

Clinic: Back facing the goal – Scoring techniques

Version: World Camp USA 2006



TOPICS – 12 min per topic

1. Backhand dribble followed by Baseline release – dribble into the left frontal zone forehand chop
2. Back facing the goal – the two touch forehand chop in the left frontal zone
3. Back facing the goal – the two touch low backhand hit in the right frontal zone
4. Forehand tip inn – moving away from the goal
5. Ball dropping in the back area
6. Hook shot moving away from the goal
7. Right back zone Backward Topping – re-side of the body
8. Tap back and Chop
9. Left back zone Backward Topping – le-side of the body

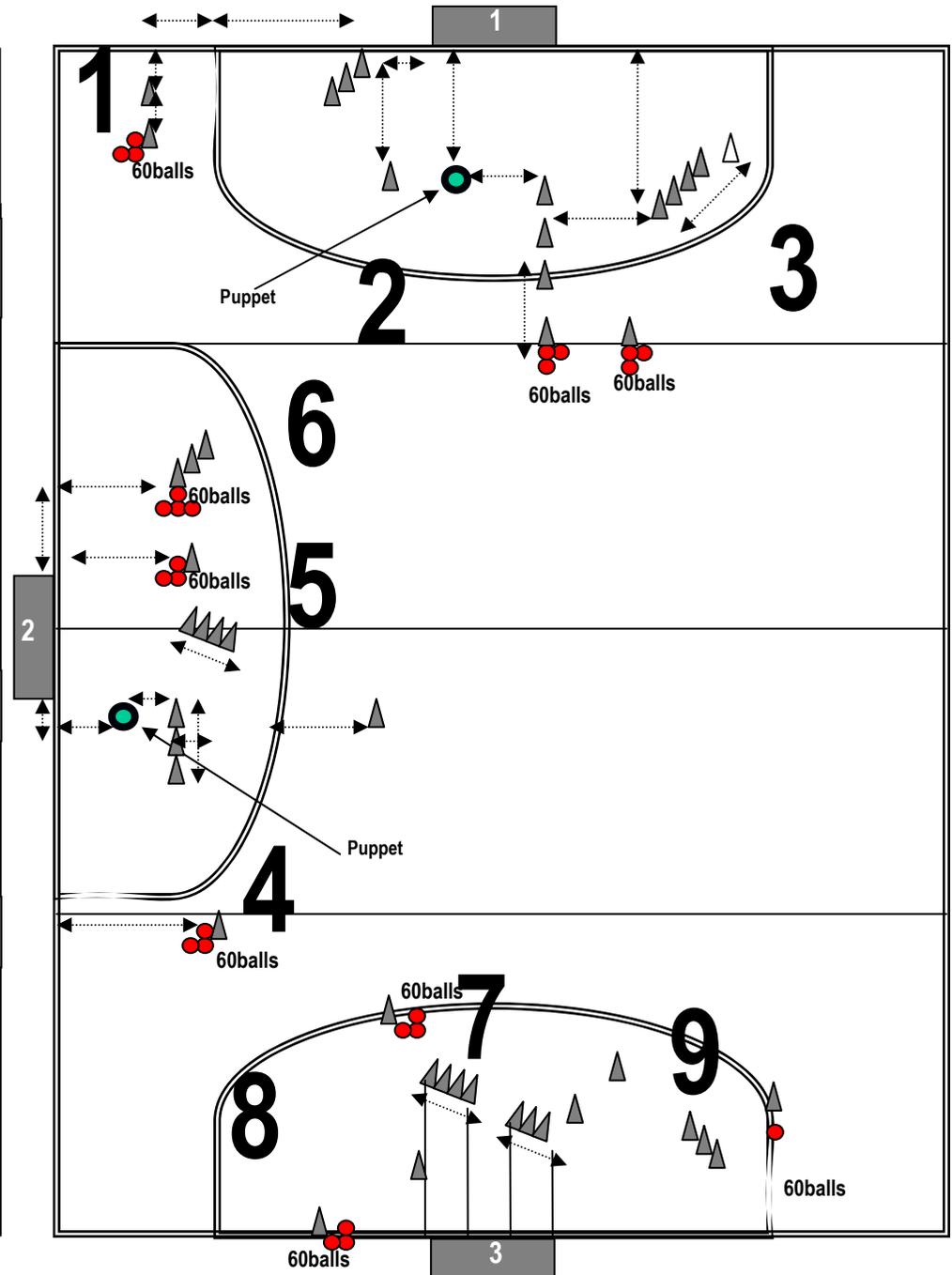
MATERIAL

- CONES: 45
- BALLS: 600
- BEAMS: none
- GOALIE PUPPET: 2

SYMBOLS

- CONE ▲
- BAL POSSESSOR OR POTENTIAL BALL POSSESSOR ●
- BALL ●
- DEFENDER ●
- DRIBBLE→
- PASS OR SHOT ON GOAL →
- RUNNING WITHOUT BALL - - - - -→

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Clinic: Back facing the goal – Scoring techniques

Exercise: Backhand dribble followed by Baseline release – dribble into the left frontal zone forehand chop

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1



ORGANISATION

Description: A plays slow pushed pass to B (1) – already moving over the baseline. B receives ball on the backhand and continuous in a dribble (2). After being channeled against the baseline (confined space marked with cones) player B runs beyond the ball (still on the backhand) and changes direction backward inside the circle picking up the ball with the forehand (3). Player B creates space/ a better angle towards the goal and plays a backhand chop (4) moving away from the goal. ROTATION: A becomes B and C plays ball to B. This group plays 2 Turns!! So A and B play a shot on the goal.

