

# CHAPTER 15

## Part 3

### 6-on-5

# SHOOTING

Based on Science of Shooting books.  
Books available from [lulupress.com](http://lulupress.com).

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CHAPTER 3  
COMMITTING  
THE  
GOALIE  
WITH THE FAKE

# 15. 6-on-5 SHOOTING

## INTRODUCTION

In Part 3, the 6-on-5 PowerPoint presentation continues with the subject of how the shooter reads the goalie's positioning in the cage on the extra man and sets up the goalie with a fake to lock the goalie in a corner and pass to the freeman for a score.

# 15. 6-on-5 SHOOTING

## INTRODUCTION

The long 1-6 pass (Euro 5-1) is used with a strong fake by the passer to keep the goalie locked on the passer's side of the goal to slow the goalie's movement to the shooter's side.

The fake and the long pass create the freeman.

# 15. 6-on-5 SHOOTING

## INTRODUCTION

The 6-on-5 is different than taking an outside shot.  
The elements of the 6-on-5 consist of:

1/3 is technique

1/3 is reading the goalie

1/3 is the pass

# 15. 6-on-5 SHOOTING

## INTRODUCTION

**Fake, pass and goalie read are equally important.**

All three elements must work together to create a score on the 6-on-5. Failure of the fake to commit the goalie, a bad long pass or a ball thrown at the goalie cause the 6-on-5 to fail.

# 15. 6-on-5 SHOOTING

## INTRODUCTION

**Fake, pass and goalie read are equally important.**

To throw the ball at the goalie that is set up on the shooter is a great error. All throwing technique and tactical passing is wasted. There must be a good read of the goalie before shooting the ball.

# 15. 6-on-5 SHOOTING

## INTRODUCTION

On the 6-on-5:

A great pass to the open man is ruined by a shooter who throws the ball at the goalie's stomach. Accuracy and a good goalie read of the goalkeeper's position in the cage are critical.

# 15. 6-on-5 SHOOTING

## INTRODUCTION

1/3 is technique, 1/3 is goalie read and 1/3 is the pass.

A great pass to the open man is blocked when the shooter throws the ball at the nearside goalie's stomach, when the opposite weakside corner is wide open.

The shooter must read the goalie's position.

# 15. 6-on-5 SHOOTING

## INTRODUCTION

On the 6-on-5: 1/3 is technique, 1/3 is reading the goalie and 1/3 is the pass.

The first thought of the passer:

“I need to lock the goalie with a fake.”

The first thought of the shooter is:

“Where is the goalie positioned?”

# 15. 6-on-5 SHOOTING

WHY 1 AND 6 (Euro 5-1) IS A GOOD PASS.

The long 1-6 pass is a good pass that forces the goalie to move from goal post to goal post. However, poor long passing technique creates an interception or a ball thrown out of the pool.

There are no bad 1-6 passes; only bad passers.

Coaches don't outlaw 1-6 pass; create a good passer.

# 15. 6-on-5 SHOOTING

WHY 1 AND 6 (Euro 5-1) IS A GOOD PASS.

The poor trained player who is a bad passer and a bad shooter in the frontcourt is suddenly exposed as a horrible passer on the 6-on-5.

The poorly trained player has been throwing bad passes and shots all of the time except no one noticed until he or she threw the ball away on the extra man.

# 15. 6-on-5 SHOOTING

WHY 1 AND 6 (Euro 5-1) IS A GOOD PASS.

The reason why the 6-on-5 cannot score is because we cannot pass, shoot and read properly.

Fix the throwing motion and the extra man scores.

Fix the goalie read and the extra man scores.

# 15. 6-on-5 SHOOTING

## FACT:

There are no good 6-on-5 goalies; only bad shooters.

Half of the 6-on-5's throw the ball away without ever taking a shot.

# 15. 6-on-5 SHOOTING

## FAKE AND PASS TO THE OPEN MAN

Goalie is always **faked** before passing to improve the chances of scoring. The fake sets up the goalie.

No fake and the goalie sets up on the shooter.

