



Feature Story

Goal scoring is really very simple

By Scott Bjugstad

If you want to be a consistent goal scorer, you must really understand what actually goes into scoring goals. The expectations that players have are usually much higher than reality. For instance, when I ask young hockey players if Alex Ovechkin (who is probably one of the top five shooters in the NHL) has 10 shots in a good shooting area, how many goals does he score, the answer is usually 8-10.

In actuality, over his five-year career, Ovechkin is a 12.3 percent shooter. That means he needs eight shots to score one goal. The reason Ovechkin scores so much is that he gets the most shots. In his first five years, he has had 2,150 shots, 430 shots each year and has averaged 53 goals a year.

A large part of his success which may sound funny is the way he responds when the puck does not end up in the net. Of course he's not happy, but he understands that goalies are going to make a lot more saves than they will let in, as much as 93 percent more. When he does not score, he does not get frustrated; he just keeps shooting.

Understanding this, along with a lot of practice, will be the difference as players get older and face better goalies. Setting goals for a certain number of shots for each game will also help in this process.

One of the last things I tell players during my shooting lessons is this: **If you put pressure on yourself to score goals, you will get frustrated. If you put pressure on yourself to get shots, you will score goals.**

For more information on tools to help your goal scoring, Sports World USA in Eden Prairie is the place to go. Contact Sports World USA in Eden Prairie at 952-937-9341.

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