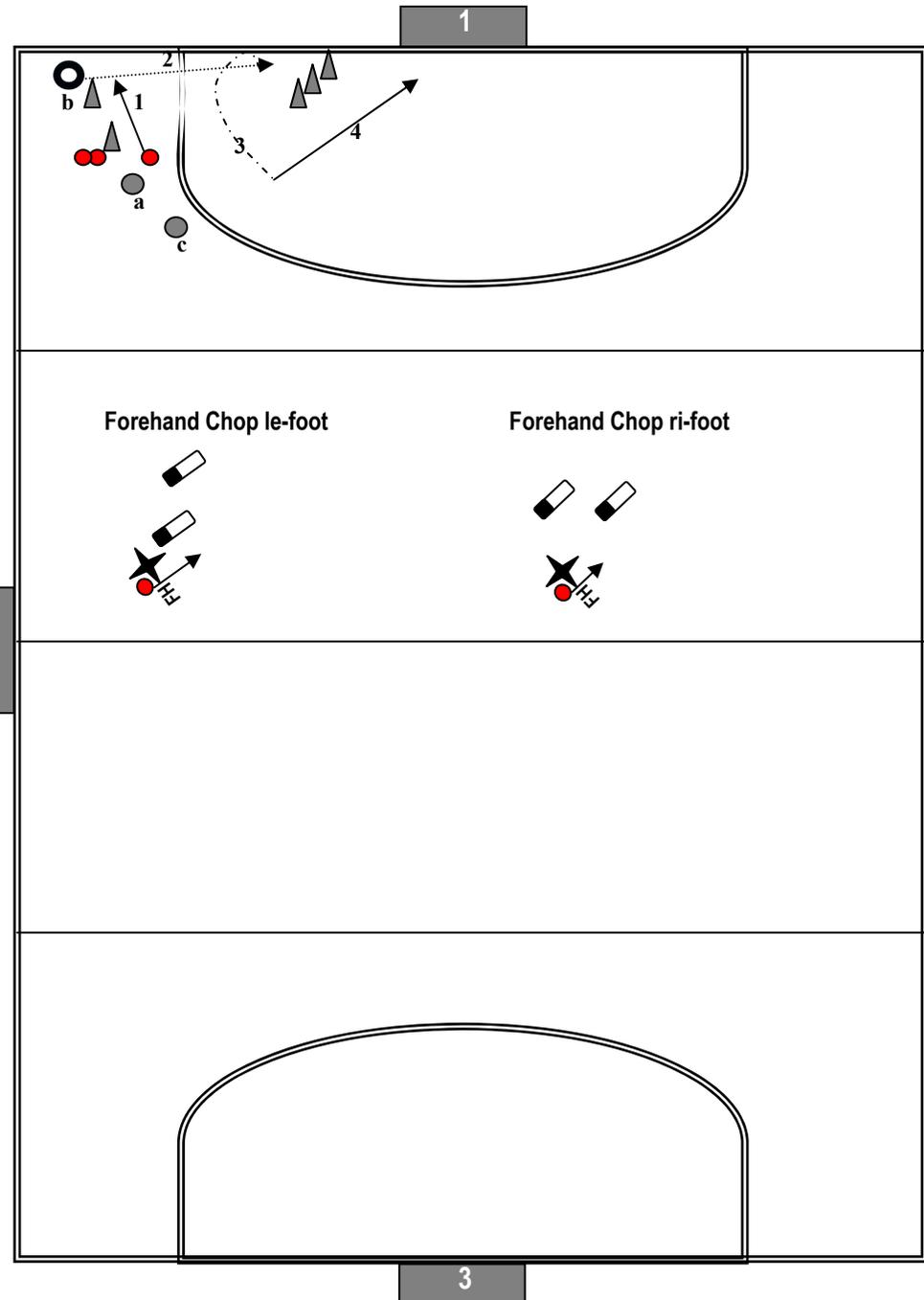
POINTERS

1. Pay attention to the flow of the movement during the transfer from backhand to forehand
2. Leave the ball " behind the body" on the left side and let the upper body follow the ball position
2. At the moment of turning into the opposite direction the right foot is in front – releasing the power to turn
3. The ball is covered while dribbling away from the goal

DIFFERENTIATION

1. Develop a higher pace in the dribble into the circle

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Clinic: Back facing the goal – Scoring techniques

Exercise: Back facing the goal – the two touch forehand chop in the left frontal zone

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2



ORGANISATION

Description: B starts running towards the ball(1) A plays slow pushed pass to B (2) on the forehand. B bounces the ball controlled into the left frontal zone (1 touch) and plays a chop from the left foot (in front) towards the goal.
ROTATION: A becomes B and C plays ball to B. This group plays 2 Turns!! So A and B both play a shot on the goal.

