CHAPTER 15
Part 5
6-on-5
SHOOTING
jimsolumsos@yahoo.com


Dr. Jim Solum
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PART 5

6-on-5 PASSES and SHOTS FROM ALL 6 POSITIONS
INTRODUCTION

Each of the six positions on the extra man has a shot and a specific place the shooter-to-be wants to catch the ball. The pass is as critical as the shot.

On the outside and the corners, the shooters, 1, 4, 5, 6 (euro 5, 4, 2, 1) can adjust his/her body to the ball to catch the less than perfect pass.
15. 6-on-5 SHOOTING

INTRODUCTION

The shooters on the corners and on the outside have to read the guard’s position and the goalie’s position to determine whether or not they have the shot. The long 1-6 pass (euro 5-1) may create a freeman. The player has to read the defense to see if he or she is open. If the outside guards collapse on the posts the 4 and 5 (euro 4, 2) players are open.
15. 6-on-5 SHOOTING

INTRODUCTION

Reading of the post guards is critical for one to see if the post is open to receive the pass. Most age group and high schools will avoid learning to read the defense of the post guards and take the shot from outside.

The post shooter has the highest percentage shot of all of the shooters on the 6-on-5.
The post pass requires the passer to read the defense and to throw a quick high pass to the post shooter. Since most players are unskilled as passers, they are afraid to pass inside.

Inside post passes have to be perfectly placed for the post shooter, 2, 3 (EU 6, 3) to score. Not only does the pass have to be high, quick and timed but it is thrown to a specific spot to be shot.
15. 6-on-5 SHOOTING

INTRODUCTION

Inside post passes have to be perfectly placed for the post shooter, 2, 3 (EU 6, 3) to score. Not only does the pass have to be high, quick and timed but it is thrown to a specific spot to be caught and shot.

The post shooter expects the passer to read the defense and pass it to the most advantageous position so he or she can shoot the ball.
15. 6-on-5 SHOOTING

INTRODUCTION

Passer reads the post guard’s position to see if the pass should be outside, overhead or inside.

Pass is thrown to outside shoulder for outside pass when the guard is in front of the post shooter.

Pass is thrown over the post shooter’s head when the guard is next to the post shooter.

The post pass is thrown inside to left shoulder, when the guard is on the post shooter’s back.
15. 6-on-5 SHOOTING

INTRODUCTION

The long 1-6 pass (EU 5-1) creates not only an open man in the right or left corner but inside on the posts. There are 4 offensive players and 3 guards on the 2-meter line. Some one, some where, is open. Many times, it is the post that is open as the post guard attacks the 1 or 6 (EU 5, 1) player. The 1-3 or 6-3 (EU 5-6, 5-3) are just as effective as the 1-6 (EU 5-1) pass to a shot.
15. 6-on-5 SHOOTING

INTRODUCTION

US 1 2 3 6 EU 5 6 3 1
4 5 4 2

US system numbers the 6-on-5 from left to right, starting with righthander as 1.

European (EU) numbers from right to left, with the lefthander as 1.
INTRODUCTION

The guards using the US system are numbered from the 2-meter line as X1, X2 and X3. The guards on the 5-meter line are X4 and X5. The PowerPoint will use the US system in the illustrations.
15. 6-on-5 SHOOTING

SHOOTING FROM 6-2 (Euro 1-6)

6-2 Sequence: 2-player gets the pass from 6.

Outside shoulder: right hand catch-&-shoot.
Inside to left hand to slap the ball.
15. 6-on-5 SHOOTING

SHOOTING FROM 6-2 (EU 1-6)  

6-2 sequence: 2-player gets the pass from 6 (EU 5-6).

Outside shoulder: right hand catch-&-shoot

Inside to left hand to slap the ball
15. 6-on-5 SHOOTING

1-SHOT MAY NOT BE OPEN

1-player (EU 5) must be open to shoot. This cannot happen if the goalie is covering 1-shooter.

The Shot Is Blocked.

Someone is open. And it is not **you**.
15. 6-on-5 SHOOTING

1-SHOT (EU 5) MAY NOT BE OPEN

1-player (EU 5) must be open to shoot. This cannot happen if the goalie is covering 1-shooter.

The Shot Is Blocked.

Someone is open.

And it is not you.
15. 6-on-5 SHOOTING

Goalie \textcolor{red}{(red)} covers corner and blocks 1’s shot.
15. 6-on-5 SHOOTING

SOME ONE IS OPEN!
The 1-6 pass (EU 5-1) creates a freeman in right and left corners.

1-Pass 6-Shot

6-Pass 1-Shot
15. 6-on-5 SHOOTING

SOME ONE IS OPEN!
The 6-1 pass (EU 5-1) creates a freeman in left corner.

1’s Guard Off Shooting Angle—Shoot
15. 6-on-5 SHOOTING

SOMEONE IS OPEN!

1’s (EU 5) Guard OFF shooting angle—Score
6’s (EU 1) Guard ON shooting angle—Block
15. 6-on-5 SHOOTING
SOMEONE IS OPEN!

1-6 (EU 5-1) pass creates a freeman in right corner.

