Introduction

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES
# Table of Contents

1. **Introduction**
2. **Shooting Pathway**
3. **Where Goals Are Scored From**
4. **Basic Shots**
5. **Shooting and Scoring Skill Development**
6. **Clear Shots**
7. **Entries**
8. **Net Drives**
9. **East/West**
10. **Below the Goal Line**
11. **Tips & Deflections**
12. **Rebounds**
13. **Breakaways**
14. **Seasonal Structure**
15. **Summary**
16. **Resources**

**Vision:** World Sports Leaders
WHAT IS THE SHOOTING PATHWAY?

Identifying skills needed to shoot and score

- Develop an age appropriate program that coincides with the LTAD model.
- Providing coaches with practical resources to support them throughout the year
- Encouraging coaches to create a yearly plan to implement defensemen skills in practices

Age Appropriate Development Model

- No position specific specialization until Peewee – ie all kids should play all positions through atom
- Young players: focus is on physical/motor skills – Technical Skills
- By mid-teens and beyond, emphasis for shooting needs to also include deception skills, shooting from all areas of the ice and off of both the inside and the outside foot.
Recommendations

Heavy emphasis on shooting fundamentals: forward / defense specific drills

- Shooting basics: Individual shooting skills / tactics
- Shooting in motion
- Shooting off a pass
- Point Shots

THE OBJECTIVES OF THE SHOOTING PATHWAY

- Every practice should include some focus on shooting
- Teach the shots first, introduce the moves and then where possible, add a player/players to interact with
- Use drills that simulate game situations as much as possible
- Every drill that ends in a shot on net is a scoring drill

Players need to be good all-round shooters

- These are shooting skills that benefit all players
- As players get older, the game tends to become more position specific and focus may shift to practicing these skills
WHERE GOALS ARE SCORED FROM

1. In Tight
2. Dot Wide Alley
3. Slot
4. Point
WHERE GOALS ARE SCORED FROM

THE SCIENCE OF SCORING

59% most effective shot in this area: slap shot 313 goals
43% most effective shot in this area: wrist shot 236 goals
37% most effective shot in this area: snap shot 259 goals
18% of goals are scored from this distance
11% of goals are scored from this distance
10% of goals are scored from this distance
5% of goals are scored from 50-60 ft
7% of goals are scored from 40-50 ft
5% of goals are scored from 30-40 ft
21% of goals are scored from 20-30 ft
34% of goals are scored from 10-20 ft
21% of goals are scored from 10-20 ft
5% of goals scored in the NHL. Last shot from wrist shot.

Statistics provided by Stats LLC.
BASIC SHOTS

There are 7 basic shots used to score goals

- Wrist Shots
- Backhands
- Flip Shots
- Snap Shots
- Slap Shots
- Tips / Deflections
- Dekes

Shooting Concepts

- Stationary Shots
- Shots in Motion
- 1 Timers
- Quick Release
- Changing Puck Angles/Fakes
- Shot off a Pass
- Forehand to Backhand
- Backhand to Forehand
- Shooting for Sticks
Developing Shooting and Scoring

Work on the shooting basics players utilize in every game and design practices to teach and reinforce these with repetitions. Mimic the shots players use and make these as game-like as possible progressing from skating, skating with a puck and then shooting and scoring.

- Stationary Shots
- Shots in Motion
- 1 Timers
- Quick Release
- Changing Puck Angles / Fakes
- Shot off a Pass
- Forehand to Backhand / Backhand to Forehand
- Shooting for Sticks
10 Scoring Situations

- The scoring situations are broken down to 10 categories to help shooters recognize the situation and select the best way to attack it.

- Shooters have to be able to read goaltending options, their own team mates and the defending players position while processing the situation.

The 10 scoring situations are:

- Clear Shots
- Entries
- Net Drives
- Breakaways
- Rebounds
- Low / High
- East / West
- Below the Goal Line
- Deflections
- Screens
• **Clear shots:** An unobstructed shot where the goaltender sees the puck from the release to the net. Shooters’ read is only play is to shoot the puck and will not advance to net or pass puck.

• **Entries:** All situations where the puck is carried across the blue line into the zone that result in an attempt at the net.

• **Net Drives:** An in-zone play where the player has the ability to skate the puck all the way to the net or a better scoring area.

• **Breakaways:** Player is ahead of all defending players with only the goaltender as the last line of defence.

• **Rebounds:** Second chance to score off of an original shot or attempt at the net.
• **Low-High / High-Low**: Puck that is passed out (Low-High) or down (High-Low) that generally stays on the same side of the ice.

• **East-West**: Puck that travels across the middle of the ice either passed or carried and forces the goaltender to move laterally.

• **Below the goal line**: A scoring situation that originates along or below the goal line to either near post or far post (walkouts and wraparounds).

• **Deflections**: A shot where the puck changes direction because of impacting a stick or player prior to reaching the net.