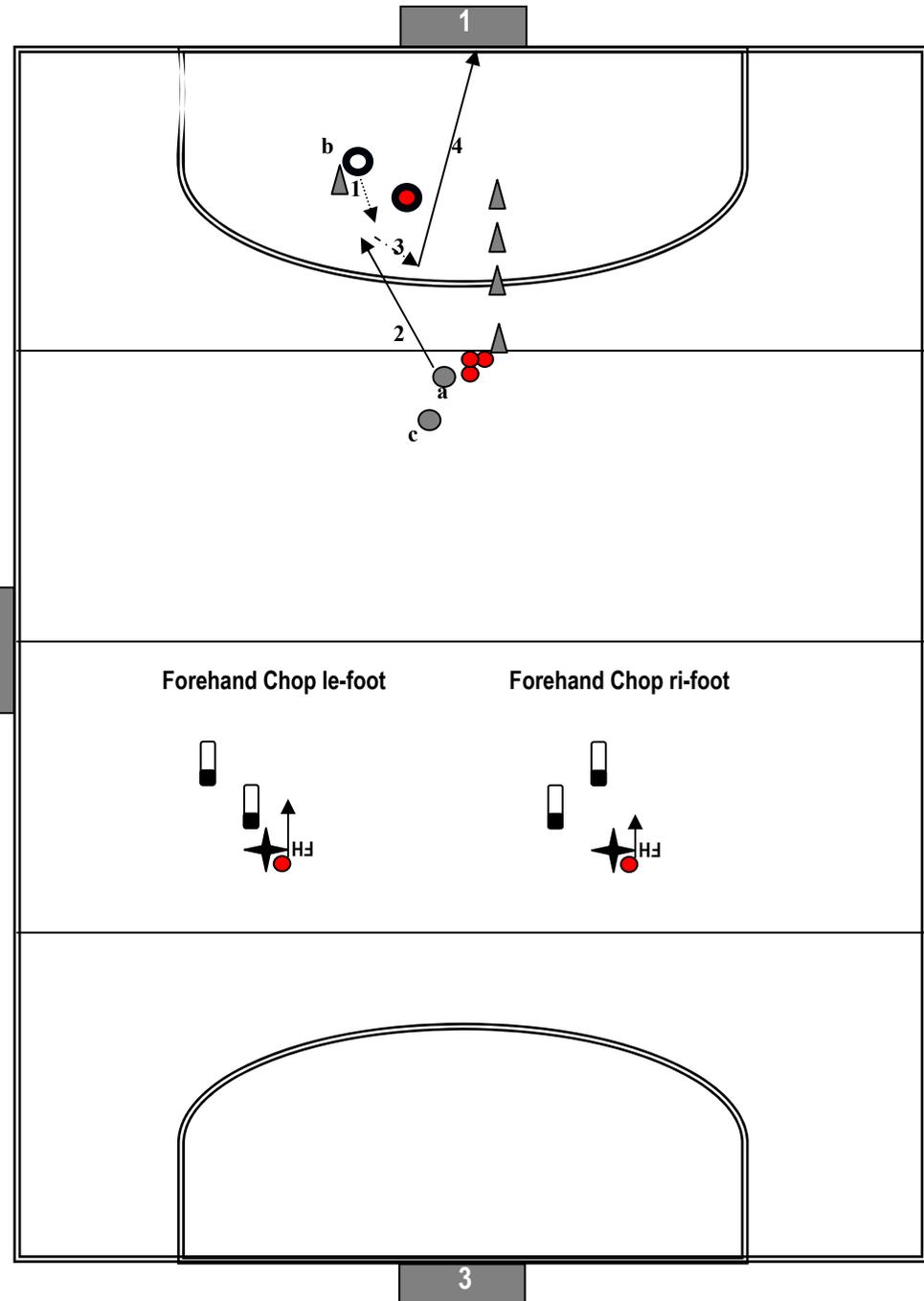
POINTERS

1. Pay attention to the backswing of the chop which is executed on the lateral left side of the body lifting both hands up
2. The controlled bounce is deciding on a two touch performance
2. The left foot is in front at the moment of impact (easier) and bend the knee from the moment of lifting the stick
3. The back is facing the goal and the player is constantly moving away from the opponent / puppet

DIFFERENTIATION

1. Develop a higher pace moving away from the defender / puppet

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Clinic: Back facing the goal – Scoring techniques

Exercise: Back facing the goal – the two touch low backhand hit in the right frontal zone

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3



ORGANISATION

Description: B starts at the white cone. B starts running towards the ball(1) A plays slow pushed pass to B (2) on the forehand. B bounces(3) the ball controlled into the right frontal zone (1 touch) and plays a low backhand from the right or left foot (in front) towards the goal. ROTATION: A becomes B and C plays ball to B. This group plays 2 Turns!! So A and B play a shot on the goal.

