LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES
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**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 U13 – ie all kids should play all positions through U11
- 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
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
The 10 scoring situations are broken down to 10 categories to help shooters recognize the situation and select the best way to attack it.

ShOOTING & SCORING SKILL DEVELOPMENT

10 Scoring Situations

- Clear Shots
- Entries
- Net Drives
- Breakaways
- Rebounds
- Low / High
- East / West
- Below the Goal Line
- Deflections
- Screens

Shooters have to be able to read goaltending options, their own team mates and the defending players position while processing the situation.
SHOOTING & SCORING SKILL DEVELOPMENT

- **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.
SHOOTING & SCORING SKILL DEVELOPMENT

- **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
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
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).

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
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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

SEASONAL STRUCTURE
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.
# Shooting / Scoring Skills

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<td>Wrist shot – in motion</td>
<td>Fake shot forehand – go backhand</td>
<td>Shot Selection</td>
<td>Find Open / Soft Areas</td>
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**Shooting off a Pass**

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**E/W Patience**

- Change Angles
- Quick Hands
- Edge Control
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.
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

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

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

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

Transition skating
Angling / Steering

Game like conditions
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
Resources

www.hockeycanadanetwork.com
Resources

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Down Low Rim Plays

Stick Lift - Shot

Entry - Backhand Sauce