



Date:	08/12/19	Group:	
Length:	60 mins		
Start Time:	7:00pm	Focus:	Shooting
End Time:	8:00pm	Level:	SQ

Length	Start	Drill Name	Category	Notes
0	7:00pm	OYHA Week 2 Practice 4 - Shooting Station Layout	Stations	
10	7:00pm	Shooting Basics - Full Ice	Shooting	
8	7:10pm	Scoro	Shooting	
8	7:18pm	Czech Drill 4	Puck Control	
8	7:26pm	Corner Shooting - New Edge Hockey	Shooting	
8	7:34pm	Net Obstacle Shooting - New Edge Hockey	Shooting	
8	7:42pm	3 Shot & Drive	Stations	
10	7:50pm	3 V 3 with outlets	3 on 3	

Notes: Practice 4 Stations - Focus on Shooting
Videos and off ice demonstration with your teams

Warm up - Shooting introduction & demonstration at 4 zones around rink then Scoro two zones

Videos to share with coaches and players - focus on wrist shot and backhand

Wrist Shot

iTrain Hockey - Wrist Shot

https://www.youtube.com/watch?v=stoBX8do_NU

Backhand Shot

iTrain Hockey

https://www.youtube.com/watch?v=_oX2y4U1IxA

Station 1 - Czech drill #4

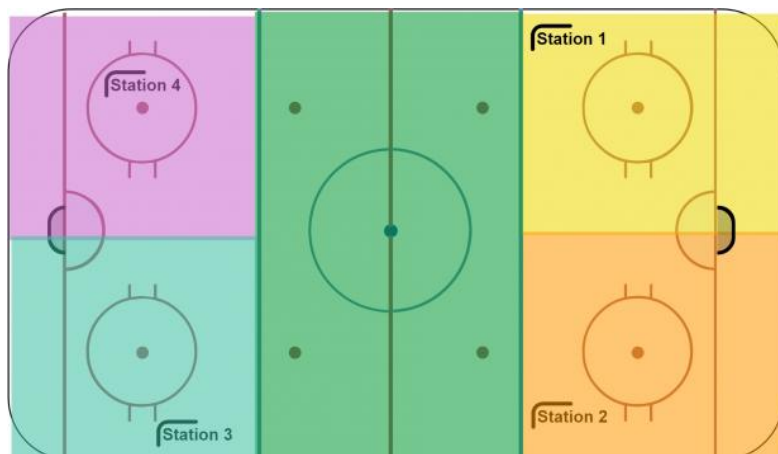
Station 2 - Corner Shooting

Station 3 - Net Obstacle Shooting (can be moved over slightly or moved to neutral zone)

Station 4 - 3 Shot & Drive

End with 3v3 small area game - Coach or player stationary outlet

Drill Title: OYHA Week 2 Practice 4 - Shooting Station Layout (1 Diagram)



OYHA Week 2 Practice 4 - Theme - Shooting Techniques

For All Station Practices depending on number of coaches you can change number of stations

Station 1 - Czech Drill #4

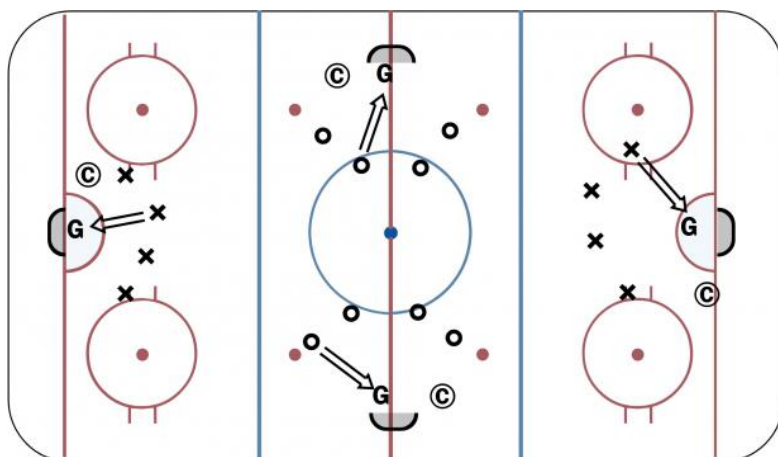
Station 2 - Corner Shooting

Station 3 - Net Obstacle Shooting (can be brought to neutral zone)