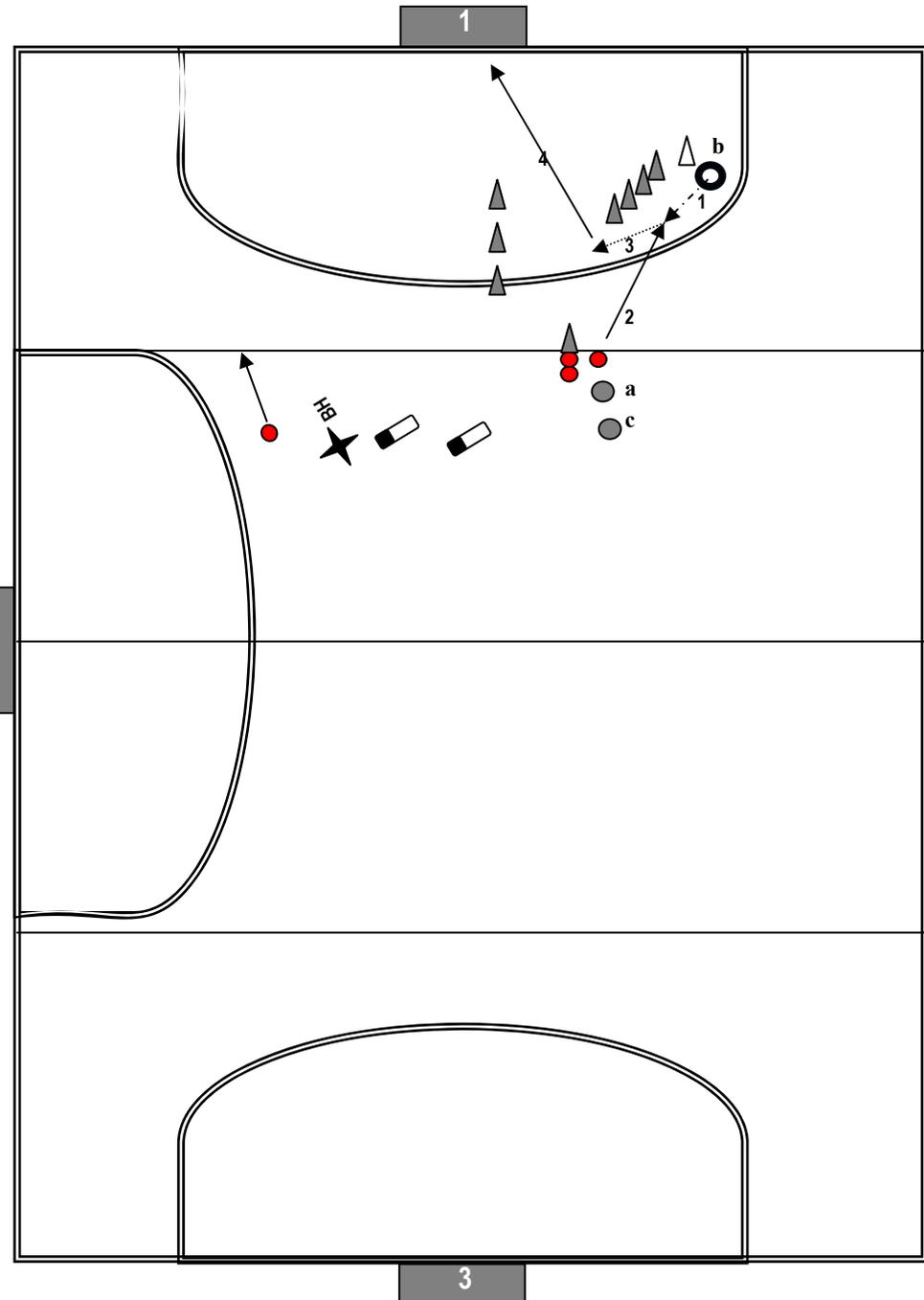
POINTERS

1. Because the ball is rolling away from the player in the opposite direction of the goal the angle to play is hard
2. The last step towards or better on the same height of the ball with a strong bended knee is essential
2. The player needs a strong compensation in the wrists to create the right angle
3. The hands are lifted and stretched lateral on the left side of the body

DIFFERENTIATION

1. Develop more reach getting behind the ball by rolling over the left shoulder. Last step should really be performed in a very low position.

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Exercise: Forehand tip inn – moving away from the goal

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4



ORGANISATION

Description: B starts at the white cone. B starts running towards the ball(1) A plays a fast drive pass to B (2) on the forehand – towards the far post. B plays a forehand tip in(3). The puppet and cones define the confined space. B is forced to play the ball in the frontal area of the puppet. ROTATION: A stays passing for the tip in. So A plays ball to C. This group plays 2 Turns!! So A and C play a tip in on the goal. The quality of the passing is very important; we advise the coach to play the pass.

