



Shooting with Flick/Slap/Pass awards



4

What you need

- Sticks for players completing the test



12 balls at G1



14 cones



4 ball boys



1 coach / scorekeeper



1 Clipboard & 1 pencil / pen

Stix Awards - National Standards	
skill 1	Points Required
Gold	18pts or more
Silver	14-17pts
Bronze	10-13pts
Cub	Below 10pts

Use cones as shown or a standard hockey goal

Test four – Shooting with Flick/Slap/Pass

Player collects a ball from G1 and dribbles to the right to G2 before shooting at the goal, using the flick, slap or push shot.

Player returns to G1 to collect another ball and dribble through to the next gate before shooting.

Repeat until all gate positions have been used and continue the sequence until time runs out.

Points

2 points – If the ball enters the corner of the goal between the outer cones.

Coaching Points

This exercise is designed to help the player develop skills for goal scoring at close range using the flick, slap or push shot.

- Hitting is NOT ALLOWED on this test. All shots are to be made with hands wide apart on the stick.
- When close to the goal, players should be discouraged from taking a big back swing of the stick before shooting.
- Flick, slap or push shots are all low skills that require the minimum of preparation or change in body position. This improves the element of surprise and the chances of scoring a goal.
- Players should choose the shot that best fits the circumstances in a match situation. They should be aware that the low slap or push shot may force a rebound off the goalkeeper's equipment, resulting in a

1 point – If the ball enters the middle of the goal between the two middle cones.

1 point – If the ball hits a cone/goalpost.

0 points – If the ball misses the goal.

secondary chance to score a goal. The more 'spectacular' high flick shot may provide only one chance of success.