• **Screens**: A situation where one or more players from either team disrupts the goaltender’s vision as the puck travels to the net.
CLEAR SHOTS

An unobstructed shot where the goaltender sees the puck from the release to the net. Shooter has no option to advance to the net and goalie has time to be set.

Key Points:
- Quick Release
- Change Puck Angle
- Technique
- Shot Selection
- Accuracy
- Strength
ENTRIES

All situations where the puck is carried across the blue line into the zone that results in an attempt at the net.

Key Points:
- Shot Selection
- Shoot for Opportunity
- Change Angle
- Create Space
- Change of Pace
- Strength
NET DRIVES

An in-zone play where the player has the ability to skate the puck all the way to the net or a better scoring area.

Key Points:
- Speed & Edge Control
- Deception
- Technique
- Puck Protection
- Balance & Strength
- Courage
Puck that travels across the middle of the ice either passed or carried and forces the goaltender to move laterally.

**Key Points:**
- Passing Accuracy
- Find Open / Soft Areas
- Stick Position
- Adjust to Pass
- Quick Release
- Deception
LOW TO HIGH / HIGH TO LOW

Puck that is passed out (Low-High) or down (High-Low) that generally stays on the same side of the ice.

Key Points:
- Quick Release
- Puck Protection
- Manipulate Defender
- Find/Create Space
- Adjust to Pass
- Strength
SCREENS

A situation where one or more players from either team disrupts the goaltender’s vision as the puck travels to the net.

Key Points:
-Courage / Willingness
-Balance
-Positional Awareness
-Change Puck Angle
-Timing / Depth
-Head Up / Deception
TIPS & DEFLECTIONS

A shot where the puck changes direction because of impacting a stick or player prior to reaching the net.

Key Points:
- Athleticism
- Hand/Eye Coordination
- Timing
- Shoot For Sticks
- Courage/Willingness
- Anticipation
A scoring situation that originates along or below the goal line to either near post or far post (walkouts and wraparounds).

**Key Points:**
- Puck Protection
- Change of Direction
- Acceleration
- Deception
- Range of Motion
- Quick Hands
REBOUNDS

Second chance to score off an original shot or attempt at the net.

Key Points:
- Tracking Puck
- Body Position
- Hand/Eye Coordination
- Readiness/Anticipation
- Compete
- Good Feet
BREAKAWAYS

Player is ahead of all defending players with only the goaltender as the last line of defence,

Key Points:
- Quick Release
- Change Speeds
- Deception/Fakes
- Move Goalie E/W
- Patience
- Change Angles
- Quick Hands
- Edge Control
## SEASONAL STRUCTURE

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**FEBRUARY**
Technical Skills – Develop / Refine

- Shooting
  - Stationary / Moving
  - Wrist Shot
  - Backhands
  - Snap / Slap Shots
  - 1 Timers
  - Breakaways
  - Quick Release
  - Changing Angles

- Scoring
  - Entries
  - Net Drives
  - Shot off a Pass
  - East / West Plays
  - Hi to Lo / Lo to Hi
  - Rebounds / Tips
  - Walkouts / Wraparounds

- Key Teaching Concepts
  - Head up
  - Getting pucks through
  - Finding the lane

**MARCH / APRIL**
Technical Skills – Develop / Refine

- Shooting
  - Stationary / Moving
  - Wrist Shot
  - Backhands
  - Snap / Slap Shots
  - 1 Timers
  - Breakaways
  - Quick Release
  - Changing Angles

- Scoring
  - Entries
  - Net Drives
  - Shot off a Pass
  - East / West Plays
  - Hi to Lo / Lo to Hi
  - Rebounds / Tips
  - Walkouts / Wraparounds

- Key Teaching Concepts
  - Head up
  - Getting pucks through
  - Finding the lane

**MAY / JUNE / JULY / AUGUST**
Off season

- Multisport Activities
- Technical Skill Instruction

**SEASONAL STRUCTURE BREAKDOWN CHART**

- 15% - Introducing Technical Skills
- 35% - Developing Technical Skills
- 20% - Refining Technical Skills
- 10% - Introducing Individual Tactics
- 20% - Developing Individual Tactics
1. For beginning players it is recommended that development be built on 75% technical skills and 20% on individual tactics and 5% on team tactics.

2. For the developing player it is recommended that development be built on 50% technical skills, 20% on individual tactics 30% on team tactics.

3. For the high performance player it is recommended that development be built on 35% on technical skills, 25% on individual tactics, 40% on team tactics.
Skills In SAG’s

• Decrease the Space! Increase the Pace!

These individual skills and tactics need to be built into practices and then combined with the team tactical play concepts. But, “you can’t play in the orchestra until you have mastered your instrument”. It is essential that we develop fundamentals in practice so they become automatic in games. Combined with the skills is the need for “read and react” situations so players “think the game” in practice as well as games.