# 15. 6-on-5 SHOOTING

## FAKE AND PASS TO THE OPEN MAN

Goalie is always **faked** before passing because it:

**Tires** goalie's legs.

**Locks** goalie in one spot in goal.

**Prevents** the goalie from getting across the goal.

# 15. 6-on-5 SHOOTING

## FAKE AND PASS TO THE OPEN MAN

Check list for the potential shooter.

Fake

Tire

Lock

Prevent

# 15. 6-on-5 SHOOTING

## FAKE AND PASS TO THE OPEN MAN

Faking prevents the goalie from moving ahead of time to the corner on the 6-on-5.

1 & 6 and 4 & 5 must commit the goalie with fakes.

# 15. 6-on-5 SHOOTING

## FAKE AND LOCK

The faked goalie must honor the faker and cannot move to the corner to protect the goal against a possible 1 or 6 shot.

# 15. 6-on-5 SHOOTING

## 6-PASSER FAKES THE GOALIE

The 6-player must fake the goalie to move the goalie from center cage to the right corner.

# 15. 6-on-5 SHOOTING

## FAKE THE GOALIE

Goalie does not want to move from center cage.

Goalie is at a disadvantage to move to the right corner if the ball is passed to 1 (Euro 5).

Fake to force the goalie to move the passer's side.

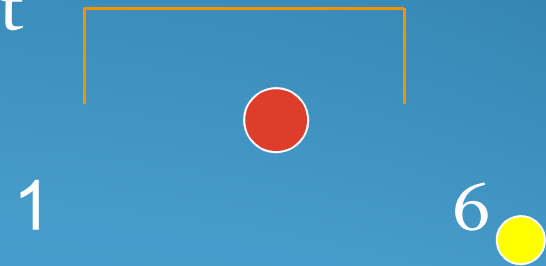
# 15. 6-on-5 SHOOTING

## 6-PASSER FAKES THE GOALIE

Goalie plays the angle and odds.

Goalie sees non-shooting 6; stays center cage.

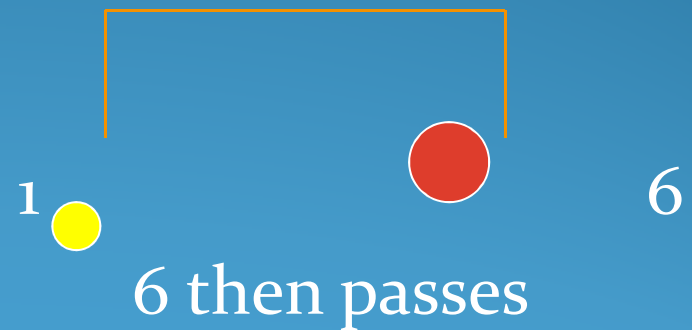
Goalie stays center cage & cuts 5-feet  
(1.5 m) of movement to left corner.



# 15. 6-on-5 SHOOTING

## 6-PASSER FAKES THE GOALIE

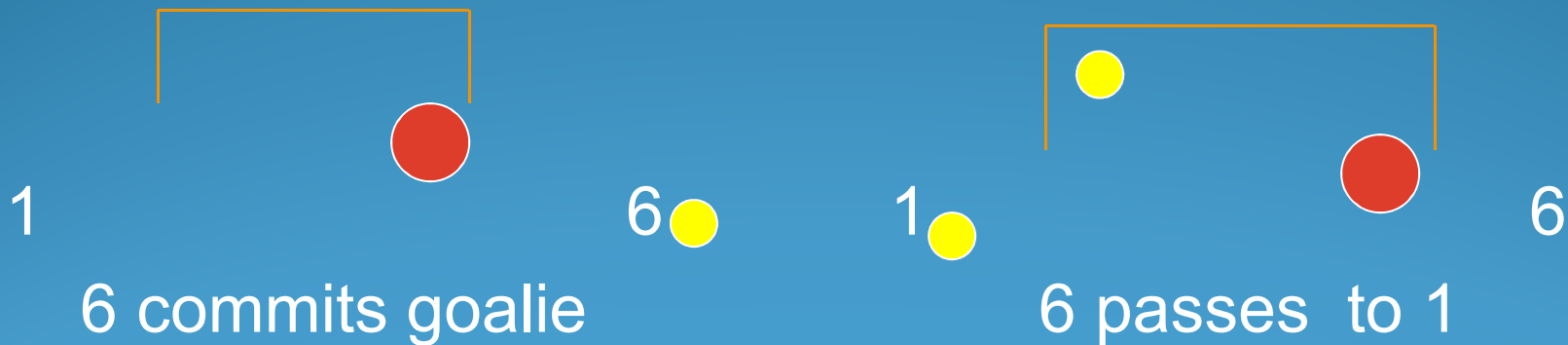
6 fakes the goalie, forcing goalie to commit to right corner. Then 6 passes the ball to 1 for the shot.



