Shooting & Scoring
Where are goals coming from?
SHOOTING & SCORING

CLEAN SHOT WITH PUCK CONTROL

- **Outside Foot**: 33%
- **Inside Foot**: 42%
- **Slap Out Foot**: 12%
- **2 foot**: 7%
- **Backhand**: 6%

HOCKEY ALBERTA
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SHOOTING & SCORING

• Hockey is dynamic and situational, shooting has many variations

• Goalies read the shooter’s subtle biomechanical movements before and during the shot release similar to a hitter reading the pitcher in baseball...what if pitchers only threw the fastball?

• It is good to have a “go to” shot, but do not rely on it exclusively

• Is it possible to set up all (11+) scoring situations in practice?
• When is the right time to introduce a dynamic shot selection? (Culture of Acquisition?)

• At Atom we hear “they are too young for that...not strong enough”

• At Peewee we hear “teach them the right way first” (traditional sweep shot technique)

• At Bantam we see structure/systems and game outcome as the main focus and often hear “never do that again” on non-traditional plays that they have not had many reps perfecting
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Prerequisites & Fundamentals

- Reasonable stick length
- Reasonable stick flex
- Reasonable tape job (knob)
- Proper top hand grip
- Adequate strength to perform the technique (Introduce techniques through passing)
Top Hand Grip - Common Errors

- Incorrect – No part of the knob should be visible, top of stick should be flush with dotted line
STICK GRIP

- Top hand should point straight down when stick is on the ice
- Hand must roll up and onto butt end of stick slightly to achieve proper hand position which facilitates proper elbow flexion and puck handling ability
Top Hand Grip - Common Errors

- **Incorrect** - V between thumb and forefinger over wide part of the shaft. Hand rolled too far forward, back of hand 45 relative to ice

- **Correct** - V between thumb and forefinger over narrow part of the shaft, back of hand 90 relative to ice
SHOOTING & SCORING

5 Main Areas of Focus

• Deliberate Vision Training
• Shot Selection & Dynamic Shooting
• Quick release (remove stick handle)
• In Stride
• Changing the angle
Vision Training

- Expected by coaches at every level but seldom “trained” at any level
- Needs to be introduced early for proper habit formation (6-12 years old)
- Default is to look at the puck when handling it (1600 coaches)
- Requires deliberate repetitions just like skating or puck handling
- Training environment directly affects habit formation (Kerrobert Full Ice v SAGs)
- What do your players do with their eyes when shooting? Have you watched? Think in %
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Shot Selection & Dynamic Shooting

• Being ready to shoot when the opportunity presents itself in relation to having to get “set” to shoot by surrounding the puck

• Gap and lane manipulation

• Power is important but not the only aspect of shooting we should strive towards

• Ability to rotate shoulders perpendicular to hips & skates
Off Balance & Athletic Adjustments

FORWARDS VIDEO SESSION
Quick Release

• Train for Quickness, youth players will naturally default to techniques that increase power which is counter productive to a quick release (i.e. long load with heels at net)

• Start by removing the stick handle (Soft Catch)

• Players generally only overpower goalies until Elite Bantam/Midget

• When done efficiently it catches goalies off guard while scoring windows are open so power is less important than getting it off the stick quickly

• This shot also requires deliberate reps with instant correction and feedback
Quickness
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Soft Catch & 2 Touch
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Shooting in Stride

• Shoot off both feet stationary (Youth)
• Shoot off both feet in stride
• Deceptive for defenders
• Goalies not set or ready
• Major deficiency is skates default to east/west rather (sweep shot) than north
• This does not mean shooting from a glide is not effective
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Change the Angle

• Pull in to feet or push away from feet
• Extend range
• Sell a shot, when possible start from “Loaded”
• Puck moves faster than goalies feet
• Used on defenders as well as goaltenders
In the NHL, everyone shoots the puck well. But most guys need the puck in the right spot in order to be really dangerous. The really top-tier shooters like Getzlaf and Perry can be holding the puck five feet outside of their body, or they could have it in their feet, and yet they can still get it off with mustard. That changes the whole calculus for me as a goalie. The best shooters aren’t necessarily the hardest shooters – the best shooters are the guys who can drastically change the angles of their release.
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Threat/Loaded Position

- Give false information to freeze or force a decision
- Can be used on shootout/breakaway or during regular game play
- Eyes up
- Used on defenders as well as goaltenders
- Can be in Stride or in Glide (Triple Threat)
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QUESTIONS?
**SHOOTING & SCORING**

- Proper top hand grip
- Active top hand (has to get away from body effortlessly)
- Bottom hand slide
- Active wrists
- Lateral weight transfer initially
- Progress to using flex (Bow & Arrow)
- Alternative weight transfers
- Train quickness rather than power
- Eyes up before puck leaves stick
- Trunk rotations
- Shot selection importance
- Deceptive blade – Open to closed or closed to open
- Deceptive shoulder/head/leg kicks
Fakes & Deception

- Pump fakes
- Open to closed & closed to open blade
- Head & shoulder fakes
- Leg kicks
- Show pass
- Puppeteer & Puppet
- Create space & time
- Create decisions by Defenders & Goalies
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Blueline Shots

• Strong side Drag (in motion)
• Strong side Surround
• Strong side trunk rotation shot
• Off side Sprint (vs walk)
• Off side deception feet
• Eyes up (deliberate practice)
• Wrist/snap vs Slap
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2 Touch Shooting

- Off pass or through an obstruction
- Bad pass pick up
- Trunk rotation
- Lanes available or closed
- Backhand to forehand
- Pop it to an area
- Step onto it
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Triple Threat Position

- Puck is “Loaded”
- Shoot/Pass/Deke
- Glide or stride
- Look off