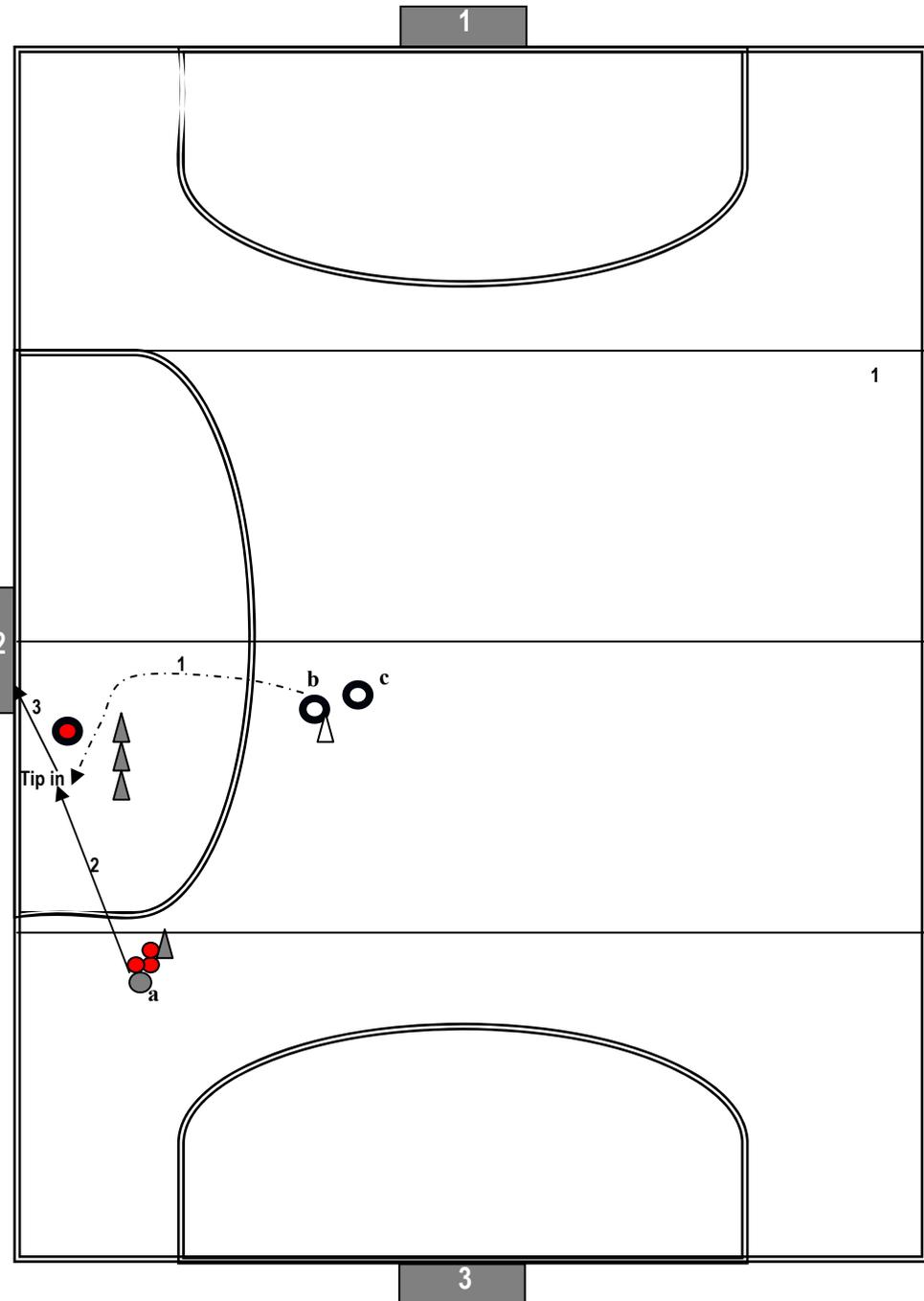
POINTERS

1. The tip is played while running away from the goal.
2. One handed or two handed close (preferred) or further away from the feet
2. Open up the forehand playing area
3. Watch the timing of the drive while running

DIFFERENTIATION

1. Develop a higher pace – play the fast ball

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Exercise: Ball dropping in the back area

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5



ORGANISATION

Description: B starts with his back turned towards the ball looking backward over the right shoulder at the balls. A plays a slow ball in the direction of the top of the circle. B starts running towards the ball and plays a rolling – left shoulder- forehand hit on the goal; this a rebound simulation of a ball falling in the back area of a striker. ROTATION: A stays passing for also for C. This group plays 2 Turns!! So A and C have a consecutive turn.