# 15. 6-on-5 SHOOTING

6 PASSER FAKES THE GOALIE

Goalie cannot move fast enough to beat the ball.

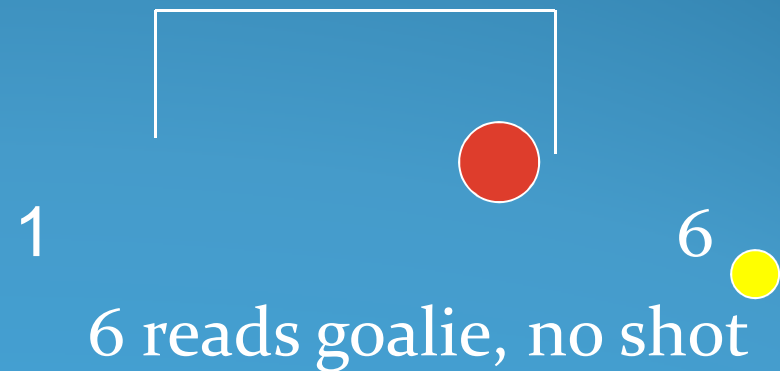


# 15. 6-on-5 SHOOTING

## 6-PASSER FAKES THE GOALIE

But goalie does not commit to right corner.

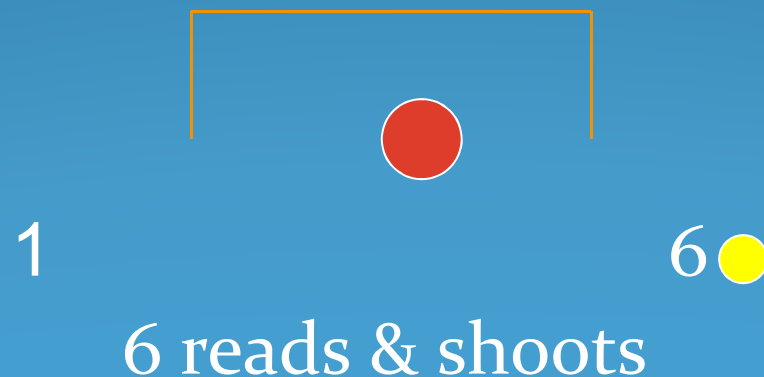
And the goalie moves to 1, as 6 begins to pass.



# 15. 6-on-5 SHOOTING

## THE GOALIE ANTICIPATES THE 6-1 PASS

6 shoots if the goalie anticipates the 6-1 pass and begins moving to left corner as 6 is beginning to pass.

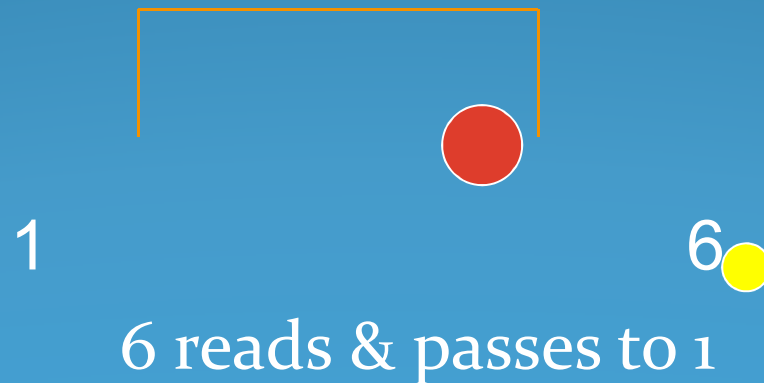


# 15. 6-on-5 SHOOTING

THE GOALIE ANTICIPATES THE 6-1 PASS

6 shoots if the goalie anticipates the 6-1 pass.

