A Systematic Pedagogy to Increase Goals to Shots on Goal for Soccer Athletes - Experimental Design Phase II Results

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Abstract: UNC Asheville’s Women’s Soccer season (2011) had the highest number of shots-on-goal in the Big South Conference. However, the ratio of goals scored to shots-on-goal was less than 19.8% which was the lowest percentage of any opponent and significantly below the international average (30%). This two phase research’s purpose was to devise a pedagogy that would improve goals to shots-on-goal percentage by targeting the far corner posts rather than the goal’s center. Four scorers volunteered to be Phase I subjects (Spring 2012). “A Systematic Pedagogy to Increase Goals to Shots on Goal for Soccer Athletes, Experimental Design and Phase I-Pilot Study”, (Roberts, Demko, Lee, Parsons, and Yearout, 2012) was presented at the first Industrial and Systems Engineering World Conference in September. Lessons learned were incorporated into the 2012 season pedagogy (Phase II). The purpose of this paper is to report the results of the implementation and goal to shot on goal improvements for the fall 2012 intercollegiate season. Six forwards and midfielders volunteered. Of the six, three were freshman who did not play in 2011. The 2012 team result for shots to shots-on-goal was 51% and goals to shots-on-goal improved to 24.2%, which is a 26% increase. Of the three participants in 2011, the combined result was goals to shots-on-goal ratio of 29.5%, which was an improvement of 64%. This result is not significantly different from the international average of 30%. The results from the three subjects (forwards and midfielders) who did not participate in 2011 were not significant. The experimental design and pedagogy will be used this coming fall (2013 season) to validate the current results.

Keywords: Pedagogy, Goals, Shot on Goal, Results

1. Introduction

Scoreboards have made it entirely too easy to depict which team is the “better” team, at any point in time, during a sporting event. This is true regarding any sporting competition; whether it is a basketball game, hockey game, baseball game, soccer game, or tennis match. The final score of any competition can be an indication of which team is superior; although, that is not always the most reliable statistic. Many times, the outcome of a soccer game does not truly reflect capabilities of one team over another; and aggregate statistics may be ignored (Skinner, 2009). During the fall 2011 season, UNC Asheville’s Women’s Soccer program had the highest number of shots on goal (131) than any of the ten other