CHAPTER 15
Part 4
6-on-5
SHOOTING

Based on Science of Shooting books.
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CHAPTER 4
6-on-5
PASSING
FUNDAMENTALS
15. 6-on-5 SHOOTING

INTRODUCTION

In Part 4 we continue with passing technique, reading the goalie’s position in the cage and the guard’s position on the post players. Right foot passing is introduced for making the 5-spot (euro 2) pass to 1 or 4 (euro 5, 4). The player has to kick hard with the legs, be vertical, have a high elbow, pass high and shoot high. The shooter, when he or she receives a long 1-6 (euro 5-1) pass and has and open goal, does not fake. Faking gives goalie time to recover and get across the goal and block the corner shot. Scoring is different than just throwing the ball.
15. 6-on-5 SHOOTING

INTRODUCTION

There are specific spots to pass the ball to for the post players at the 2-spot and 3-spot (euro 6, 3). The ball is passed to the outside, overhead or to the inside depending on the guard’s position on the post shooter. Failure to pass the ball to the correct spot allows the guard to knock down the ball.
15. 6-on-5 SHOOTING

HOW TO PASS

Good technique = good shot

Purpose of the passer is to:

1. Lock the goalie with fake
2. Commit the defense
3. Complete the pass
4. Pass to the open man
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FALLING-ON-BACK PASSER

Bad passer does not use his legs to remain vertical, falls over and throws a bad pass.

Not an accident.
A planned event.
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1-6 PASS FAILURE

1-player, right-hander on his back, throws bad pass.

Cure: Vertical, kick hard, elevate, with a high elbow.
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THE BAD 1-6 LONG PASS

1-passer is square to 6, the catcher. Square passer has no hip rotation and power.

Long 1-6 pass is thrown short.
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BAD 1-6 PASS (Euro 5-1)

Lying-on-the-side player is not vertical, no elevation and throws a low pass.
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BAD PASS FROM 4, 5

Bad outside passer is:

1. Not Vertical
2. Low in the water
3. Low pass intercepted
1-PLAYER: LOW PASSER EQUALS LOW PASS

THE LOW 1-6 PASS

1-player is low in the water and the ball is intercepted.
15. 6-on-5 SHOOTING

BAD 5-4 PASS (Euro 2-4)

Bad alley-oop over-the-head 5-to-4 pass to the left.

Left foot points at goal for bad over the shoulder pass.

OVER-THE-HEAD PASS
15. 6-on-5 SHOOTING

BAD 5-4 PASS (Euro 2-4)

Bad alley-oop over-the-head

Right arm cannot cross left foot. Weird pass thrown.

Move left foot, point at catcher.
BLOCKED 4 or 5 OUTSIDE SHOT

4 or 5 SHOT BLOCKED DUE TO LOW ELBOW

The shooter has his elbow in the water and shoots at middle of the cage at goalie’s arms. Always shoot high.
15. 6-on-5 SHOOTING

1-PASS TECHNIQUE FROM 1-6, 1-5, 1-3 (euro 5-1, 5-6)

1-6 1 vertical back, point left foot-6, high pass (euro 5-1)
1-5 1 vertical, point left foot-5, 30-degree ball arc (euro 5-2)
1-3 1 vertical, pt-3, high pass inside right post (euro 5-6)
15. 6-ON-5 SHOOTING

PASS TECHNIQUE FROM 1-6, 1-4, 1-2 (E 5-1, 5-4, 5-6)

1-6 1-pass vertical back, point left foot at 6, high pass
1-4 1 vertical, right or left point at 4, rotate, pass
1-2 1 vertical, high soft lob pass inside 2-shot
15. 6-on-5 SHOOTING

RIGHT FOOT PASSING TECHNIQUE

Right foot passing has the passer’s right foot forward. This right foot position allows him to turn and pass to left. Passing from the 5 (euro 2) to 4 or 1 (euro 4, 5) requires the passer to turn. He cannot turn with the left foot forward.

This is the reason for poor passes from the 5-passer.
15. 6-on-5 SHOOTING

RIGHT FOOT PASSING TECHNIQUE

It is critical to understand the correct foot position on the pass. 6-on-5 passing is not all left foot forward throws. The left foot forward prevents turning the body to the left to pass from the 5 (euro 2).
15. 6-on-5 SHOOTING

RIGHT FOOT PASSING TECHNIQUE

As a demonstration on dry land have the shooter have the left foot forward and try and turn the body to the left to throw the ball. He can’t.