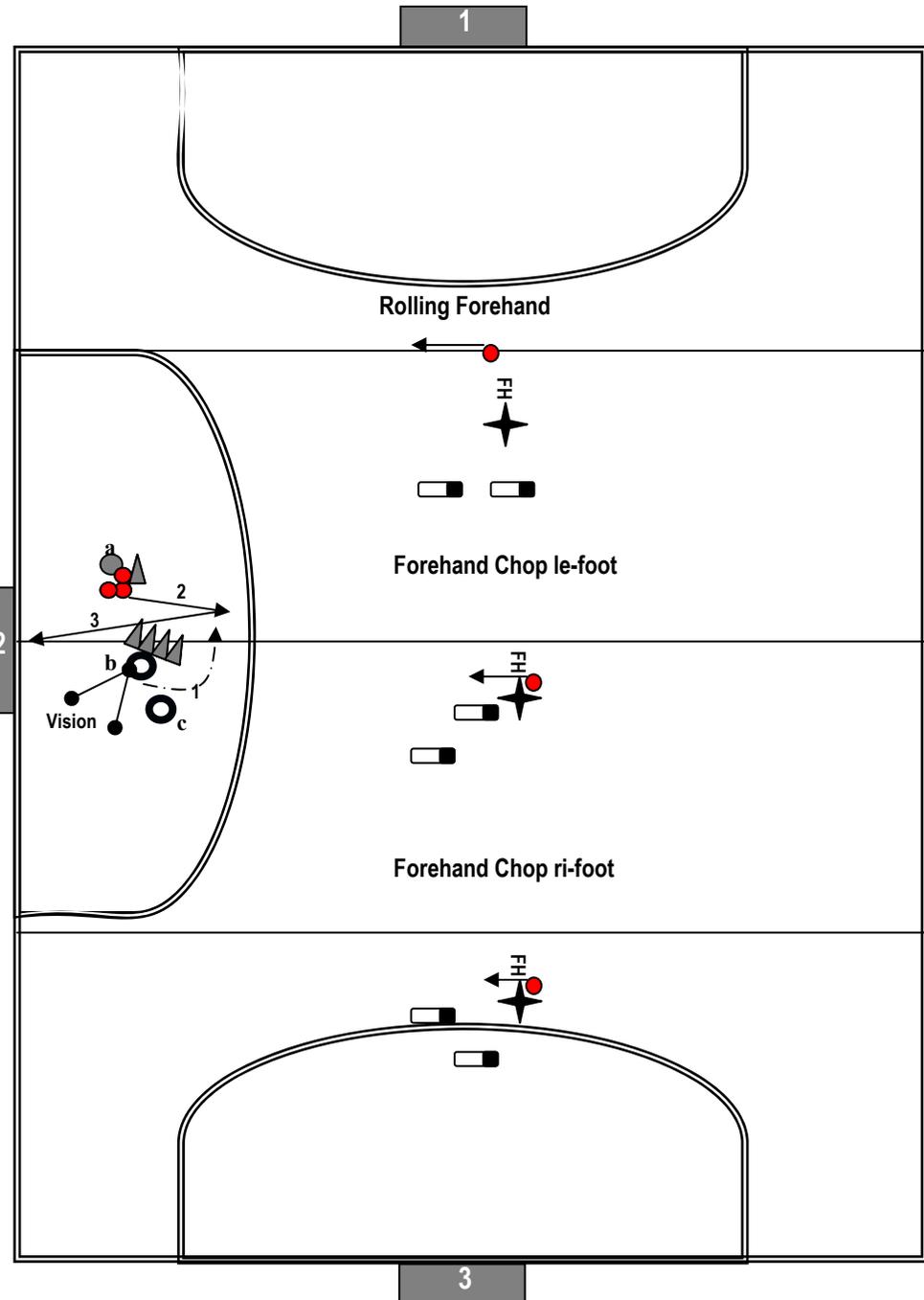
POINTERS

1. The hit on the goal can be performed as a chop or a rolling forehand over the right shoulder.
2. With the chop the hands move up in the air, lateral left, on the height of shoulder, left (preferred) or right foot in front
2. With the rolling forehand the hands move, move lateral left on the height of the waist – right foot in front

DIFFERENTIATION

1. Play a faster ball towards the top of the dee in order to put more pressure on the footwork of B

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Exercise: Hook shot moving away from the goal

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ORGANISATION

Description: B starts with a dribble around the curved positioned cones. At the last cones B hits ball on the goal with a hook. ROTATION: A,B and C have a consecutive turn.

