



Capital Hockey:



Goal Scoring





Important goal scoring concepts

- Get the **ball going goal wards** as early as possible to give the defenders and goalkeeper less time to react
- Low and strong body position for all players in the circle, with **sticks always on the ground**
- Always have **good awareness of where the goal** is in relation to your positioning – this will help you quickly put the ball on target
- We must make the most of our opportunities in the circle – to do this we need to have good **shot selections** and **fill the priority positions**



Priority positions in attacking circle

Q. What do you think the **five priority positions** are in the attacking circle?

1. Left post
2. Right post
3. Spot
4. Left top of circle
5. Right top of circle



When our team has the ball in the circle **we must always make sure that these positions are occupied**

It doesn't matter who fills each of these positions - so long as someone does!



Priority positions in attacking circle cont.

Q. Why do you think these are called the priority positions?

1. They are where goals are most often scored from
2. These positions are all at a **good angle in front of the goal**, making it easier to get a shot on target
3. The left and right post positions are important for **'widening the goal'** to score from **deflections**. Always start in a forehand position and rock forwards to the ball.
4. The spot and top of the circle positions are important for scoring from **rebounds** off the goalkeepers pads
5. Awareness to reposition from first phase deflection to second phase rebound and if GK repositions to cut off deflection angle is important

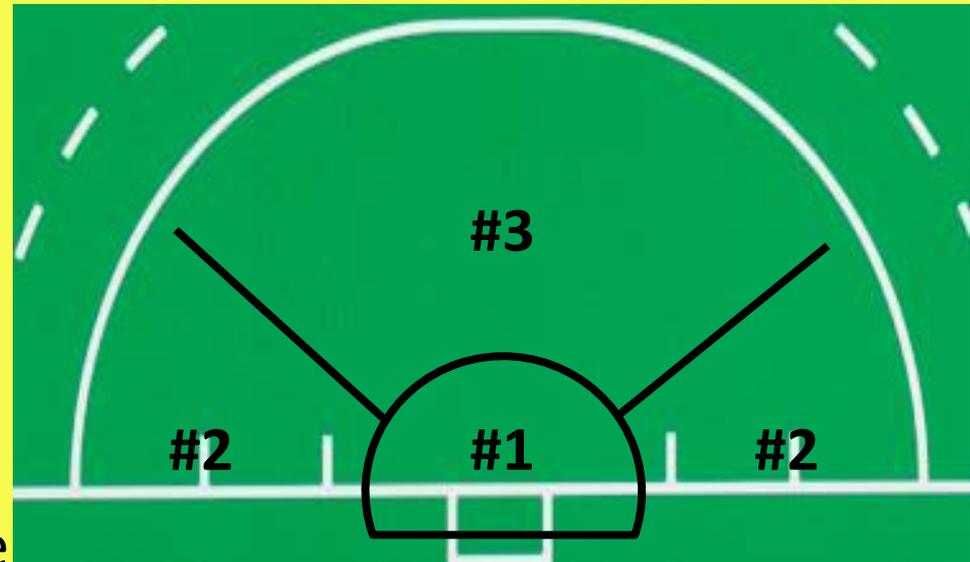




Shot Selection

To get a high **percentage shot on goal**, different types of shots should be used in different parts of the circle:

- **#1** – when you are this close to the goal speed is crucial so use a quick push, flick or deflection shot
- **#2** – this angle is hard to score from directly so use your skills to win a PC or pass the ball back to the guard position
- **#3** – use either a short or long handled hit, aiming for the corners of the goal or a deflector on the post.



Try to connect with ball as soon as ball crosses circle line.