

DISTRIBUTION OF GOALS DURING THE FIRST HALF OF THE ENGLISH PREMIER LEAGUE SEASON 2009/10

An in depth analysis of the distribution of goals was done by Pro Zone of all the goals which were scored before the Christmas break (December 31,2009) in the English Premier League. From the 206 goals that were scored we saw the following results:

Central Positions: 91.3%

Central areas of the penalty box: 78.9% scored

The high amount of goals scored so close to the goal, 26.6% within the six-yard box, could be as a result of the higher proportion of goals scored from set plays which are likely to be delivered into the penalty area.

How can youth coaches take this information and apply it to their training programs with their youth teams? Coaches should be doing majority of their finishing work from central areas around the box from 0 – 25 yards. This can be done through individual and combined play to goal in a drill or game situation. As well as team passing patterns to goal from central and wide positions which finish with a strike on goal from one of the central areas.