Do the demonstration with the right foot forward and the shooter can easily turn to the left to throw.
15. 6-on-5 SHOOTING

LEFT FOOT PASSING TECHNIQUE

Left foot passing has the passer’s left foot forward. Left foot position allows him to turn and pass to right. Passing from the 4 (euro 4) to 5 or 6 (euro 4,1) requires the passer to turn to the right to pass the ball.

This is the reason for good passes from 4-passer to 6.
15. 6-on-5 SHOOTING

4-PASS TECHNIQUE TO 1, 6, 3

4-1  4 Right foot point, fake goalie, turn, pass to 1

4-3  4 Left foot point, high pass-inside left hand

4-6  4 Left foot points at the goalie. Then left foot moves to point at 6, throws soft pass
15. 6-on-5 SHOOTING

5-PLAYER PASS TECHNIQUE: 1, 2 Posts & 6

5-1  5 Right foot point, fake goalie, swivel 90’, pass to 1 (euro 2-5)

5-2  5 Left foot point, fake goalie, high pass to 2 (E 1-6)

5-3  5 Right foot point, fake goalie, soft lob pass to 3 (euro 2-3)
15. 6-on-5 SHOOTING

THE PASS IS THE SHOT

A poor pass leads to bad shot.

All passes are high, timed, quick, & accurate.

Never throw an out-of-rhythm pass.
15. 6-on-5 SHOOTING

THE PASS IS THE SHOT

Never throw an out-of-rhythm pass to the leaping post shooter who sinks while waiting for ball.

Never throw a slow pass-guards attack shooter.

Do not throw the ball at the shooter’s elbow.
15. 6-on-5 SHOOTING

WHY IT’S A SLOW PASS TO OPEN MAN

Many passes are slow with bad timing.

1. Passer slowly recognizes the situation
2. Lying-on-the-back posture
3. Fear
4. Not reading the situation
15. 6-on-5 SHOOTING

1 and 6 Corner Shooting (euro 5 & 1)

Goalie moves slowly—Shoot high or low
Goalie moves quick—Shoot cross-cage
Goalie moves quick—Skip the ball
Goalie lunges—Shoot high
Goalie moves quick—Quick fake, jumps-shoot

Pass back to open 1, 6 (euro 5,1)
15. 6-on-5 SHOOTING

**1, 6 NEVER FAKE GOALIE INTO BLOCKING SHOT**
(euro 5, 1)

Open man receives long pass and shoots at open corner without faking the ball. Why fake on an open goal?
15. 6-on-5 SHOOTING

1, 6 NEVER FAKE GOALIE INTO BLOCKING SHOT (euro 5, 1)

Many shooters are wide open after the long pass and automatically fake the ball twice before shooting at an open goal! Why?
15. 6-on-5 SHOOTING

1, 6 NEVER FAKE GOALIE INTO BLOCKING SHOT

Shoot if goalie is not there—Shoot quick

Open man receives pass and shoots at open corner.

Don’t fake the goalie and give him time to recover and move to the corner and block the shot.
15. 6-on-5 SHOOTING

1, 6 NEVER FAKE GOALIE INTO BLOCKING SHOT

No reason to hesitate when corner is open!

Catch and shoot.

Do not fake. Don’t be on automatic pilot.

There is a time to fake and a time for a quick shot.
15. 6-on-5 SHOOTING

1, 6 NEVER FAKE GOALIE INTO BLOCKING SHOT (euro 5, 1)

No reason to hesitate when corner is wide open!

Shooter must be taught to shoot quickly off the pass.
15. 6-on-5 SHOOTING

1, 6 NEVER FAKE GOALIE INTO BLOCKING SHOT

Untrained catch-and-shoot player cannot shoot quickly.

He uses the fake to balance out the legs.

Or he cannot stop himself from faking twice.
15. 6-on-5 SHOOTING

POST SHOOTING TECHNIQUE 2 and 3-spots (Eu 6,3)

Three catching positions for 2 and 3-spots (Euro 6 and 3)

1. Catch Ball Outside Shoulder Technique
2. Catch Ball Over-The-head Technique
3. Catch Ball Inside Shoulder Technique
15. 6-on-5 SHOOTING

Outside Catch & Shoot 2, 3 Technique

Guard is in front of Post Shooter. Open outside.

