

Switching the Field RESOURCES

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Developing a Scoring Mentality

The conditions coaches put on practice activities often do not help players develop a scoring mentality. Below are five commonly-used conditions, the reasons why they damage the scoring mentality, and alternative conditions that can be used.

Purpose/Topic	Common Activity Condition	Problem(s) with Condition	Scoring Mentality Alternative
Passing/Possession	Touch limit/maximum	<ul style="list-style-type: none">• A player may earn a breakaway and cannot take the space necessary to score• A player may be 1v1 within scoring range and cannot beat defender to shoot• Players become discouraged to look to score	<ul style="list-style-type: none">• Touch limit EXCEPT in final third
Dribbling	Touch minimum	<ul style="list-style-type: none">• A player may be in front of goal but have limited time – taking multiple touches will lose the scoring opportunity• Players become accustomed to taking too long to shoot in front of goal	<ul style="list-style-type: none">• Touch minimum EXCEPT in final third• Touch minimum EXCEPT when shooting
Passing/Possession	Must complete ___ number of passes before scoring	<ul style="list-style-type: none">• Players may find themselves with space in front of goal but cannot score• Players become accustomed to passing instead of seizing scoring opportunities	<ul style="list-style-type: none">• Score on goal any time OR score by completing ___ number of passes
Any	Score by executing ___ skill	<ul style="list-style-type: none">• Players do not realize relevance/purpose of skill (to find opportunity to penetrate goal) and over-prioritize the skill• Players begin to execute skill at inappropriate times	<ul style="list-style-type: none">• Executing ___ skill = 1 point; scoring on goal = multiple points
Any	Must score from ___ scenario (i.e. crosses)	<ul style="list-style-type: none">• Players may have opportunity to score in situation other than given scenario• Players learn to create the scenario instead of recognizing opportunities to score	<ul style="list-style-type: none">• Scoring any way = 1 point; scoring from ___ scenario = multiple points