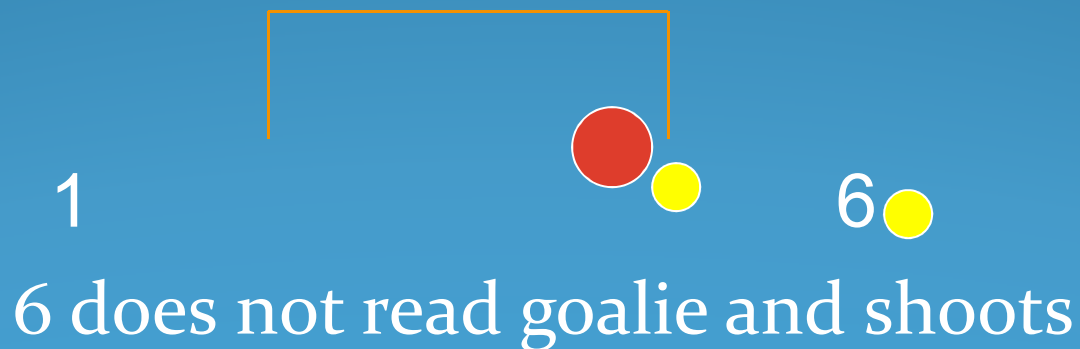
Always read goalie's movement to see if one should shoot or pass. The pass is not automatic.



# 15. 6-on-5 SHOOTING

THE GOALIE ANTICIPATES THE 6-1 PASS

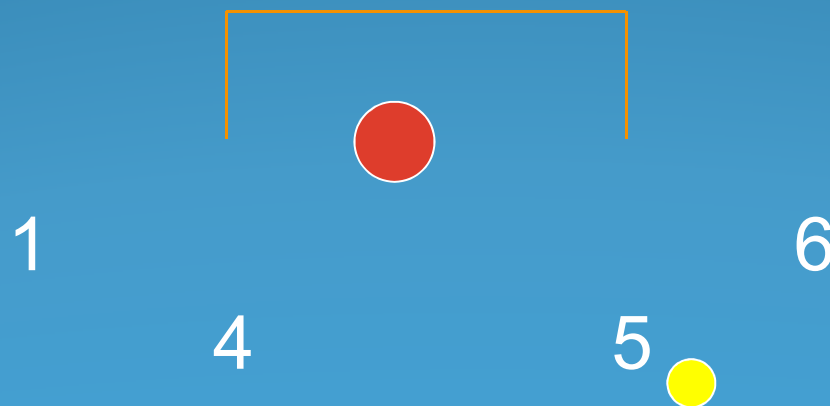
Always read goalie's movement to see if one should shoot or pass. The pass or shot is not automatic.



# 15. 6-on-5 SHOOTING

5-Player (Euro 2) Must Fake the Goalie

The 5-passer must fake the goalie to lock him or her in the goal. The 5-player is usually the worse shooter and is a passer. The goalie does not set up on 5 but cheats.



# 15. 6-on-5 SHOOTING

5 DOES NOT COMMIT THE GOALIE

Instead the non-faking 5-passer helps the goalie set up.

**5-passer did not commit goalie with a fake.**

Goalie anticipates, moves to left corner and blocks the left corner 1-shot without fear of 5 shooting the ball.

# 15. 6-on-5 SHOOTING

## 5 DOES NOT COMMIT THE GOALIE

The worse thing that the 5-player can do is to panic and throw the ball at the goalie who is set up on 5.

The 5-player did not fake, pass or shoot smartly.

Unfortunately, this happens all of the time in age group and high school.

# NO GOALIE FAKE—BLOCKED SHOT

5 Shot Blocked

1



Goalie Stays on 5.  
5 takes dumb shot.