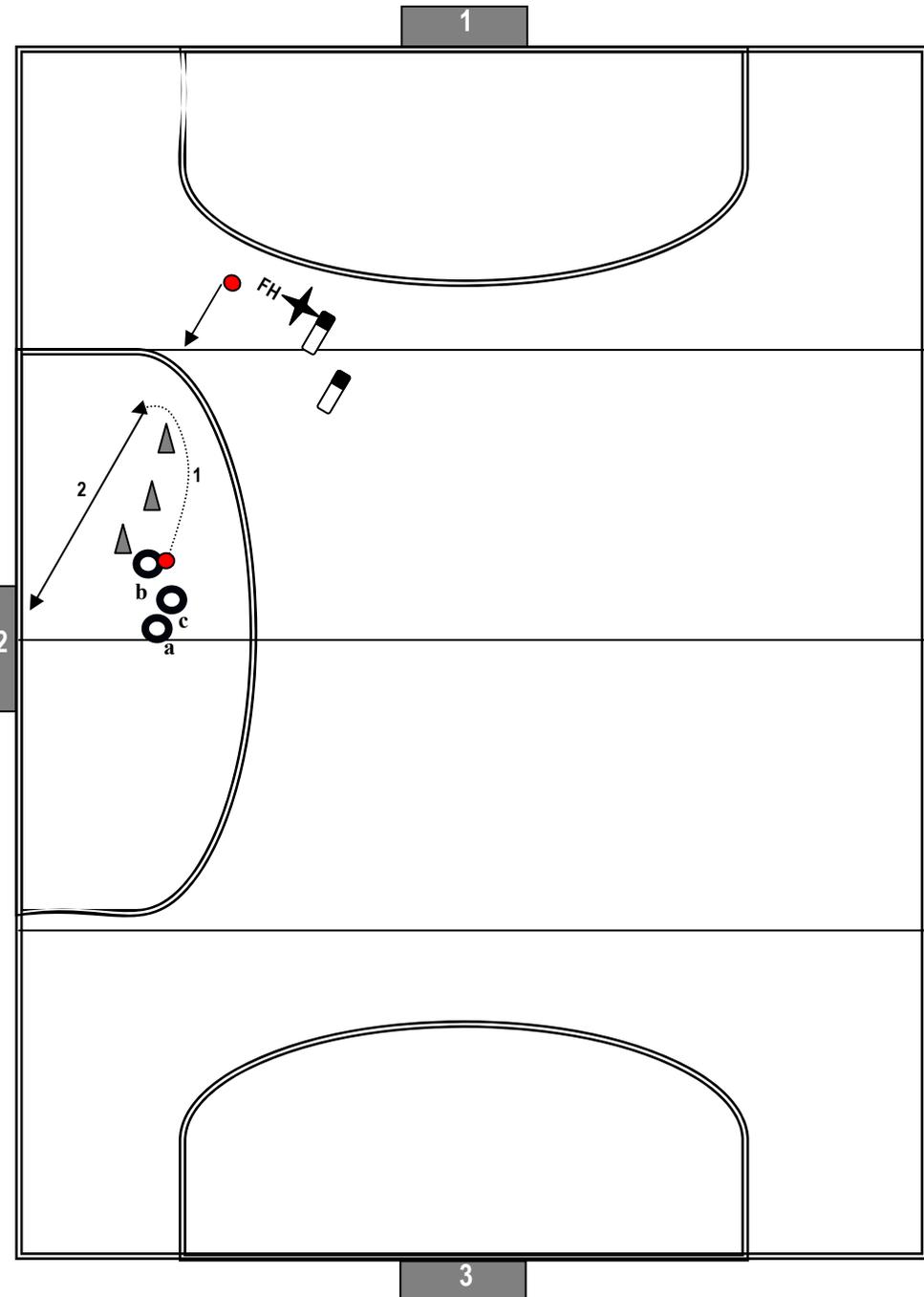
POINTERS

1. The hit on the goal can be performed as a chop or a rolling forehand over the right shoulder.
2. With the chop the hands move up in the air, lateral left, on the height of shoulder, left (preferred) or right foot in front
2. With the rolling forehand the hands move, move lateral left on the height of the waist – right foot in front

DIFFERENTIATION

1. Play a faster ball towards the top of the dee in order to put more pressure on the footwork of B

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Clinic: Back facing the goal – Scoring techniques

Exercise: Right back zone Backward Topping – re--side of the body

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ORGANISATION

Description: B starts in the direction of A. A push passes slow on the right side of B. B plays a Backward topping on the goal. **ROTATION:** B and C have a consecutive turn.

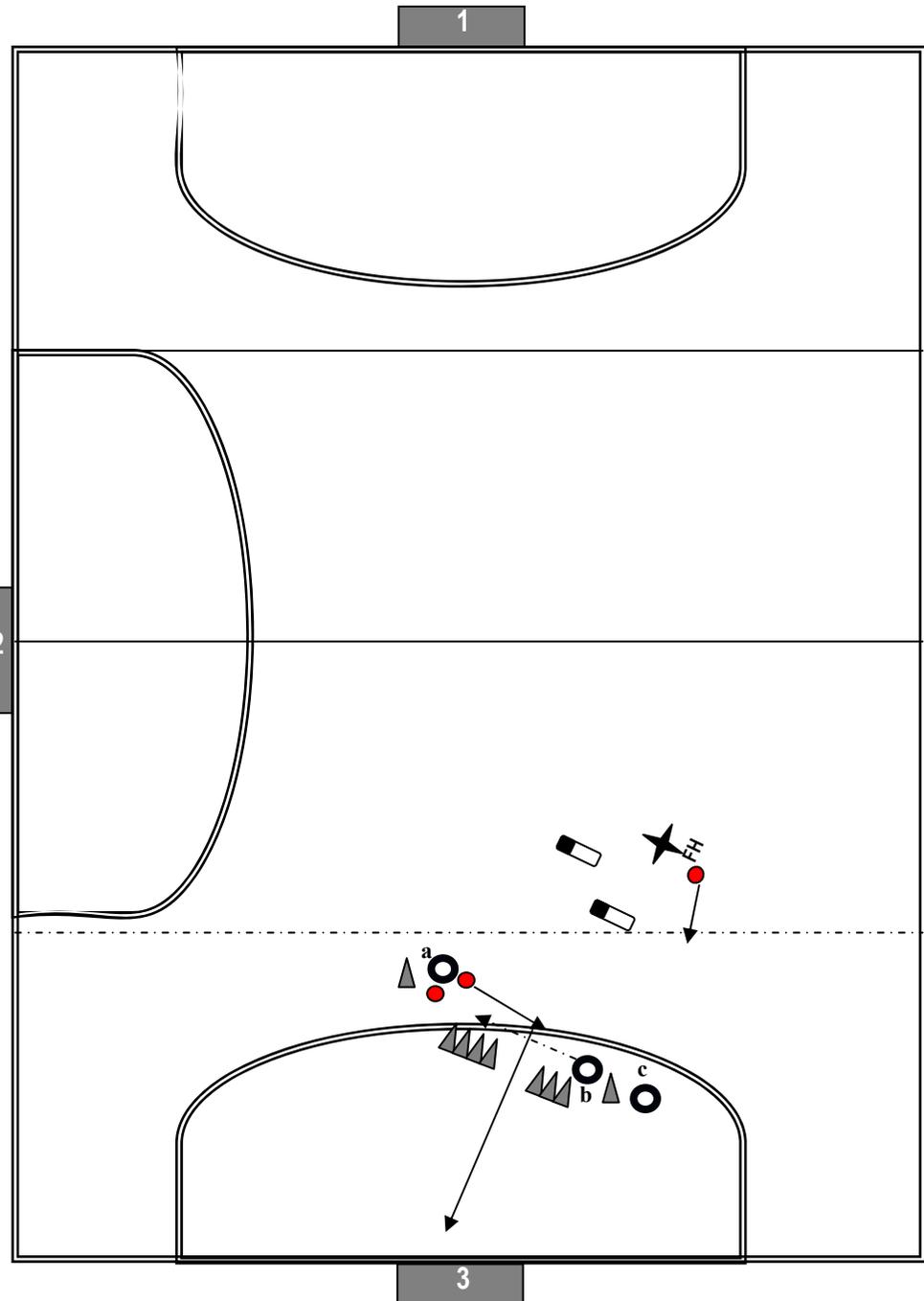
POINTERS

1. See footwork picture
2. Player needs an extreme upper body rotation towards the ball to allow the backward topping to be played.
3. In order to rotate optimal it is needed to bend the right knee
4. The backswing looks like hammering down on the ball with the sweet point closer to shaft

DIFFERENTIATION

1. Play a faster ball to B in order to put more pressure on the footwork of B

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Clinic: Back facing the goal – Scoring techniques

Exercise: Tap back and FH Chop or Rolling FH

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8



ORGANISATION

Description: B stands next to the cone as indicated. A plays or better rolls a slow ball in the frontal zone of B (B facing the goal). B tabs the ball back on the right side of the body; as indicated in the footwork picture adjust his/her footwork and plays a forehand chop. ROTATION: B and C have both two consecutive turns.

