting?	
When would you use the squeeze shot?	



SHOOTING SKILLS TRAINING:

Here are a couple of training sessions to work on your shooting skills.

I suggest you have someone who can pass the ball to you. Even if they are not a hockey player you can just get them to push, roll or throw the balls for you.

If you don't have someone to train with then you just need to adapt some of the exercises to what you can do on your own. Each exercise has 3 sets, progressing you through the skill. Here's an explanation of how to do each set:

Set 1: Stationary

In this first set we are measuring your ability to perform the skill in a stationary position. For example in the 9 yard area this may be positioning the ball on the penalty spot and completing the skill without you or the ball moving. For the top of the D skills position 10 balls at different angles just inside the circle edge.

Set 2: On the move

In the second set you want to progress the skill and measure your ability to perform the skill while you and the ball are on the move. For example this could be dribbling the ball for 2m before entering the circle to shoot.

You often won't have much time or space to dribble in the 9 yard area so this could be leading towards the ball to receive a pass, then shooting. If you don't have a partner to pass to you (or a rebound board) then just get the ball and your body moving before you shoot.

Set 3: Lifted ball

In the third set you will progress to either receiving a lifted pass or lifting your shot at goal. If you don't have a partner to pass to you then you can either make the ball slightly aerial yourself or use a 3D skill with change of direction before shooting.

For example for the flick you could receive an lifted pass from the right side and for the reverse flick you can receive a pass from the left side.



SESSION 1:

9 YARD SHOOTING SKILLS

Put two cones in the corner of the goals to set yourself a target to aim for in each of these skills. Depending on your level, you can use these as a guideline to work off.

Level 1: 90cm (inside either post)

Level 2: 60cm

Level 3: 30cm

Perform each of these skills in the 9 yard area ideally around the penalty spot.

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Use this sheet below to measure your ability to hit the target out of 10 for each variation

Session 1	Set 1 (stationary)	Set 2 (on the move)	Set 3 (lifted ball)	Total Score
10 x pushes	/ 10	/ 10	/ 10	/ 30
10 x reverse pushes	/ 10	/ 10	/ 10	/ 30
10 x reverse slides	/ 10	/ 10	/ 10	/ 30
10 x front one time slider (hands apart slap)	/ 10	/ 10	/ 10	/ 30
10 x bunts (rebounds)	/ 10	/ 10	/ 10	/ 30
10 x reverse bunts (rebounds)	/ 10	/ 10	/ 10	/ 30
10 x flicks	/ 10	/ 10	/ 10	/ 30
10 x reverse flicks	/ 10	/ 10	/ 10	/ 30
10 x Deflections (from left side)	/ 10	/ 10	/ 10	/ 30
10 x Deflections (from right side)	/ 10	/ 10	/ 10	/ 30
Total	/ 100	/ 100	/ 100	/ 300



SESSION 2:

TOP OF THE D SHOOTING SKILLS

Put two cones in the corner of the goals to set yourself a target to aim for in each of these skills. Depending on your level, you can use these as a guideline to work off.

Level 1: 90cm (inside either post)

Level 2: 60cm

Level 3: 30cm

Perform each of these skills near the edge of the circle positioning the 10 balls around the D so you're shooting at goal from different angles.

* Use this sheet below to measure your ability to hit the target out of 10 for each variation

Session 1	Set 1 (stationary)	Set 2 (on the move)	Set 3 (lifted ball)	Total Score
10 x hits (off left foot)	/ 10	/ 10	/ 10	/ 30
10 x hits (off right foot)	/ 10	/ 10	/ 10	/ 30
20 x tomahawks	/ 10	/ 10	/ 10	/ 60
20 x squeeze	/ 10	/ 10	/ 10	/ 60
10 x slaps	/ 10	/ 10	/ 10	/ 30
10 x lifted slaps	/ 10	/ 10	/ 10	/ 30
20 x upright reverse	/ 10	/ 10	/ 10	/ 60
Total	/ 100	/ 100	/ 100	/ 300