





## Shooting Using a Hit Stix awards





### What you need

- Sticks for players completing the test

 12 balls at

 12 cones

 5 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	10-13 pts
Cub	Below 10pts

### Test six – Shooting Using a Hit (one minute)

Player collects a ball from G1 and dribbles through G2 before shooting at the goal using a hit shot.

Player then returns to G1 to collect another ball and dribble to G3 before shooting.

Player returns to G1 and repeats the test for G4 to G7, before repeating the sequence until time runs out.

### Points

2 points – If the ball enters the goal between the cones and the post.

### Coaching Points

This exercise is designed to test the ability of a player to score goals using a hit from the top of the scoring circle.

- Players should choose a hit shot with hands together for maximum power from the circles edge.
- Players should be encouraged to hit a low shot as this provides a better chance of scoring a goal from rebounds off the goalkeeper.
- Players should be encouraged to shoot early by hitting the moving ball as soon as it has past through the gate.
- Players must hit a moving ball.

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

1 point – If the ball touches the cones on the goal line.

0 points – If the ball misses the goal.

0 points – If the player uses a skill other than a hit.