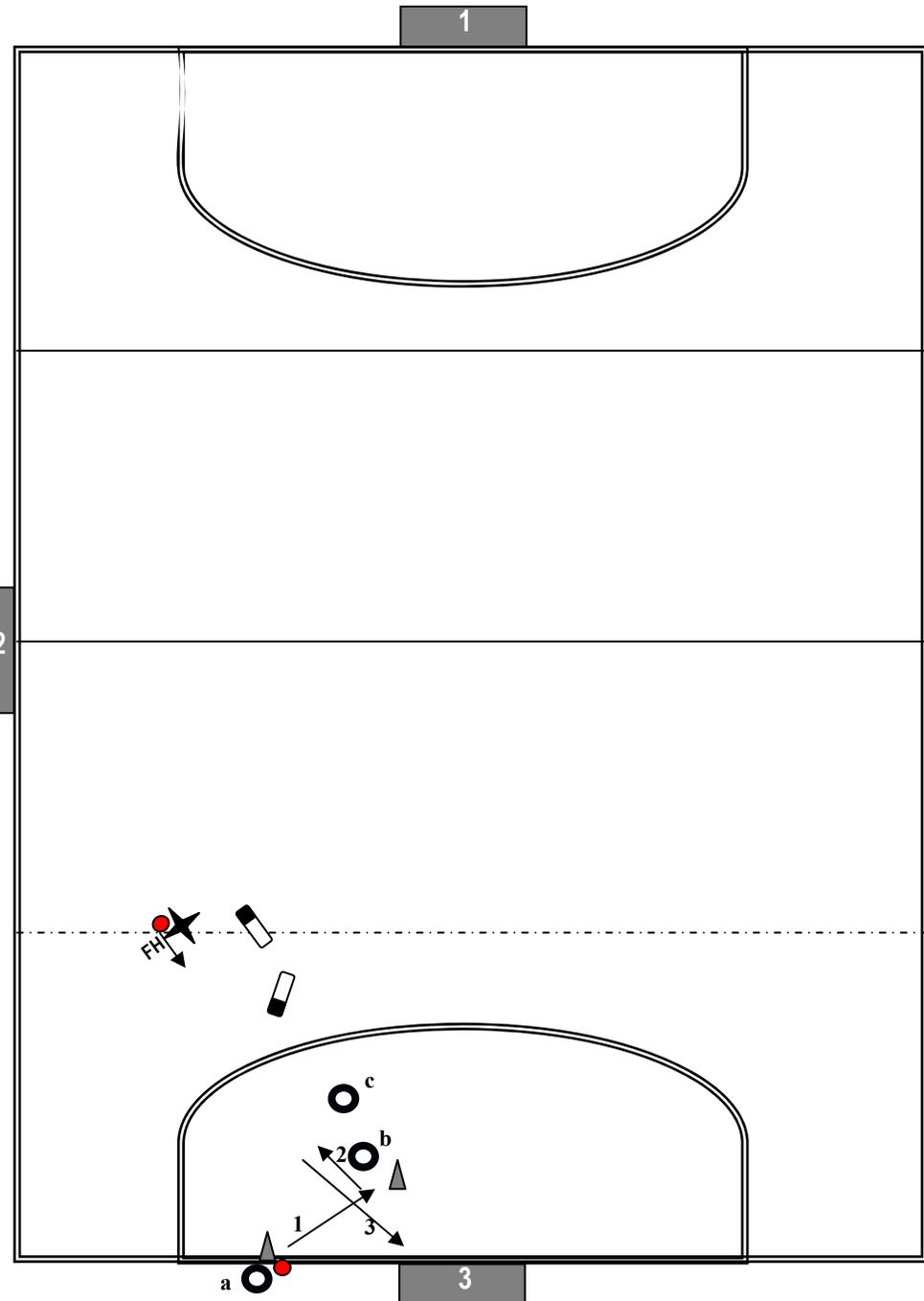
POINTERS

1. See footwork picture; left foot is slightly turned open towards the goal
2. The tab back is played with the backhand and should be very controlled in order to play 2-touch
3. Because B is moving the ball out of reach of defense he/she needs really to step out deep towards the ball position with the right foot.

DIFFERENTIATION

1. Ask B to tab the ball backwards as far as possible this stresses on the footwork

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Exercise: Left back zone Backward Topping – le-side of the body

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9



ORGANISATION

Description: B starts in the direction of A. A push passes slow on the left side of B. B plays a Backward topping on the goal. ROTATION: B and C have a consecutive turn. The timing of the passing of A is highly essential.

POINTERS

1. See footwork picture
2. Player needs an extreme upper body rotation towards the ball to allow the backward topping to be played.
3. In order to rotate optimal it is needed to bend the right knee
4. The backswing looks like hammering down on the ball with the sweet point closer to shaft

DIFFERENTIATION

1. This is a difficult technique with a very difficult timing – no differentiation is needed

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