5



5 No-Fake

# 5 FAKES GOALIE FOR 5-1 PASS TO A SCORE



Goalie Locked in  
Corner by 5-Fake



Pass 5-to-1 for score



5 Fakes Goalie and Passes

# 5 FAKES GOALIE TO 5-to-1 SCORE



Goalie locked in  
corner by 5-Fake

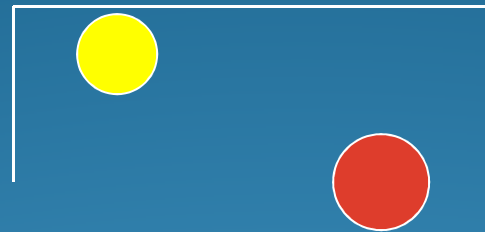
1

Pass 5-to-1 for score

5  


5 Fakes Goalie

# 5 FAKES GOALIE TO 5-to-1 SCORE



Goalie locked in corner by 5-Fake

Pass 5-to-1 for score

 1

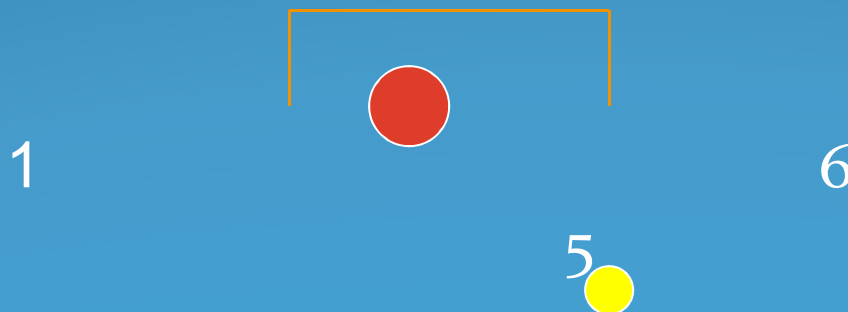
5  
5 Passes to 1

# 15. 6-on-5 SHOOTING

## WHY 5-PASSER FAKES THE GOALIE

Pass-to-a-shot, 5-to-1, (Euro 1-5) to the right-hander.  
Goalie knows 5-player (outside right) never shoots.

Goalie knows 1 is to be the shooter and leans to left corner.



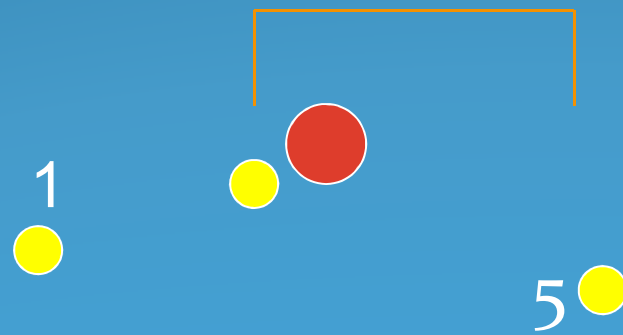
# 15. 6-on-5 SHOOTING

## THE GOALIE WATCHES THE 5-PLAYER

Goalie does not see non-faking 5 player as a **shooter**.

Goalie moves to the left corner before ball is passed.

Ball is shot by 1. Goalie, already there, blocks shot.



# 15. 6-on-5 SHOOTING

FAKE, COMMIT, LOCK AND PASS

5-player fakes goalie into staying center cage.

Goalie honors fake because 5 may shoot.

Goalie cannot move ahead of time, to the left, until after the ball is in the air to 1.