6’s Guard Off Angle, Stays On 3—Shoot.

EU 5-1—1 Shoots
15. 6-on-5 SHOOTING

SOMEONE IS OPEN!

1-6-2 pass (EU 5-1-6) creates a freeman on left 2-post.

2’s Guard Stays On 3

6-2 Scores

EU 1-6 Scores
15. 6-on-5 SHOOTING

SOMEONE IS OPEN!

1-6-2 pass (EU 5-1-6) creates a freeman on left 2-post.

2’s Guard Stays On 3

6-2 Scores
15. 6-on-5 SHOOTING

SOMEONE IS OPEN!
The 1-6-2 pass creates a freeman on left 2-post.

2’s Guard Stays On 3
6-2 Scores
15. 6-on-5 SHOOTING

SOMEONE IS OPEN!

1-6-2 pass creates a freeman on left 2-post (EU 5-1-6).

2’s Guard Stays On 3

6-2 Scores (EU 1-3)
15. 6-on-5 SHOOTING

SOME ONE IS OPEN!
The 6-1-3 pass creates a freeman on right 3-post (EU 5-1-3).

Middle Guard Stays On 2  1-3 Scores (EU 5-1-3)
15. 6-on-5 SHOOTING

SOMEONE IS OPEN!
The 6-1-3 pass creates a freeman on right 3-post (EU 5-1-3).

Middle Guard Stays On 2  1-3 Scores  (EU 5-1-3)
15. 6-on-5 SHOOTING

SOMEONE IS OPEN!
The 6-1-3 pass creates a freeman on right 3-post (EU 5-1-3).

Middle Guard Stays On 2  1-3 Scores  (EU 5-1-3)
15. 6-on-5 SHOOTING

SOME ONE IS OPEN!

The 6-1-3 pass creates a freeman on right 3-post (EU 5-1-3).

Middle Guard Stays On 2  1-3 Scores
(EU 5-1-3)
15. 6-on-5 SHOOTING

READ GOALIE AND GUARD’S HAND

Goalie Leaps Low—Shoot High Left, Right
Goalie Hands Low—Shoot over Head (boys)
Guard’s Hand High—Shoot low left, High Right
Guard’s Hand out of Position—Shoot High Left
15. 6-on-5 SHOOTING

1 READS GUARD’S HAND

Guard’s Hand Out of Position—Shoot High Left
Guard has Position—Move Up & Shoot
Guard Attacks—Pass to 4 (Euro 4) don’t Shoot
Guard Stays at 2-m—Advance ball and Shoot
15. 6-on-5 SHOOTING

1-3 SHOOTING (Euro 5-3)  
1-to-3-Shot  3-post gets the pass from 1.

Pass thrown to inside right shoulder.
Shooter tips in ball. Don’t pass ball outside to left hand.
15. 6-on-5 SHOOTING

INSIDE POST SHOT 2 MISSED SHOT (EU-5, 3)

Inside post players, 2 (EU 6) head positioned just inside goal posts for better shooting accuracy.

Player’s head outside goal post: shot misses.
15. 6-on-5 SHOOTING

2, 3 POST SHOT ACCURACY

Post shooter’s body’s position aims the ball.

Post shooter’s right hand does not aim ball.

Critical: Head inside, shoulder, foot face goal.

The ball follows: nose, shoulder point & foot.
15. 6-on-5 SHOOTING

4, 5 PASS PROBLEMS

Outside passer is pressured (4, 5) looks for anyone to pass. Not the safest pass. Ball is not a hot potato. Read Defense.

4 and 5 do not shoot on their back. When 4 or 5 is falling, do not pass the ball.

4, 5 attacked, short pass to nearest player not furthest.
15. 6-on-5 SHOOTING

4, 5 PASS PROBLEMS

Outside passer (4, 5) looks for the Open Man.

When the two outside guards double-down on the posts, the only available open men and shot is a 4 or 5 shot (euro 4, 2). Many times the guard on 4 (euro 4) will be tight and the other guard sloughs off 5 (euro 2) daring him to take the shot. In this situation 5 must shoot the ball.
5 FAKE, PASSES 5-1 SCORE

Pass 5-1 for score

Goalie Locked in Corner by 5-Fake

5 Fakes Goalie
5 FAKEs TO 5-1 SCORE

Pass 5-1 for score

Goalie Locked in Corner
Slow to Move Left

5 Fakes Goalie
5 FAKES TO 5-1 SCORE

Pass 5-1 for score

Goalie Locked in Corner
Slow to Move Left

5 Fakes Goalie
15. 6-on-5 SHOOTING

LONG PASS 1-6 (EU 5-1) BENEFITS

The advantage of the 1-6 (euro 5-1) long pass is the backline guards cannot move faster than the ball. Someone is open: 1 or 6 or a post.
15. 6-on-5 SHOOTING

LONG PASS BENEFITS

The long pass requires the three guards to move a great distance with each long pass. Someone is open.