Coaches need a yearly plan to prioritise these skills and to make sure they are taught. Certainly practices need to be built from game lessons but let’s not lose sight of the overall development needed to teach fundamentals to our young players.
# Shooting / Scoring Skills

<table>
<thead>
<tr>
<th>Stationary Shooting</th>
<th>Shooting in Motion</th>
<th>Dekes / Fakes</th>
<th>Entries / Net Drives</th>
<th>East / West – Lo to Hi</th>
</tr>
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<tbody>
<tr>
<td>Sweep shot – forehand</td>
<td>Wrist shot – in motion</td>
<td>Fake shot forehand – go backhand</td>
<td>Shot Selection</td>
<td>Find Open / Soft Areas</td>
</tr>
<tr>
<td>Sweep shot – backhand</td>
<td>Back hand in motion</td>
<td>Fake shot backhand – go forehand</td>
<td>Shoot for Opportunity</td>
<td>Stick Position</td>
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<tr>
<td>Wrist shot – forehand – low</td>
<td>Snap shot in motion</td>
<td>Five hole – forehand</td>
<td>Change Angle</td>
<td>Adjust to Pass</td>
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<td>Slap shot – in motion</td>
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<td>Create Space</td>
<td>Quick Release</td>
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<td>Quick Release</td>
<td>Change of Pace</td>
<td>Deception</td>
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<td>Wrist shot – backhand – high</td>
<td>Pull in</td>
<td>Quick hands</td>
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<td>Flip shot – forehand</td>
<td>Push out</td>
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<td>Flip shot – backhand</td>
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<tr>
<td>Snap shot – low</td>
<td>Shooting off a Pass</td>
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<tr>
<td>Snap shot – high</td>
<td>Soft catch forehand</td>
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<tr>
<td>Snap shot – quick release</td>
<td>Soft catch backhand</td>
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<tr>
<td>Snap shot – one timer</td>
<td>1 timers</td>
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<tr>
<td>Slap shot – low</td>
<td>1 knee down</td>
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<tr>
<td>Slap shot – high</td>
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<tr>
<td>Slap shot – one timer</td>
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<tr>
<th>Screens</th>
<th>Tips and Deflections</th>
<th>Below the Goal Line</th>
<th>Rebounds</th>
<th>Breakaways</th>
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<tr>
<td>Courage / Willingness</td>
<td>Athleticism</td>
<td>Walk outs</td>
<td>Tracking Puck</td>
<td>Quick Release</td>
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<td>Balance</td>
<td>Hand/Eye Coordination</td>
<td>Wrap arounds</td>
<td>Body Position</td>
<td>Change Speeds</td>
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<td>Positional Awareness</td>
<td>Timing</td>
<td>Puck Protection</td>
<td>Hand/Eye Coordination</td>
<td>Deception/Fakes</td>
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<td>Change Puck Angle</td>
<td>Shoot For Sticks</td>
<td>Change of Direction</td>
<td>Readiness/Anticipation</td>
<td>Move Goalie E/W</td>
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<td>Timing / Depth</td>
<td>Courage/Willingness</td>
<td>Acceleration</td>
<td>Compete</td>
<td>Patience</td>
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<tr>
<td>Head Up / Deception</td>
<td>Anticipation</td>
<td>Deception</td>
<td>Good Feet</td>
<td>Change Angles</td>
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<td>Range of Motion</td>
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<td>Quick Hands</td>
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<td>Edge Control</td>
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</table>
Small Area Games

Barry Trotz
Canadian National Team Coach
What Are Small Area Games?

- Competitive hockey drills done in a smaller than normal playing area
- This can be cross ice, neutral zone, corners - depending on what coaches are trying to teach
- Usually less players participating but with a higher and consistent intensity. Lots of puck touches.
- Designed to simulate possible game-like situations that players can experience and learn from
Skills in SAG’s

“Hockey sense” is basically a learned trait based on experience.

Stops and starts
Develop Hockey Sense
Hockey often turns into a 1-1 battle;
Lateral Movement
Tight turns
Confidence

Game like conditions

Body Contact / Contact Confidence
Puts players in a situation where they need to “read and react”; make a decision

Transition skating
Angling / Steering
Resources

In-Class & On–Ice Clinics available to Coaches across Canada offered by your Provincial Branch Office

HOCKEY CANADA DEVELOPMENT PROGRAMS

Shooting & Scoring – Level 1

2018 - 19

HOCKEY CANADA DEVELOPMENT PROGRAMS

Shooting & Scoring – Level 2

2018 - 19
Hockey Canada
Network

Hockey Canada
Drill Hub

Resources

Hockey Canada
Network

Hockey Canada
Drill Hub

By the Numbers

800 Team Canada Game Clips

3,200 Articles

200 Practice Plans

900 Videos
Resources

Coach Demonstration Videos - Shooting

- Coach Demonstration Videos - Stationary Shots
- Coach Demonstration Videos - Moving
- Coach Demonstration Videos - Shot off a Pass
- Coach Demonstration Videos - Point Shots
Resources

Coach Demonstration Videos - Scoring

Down Low Rim Plays

Stick Lift - Shot

Entry - Backhand Sauce
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