



Worcester County United Field Hockey Academy

Coaches Corner #1 - THE SCORING FORWARD

Here is a checklist to see if you have a scoring forward in your midst.

The scoring forward should be

- fast
- skilful
- flamboyant
- aggressive
- cool
- explosive
- creative
- unexpected
- able to score from any position
- adaptable

and also have

- a good reactive power
- good timing
- the willingness to score
- the quality to stand in the right position/place

tools needed to be a scorer

- technical abilities
- decision making skills
- improvisation
- experience

the key to improving

- practice technical skills
- practice under pressure of space, time, opposition
- be prepared to fail now in order to succeed later