1 or 6 corners (euro 5-1)
2 or 3 post (euro 6, 3)

No guard can swim faster than the ball.
The problem with the long pass is it is often thrown away. Do not blame the long pass. Blame the Bad Passer!
15. 6-on-5 SHOOTING

1-6 PASS THROWN AWAY

Blame the Bad Passer!

Pass is never guilty. No type of pass is bad.

Bad Passers Throw Bad Passes!
15. 6-on-5 SHOOTING

1-6 PASS SCORES

Credit the Good Pass!

A great passer throws a great pass for a score. Quality of the pass depends on the passer.

Great Passers Throw Great Passes!
15. 6-on-5 SHOOTING

SUMMARY

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<th>US</th>
<th>1</th>
<th>2</th>
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There is more to scoring on the 6-on-5 than throwing the ball at the goal.

Players must have good passing technique, read the defense and throw the pass to the correct area where post player can score. Or shoot when open in the corners or outside when the guard is out of position. The read and pass are as important as the shot.
15. 6-on-5 SHOOTING

SUMMARY

A thrower is not a passer. A thrower is not a scorer. There is a big difference between someone who can throw a ball and someone who can score. We must evolve as 6-on-5 players so there are quality reads, passes and shots. The 6-on-5 needs scorers.

The pass creates the freeman. The team reads and passes to create the open man. The shooter does not create the shot as he or she does in the field.
15. 6-on-5 SHOOTING

SUMMARY

1 2 3 6
4 5

1 2 3 6
4 5

Long 1-6 pass (EU 5-1) creates an open man in the left or right corner (US 1 or 6 / Euro 5 or 1) or in the inside with the two post players (US 2 or 3 / EU 6 or 3).

The players have to be able to throw a long pass from 1 to 6 and a short pass from 1-2 or 1-3 (EU 5-6, 5-3). Or a 6-2 pass or 6-3 pass (EU 1-6, 1-3) from the lefthander to score inside.

Both passes are difficult and need practice time.
15. 6-on-5 SHOOTING

SUMMARY

As we have seen in the PowerPoint presentation the shooter is not an isolated player throwing the ball from the 2 or 5-meter line by himself. He is part of team of players that pass the ball around the 6-on-5 to create the open man and the high percentage shot. As such, all six players have to be actively engaged in creating, finding and passing to the open man. The game is won or lost by the team that scores the most extra men situations.
15. 6-on-5 SHOOTING

Q & A

1. The long 1-6 pass (EU 5-1) is a good pass if the players are well-trained passers.
   True
   False

2. The 1-6 pass (EU 5-1) should never be thrown.
   True
   False

3. The 1-6 pass (EU 5-1) creates the open man in the corners and on the posts.
   True
   False
15. 6-on-5 SHOOTING

Q & A

4. The post shot is the highest percentage shot.
   True
   False

5. Long pass beats the goalie. The shooter fakes twice on an open goal and then shoots the ball.
   True
   False

6. After fives passes someone must shoot the ball.
   True
   False
15. 6-on-5 SHOOTING

Q & A

7. Each player reads the defense, the position of the five guards, to see where the open man is located.
   True
   False

8. The pass is more critical than the shot.
   True
   False

9. On the backline, there are four offensive players and three guards. Some one is open, somewhere.
   True
   False
15. 6-on-5 SHOOTING

Q & A

10. The pass from 6-2 (euro 1-6), is a pass from right corner to right post for a shot.
   True  1 2 3 6
   False 4 5

11. The pass from 1 to 3 is from the left corner passer right post shooter.
   True  1 2 3 6
   False 4 5

12. Pass from 1 to 6 (EU 5-1) is from the righthander in the left corner to the lefthander in the right corner.
   True
   False
15. 6-on-5 SHOOTING

Q & A

13. The 2 post is outside the goal post and shoots—2-post scores.
   True
   False

14. The body positions the 2-post player for the shot by being inside the left post.
   True
   False
15.6-on-5 SHOOTING

Q & A

15. Goalie jumps to low corner. Shooter always shoots at low corner due to weak legs. The ball scores.
   True
   False

16. 2-guard plays to the inside shoulder of post player. 6-pass (EU 1-6) is thrown to the outside shoulder.
   x
   True 1 2 3 6
   False 4 5
15. 6-on-5 SHOOTING

Q & A

17. Guard on 2 plays on outside shoulder—pass inside.
   True  1  2  3  6
   False x

18. Guard on 2 plays to the left side of post player. 6-2 pass (EU 1-6) is thrown to the overhead for shot.
   True  1  x 2  3  6
   False 4  5

(Read slide)
15. 6-on-5 SHOOTING

Q & A

19. 4 and 5 (euro 4, 2) are closely guarded and should shoot the ball. I have the ball so I should shoot!
   True
   False

20. 4 is guarded and 5 is not guarded. 5 should shoot.
   True 1 2 3 6
   False 4 5
15. 6-on-5 SHOOTING

Q & A Answers for Science of Shooting PowerPoint Chapter 15 Part 5.

1. T  8. T  15. F
3. T  10. F  17. T
5. F  12. T  19. F
7. T  14. T
End of Chapter 15
Part 5
6-on-5 Shooting


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For questions contact Jim at:

jimsolumsos@yahoo.com