The post shooter steps-out with right foot.
Long arm cock and power shot.
No faking.
15. 6-on-5 SHOOTING

2. Over-The-Head Catch & Shoot 2, 3 Technique

Guard is on Post Shooter’s Shoulder. Open overhead.

Quick catch and shoot or wrist shot.
No time to catch, balance out and shoot.
No faking.
15. 6-on-5 SHOOTING

3. Inside Shoulder Catch & Shoot at 2 and 3-spots

Guard on Post Shooter’s back. Open inside.

Ball is slapped in or tipped in.
Do not catch.
No time to catch. Wrist Shot.
No faking.
15. 6-on-5 SHOOTING

SUMMARY

The 6-on-5 involves more than shooting. It involves passing with the left foot forward and passing with the right foot forward. There are specific passing sequences for setting up the shot. In addition, the passing technique must be perfect.
15. 6-on-5 SHOOTING

SUMMARY

Passes have to be high, accurate, in rhythm by a passer who is reading the defense. When the ball is passed to the shooter, and he or she is wide open on the left corner or right corner of the goal, the shooter does not fake. Faking and open goal gives the goalie time to get back to the other side of the cage and block the shot.
15. 6-on-5 SHOOTING

SUMMARY

The passer or shooter has a high elbow, a hard kick and is vertical. The pass inside to the post is either outside, overhead or inside depending on the guard’s position.

The successful 6-on-5 requires reading the defense, good passing and good shooting.
15. 6-on-5 SHOOTING

Question & Answer

1. Any quality of pass to the shooter will score.
   True
   False

2. The pass is the shot.
   True
   False

3. There cannot be a goal without a good pass.
   True
   False
15. 6-on-5 SHOOTING

Q & A

4. Good passing requires good technique.
   True
   False

5. Passer locks goalie with a fake, commits the defense, finds freeman, completes pass.
   True
   False
15. 6-on-5 SHOOTING

Q & A

6. A bad pass = a bad shot.
   True
   False

7. A low, elbow dragging, flat on the back passer throws a good long 1-6 (euro 5-1) pass.
   True
   False
15. 6-on-5 SHOOTING

Q & A

8. Passer with low elbow can make a long pass.  
   True
   False

9. A shooter with a low elbow can shoot high.  
   True
   False
15. 6-on-5 SHOOTING

Q & A

10. Shooter makes the shot, not the passer.
   True
   False

11. Aim low when passing to a post shooter.
   True
   False
15. 6-on-5 SHOOTING

Q & A

12. Passer must kick high to throw a high pass.
   True
   False

13. The timing of the post pass does not matter.
   True
   False
15. 6-on-5 SHOOTING

Q & A

14. When wide open, after receiving the long 1-6 pass, the 1-shooter fakes and shoots.
   True
   False
15. 6-on-5 SHOOTING

Q & A

15. Fake first and shoot second on the long pass when the corner is open.

True
False
15. 6-on-5 SHOOTING

Q & A

16. Never fake on an open goal on the 6-on-5.
   True
   False

17. Low elbow aims the ball at goalie’s arms.
   True
   False
15. 6-on-5 SHOOTING

Q & A

18. 4 & 5 (euro 4, 2) shooters must shoot high.
    True
    False

19. Right foot passing is used by 5-passer (euro 2) to pass the ball to the left.
    True
    False
15. 6-on-5 SHOOTING

Q & A

20. Left foot passing used for every 6-on-5 pass.
   True
   False

21. 5-pass (euro 2) to the righthander at 1-spot (euro 5) is a right foot pass.
   True
   False
15. 6-on-5 SHOOTING

Q & A

22. Alley-oop pass is thrown by a left foot passer from 5 to 4 (euro 2, 4).
   True
   False

23. 5 fakes with the right foot and passes to 1. (euro 2 to 5)
   True
   False
15. 6-on-5 SHOOTING
Q & A

24. Guard inside of Post Shooter-outside pass.
   True
   False

25. Guard on Post Shooter’s shoulder-overhead pass to the middle.
   True
   False
15. 6-on-5 SHOOTING

Q & A

26. Guard on Post Shooter’s back-inside pass.
   True
   False
15. 6-on-5 SHOOTING

Q & A ANSWERS SCIENCE OF SHOOTING
POWERPOINT CHAPTER 15 PART 4

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