

Shooting

5000 Shot Club

10 Weeks of Summer

20 wrist shots/day

20 snap shots/day

20 back-hand shots/day

40 “other” shots/day

or 500 shots per week

10,000 Shot Club

10 Weeks of Summer

40 wrist shots/day

40 snap shots/day

40 back-hand shots/day

80 “other” shots/day

or 1000 shots per week

“Other” Shots

Pull and Shoot

Push and Shoot

One Timers

Shoot out to the Side

Shoot with Back to Target

One Foot Wrist Shot

Seated Push/Pull Shooting

Resistance Drills

Tips:

- Focus your training around the wrist shot, snap shot and backhand shot, since the slap shot on and off the ice is differently executed.
- Emphasize knee bend and proper transfer of weight
- Don’t just shoot the puck, pick a spot and look where you are shooting
- Visualize scoring, simulate game situations
- Have a competition with yourself or others...see how many you can hit in a row etc.
- Shooting in any direction
The net is not always right in the direction to where it’s easiest to shoot. Once you have learned the basic shooting techniques it is crucial to master the skills of shooting the puck in any direction around your body.
- Find Somewhere Convenient to Shoot
Backyard Practice Range
String a piece of rope between two trees and drape a heavy blanket over it.
Then make a goal using some tape.
You can also place smaller circles or squares to show the four corners and 5-hole.
Put down a piece of Plexiglas or plywood to shoot pucks off of.
or
Hang a tire from one tree and try to shoot through the middle.

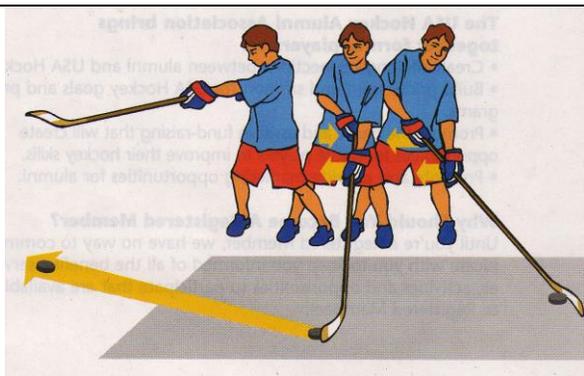
Shooting

Shooting Drill Diagrams

Wrist Shot

- Start with the puck at the heel of the stick
- The lower hand pushes forward
- Pull with the top hand so the thumb ends up touching the lower arm's elbow.
- Let the puck rotate along the entire blade.
- Finish off with a closed stick pointing toward the target.

Variations: Feet pointed towards target
 Feet pointed 90° from target



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“Other” Shooting Drills

Pull and Shoot

- Body weight on the closest foot.
- Pull with the toe of the stick.
- Transfer body weight to the other foot.
- Stop the puck (ball) near the heel of the stick.

- Alternate using heavy balls or pucks, and light balls or pucks.



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Push and Shoot

- Keep the puck (ball) on the heel of the blade
- Keep the body weight on the foot furthest from the stick.
- Push the ball out to the side and step over to the other foot



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One Timers

Have someone slide the puck to you in the garage to work on one timers

Shooting

Shoot out to the Side

- Stand on both feet in a wide stance.
- Rotate the upper body.
- Bring the puck behind the front foot.
- Keep the puck on the heel of the stick.
- Start with the top hand in front beside the hip on the opposite side.
- Push with the lower hand and pull with the top hand simultaneously
- Let the puck rotate along the entire blade.
- Finish off with a closed stick pointing toward the target.



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Shoot with Back to Target

- Twist your upper body towards your backhand side.
- Have a fairly narrow grip and your hands are beside the body and extended out in front of the body.
- Pull the puck with the heel of the stick until it is roughly side by side with your feet.
- Push the top hand forward and the lower hand backward
- Make sure the puck rotates along the entire blade and point at the target as you release the puck.



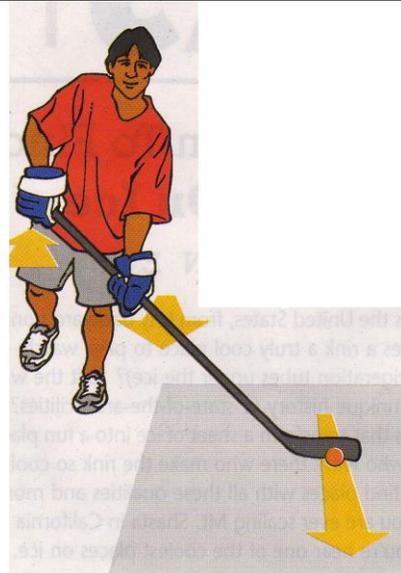
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One Foot Wrist Shot

Stand on the foot closest to the stick.

- Start with the puck at the heel of the stick
- Keep the stick at the side of the body, slightly in front of the feet.
- Release a shot without bringing the puck (ball) puck back.
- The lower hand pushes forward
- Pull with the top hand so the thumb ends up touching the lower arm's elbow.
- Let the puck rotate along the entire blade.
- Finish off with a closed stick pointing toward the target.

Variation: Shoot off opposite foot
 Shoot off either knee
 Shoot off both knees



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Shooting

Seated Push/Pull Shooting

A player is seated on a chair or platform so that his or her legs are eliminated from shooting motion. This isolates the push/wrist snap and roll of the lower hand with the pull of the upper hand.

Pucks are placed off to the side of the platform, with the player seated facing the target.

An intense push/pull shooting motion is performed, emphasizing hands/wrists/forearms and accuracy of shooting.



USA Hockey 2002

Resistance Drills

Another great way to improve the strength of your shot is to use some resistance on your stick. You can put some weights on the bottom of the shaft of your stick, down near the blade. Practice a shooting motion. The resistance will help you get more power behind your shot. But don't forget about accuracy