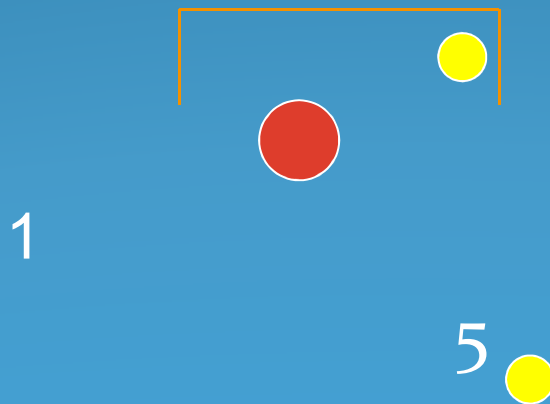
# 15. 6-on-5 SHOOTING

FAKING, GOALIE MOVEMENT & SHOOTING

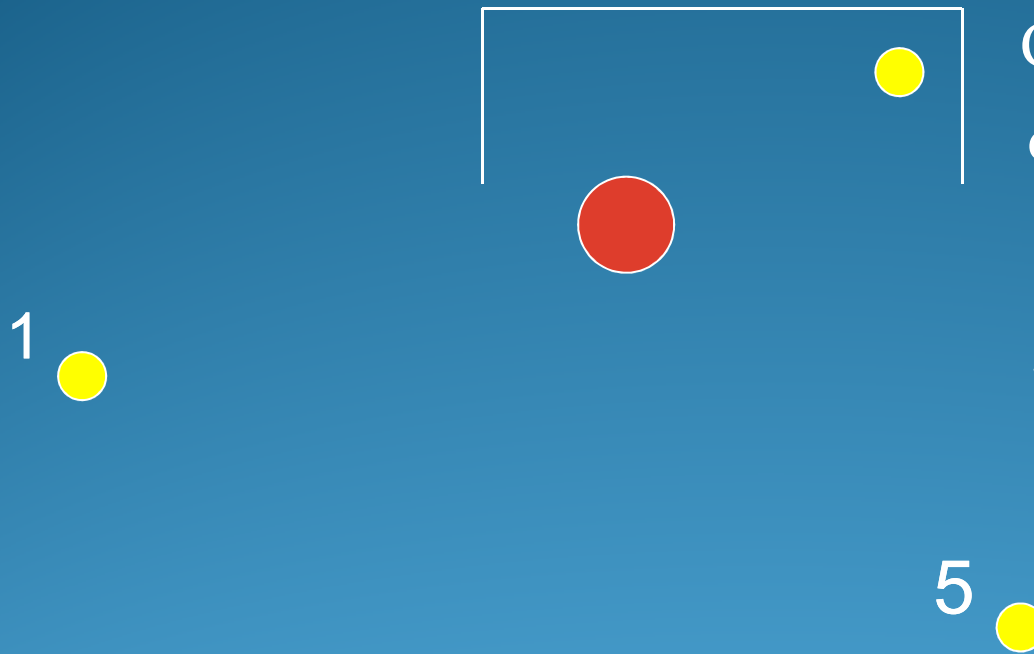
The goalie does not believe 5 is a shooter.

5 MUST SHOOT. 5 fakes ball but goalie moves left.

5-player shoots at right corner.



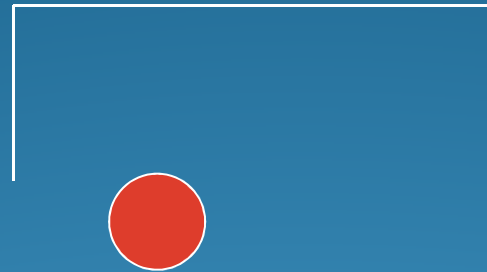
# 1 Fakes, Goalie Stays in L. Corner, 5 Shoots



Goalie stays in left corner despite 1-fake and passes to 5. 5-shoots.

1 Fakes & 5 Shoots

# 1 Fakes, Goalie Stays in L. Corner, 5 Shoots



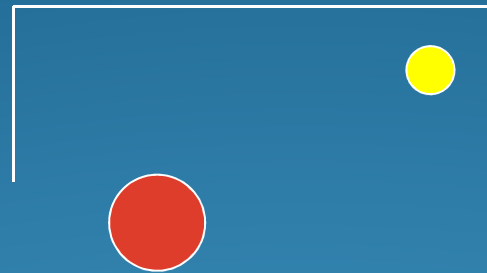
Goalie stays in left corner despite pass to 5-player.

1

5

1 Fakes & 5 Shoots

# 1 Fakes, Goalie Stays in L. Corner, 5 Shoots



Goalie stays in left corner despite ball at 5. 5-shoots.

1

5

1 Fakes & 5 Shoots

# Summary

The 6-on-5 player must be a good passer, shooter and faker. The player must be able to read the goalie's positioning, lock the goalie in the cage with a fake, find the freeman and pass the ball to the shooter's hand.

The 1-6 (Euro 5-1) pass is considered dangerous by most coaches. It is a great pass.

There are only bad passers that throw bad passes.  
Never blame the pass, blame the passer.

# Summary

There are only bad passers that throw bad shots.

The passer must be vertical in the water and kick high and hard with legs to insure a good long 1-6 pass.

When the goalie is set up on the player with ball, the ball cannot be shot.

**The freeman does not have a goalie on him.**

The freeman is open due to quick pass movement.

# Summary

The freeman does not have a goalie set up on him or her. There are 6 offensive players and 5 defensive players in the pool. **Somewhere, someone is open.** Do not force the shot when covered by the goalie or a guard. The 6-on-5 is called the 6-on-5 for a reason.

# Summary

The 1, 5 and 6 passers (Euro 5, 2, 1) need to fake the goalie to lock the goalie in the corner. Often, the worse shooter is at the 5-spot (Euro 2) and passes the ball quickly without ever looking or faking the goalie to commit the goalie.

Every player is a potential freeman. Every passer is a potential shooter. Every passer must fake.

# Summary

The goalie takes advantage of 5 and leans towards center cage so he or she can moving quickly to the 1-corner. A good 5-to-1 pass is ruined if the 5-passer never fakes and locks the goalie in the goal. The goalie leans to 1-player and blocks the 5-to-1 pass to a shot.

5-player can score a lot of goals because the goalie does not move and set up on him. The 5-player fakes, reads the goalie and decides to pass or shoot.

# Summary

Faking the goalie serves to tire the goalie's legs, lock the goalie in one corner and prevent the goalie from moving across the cage to block the cross-court pass to a shot at the 1-spot or the 6-spot (Euro 5, 1).

The fake makes the freeman. The freeman is made due to the fake slowing the goalie's movement across the cage, making the corner open for the clear shot.

# 15. 6-on-5 SHOOTING

## Q & A Science of Shooting PowerPoint

1. Shooter shoots at the goalie and not the open corner.

True

False

2. Always shoot nearside where the goalie is located.

True

False

3. If you have the ball shoot—no matter what.

True

False

# 15. 6-on-5 SHOOTING

## Q & A

4. As soon as the player has the ball shoot it.

True

False

5. Shoot on the first pass.

True

False

6. Shooter reads the goalie to see if goalie out of position.

True

False

# 15. 6-on-5 SHOOTING

## Q & A

7. If the shooter is wide-open but the “system” requires 5 passes to a shot—pass the ball.

True

False

8. System passing requires players to pass the ball around in triangles to create the open man.

True

False

# 15. 6-on-5 SHOOTING

## Q & A

9. An example of triangular passing is 1-4-6 or 1-5-6.

True

False

10. The long pass is 1-6 from righthander to lefthander.

True

False

11. Long 1-6 pass is not a bad pass, there are only bad passers.

True

False

# 15. 6-on-5 SHOOTING

## Q & A

12. Good 1-6 passing technique is to be vertical & use the legs.

True

False

13. Reading the goalie: Shooter watches goalie's positioning.

True

False

14. It is not enough to pass well and create the free man.

True

False

# 15. 6-on-5 SHOOTING

## Q & A

15. To score on a 6-on-5, the shooter must read the goalie .  
True  
False
16. 1/3 of 6-on-5 scoring is shooting; another 1/3 is reading.  
True  
False
17. Good 6-on-5 is combination of 1-6 and 1-4-6 passes.  
True  
False

# 15. 6-on-5 SHOOTING

## Q & A

18. Faking forces the goalie to set up and lock on shooter.

True

False

19. Never pass without a fake.

True

False

20. If 6-player does not fake, goalie moves to center cage.

True

False

# 15. 6-on-5 SHOOTING

## Answers to Science of Shooting PowerPoint Chapter 15 Part 3.

- |      |       |       |
|------|-------|-------|
| 1. F | 8. T  | 15. T |
| 2. F | 9. T  | 16. T |
| 3. F | 10. T | 17. T |
| 4. F | 11. T | 18. T |
| 5. F | 12. T | 19. T |
| 6. T | 13. T | 20. T |
| 7. F | 14. T |       |

# The End of Chapter 15

## Part 3

### 6-on-5 Shooting

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