Station 4 -3 Shot & Drive

Key Points:

Drill Title: Shooting Basics - Full Ice (1 Diagram)



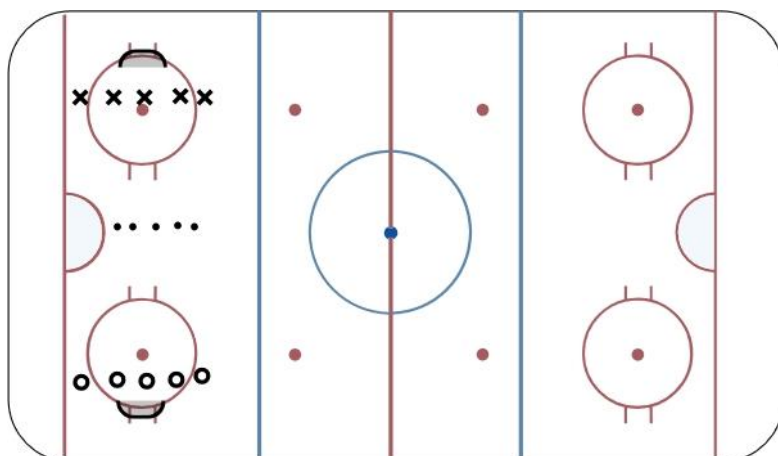
Shooting Basics - Introductory

Divide up into 4 equal groups with a coach at each. Demonstrating shooting principles. Players are fanned out in semi circle shooting 1 at a time until goalie is set. Work on wrist shots & backhands to start.

Watch for proper form. Keep shots low to start because GOALIES NEED TO BE WARMED UP!

Key Points:

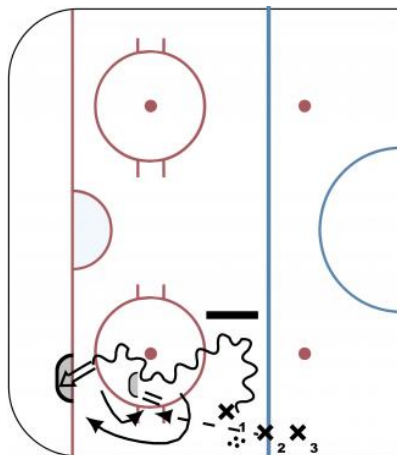
Drill Title: Scoro (1 Diagram)



Players line up in front of their own net with 8 pucks across the middle. On the whistle, the players attempt to score pucks in the opposite net. The game is over when all the pucks are scored. The winning team is the team that has scored the most!

Key Points:

Drill Title: Czech Drill 4 (1 Diagram)

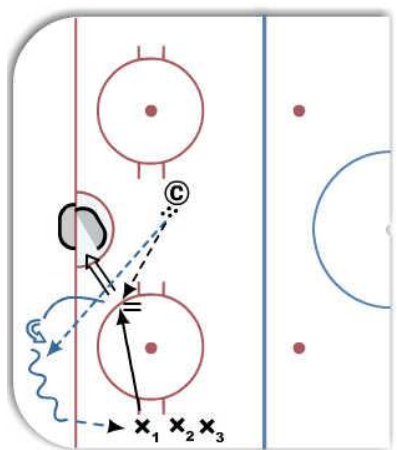


Player x1 skates w/puck towards pad & does a head fake (or can be a rebounder pass give n go) then skate towards mini net & push puck to far side of net on forehand and pull it across front of net to backhand for a shot (pick that direction based on LH or RH). After 1st shot player skates back to front of mini net & stops, receives a pass from x2 & then goes in for a forehand shot then return to line.

This drill can be run on opposite side (mirror) also.

Key Points:

Drill Title: Corner Shooting - New Edge Hockey (1 Diagram)

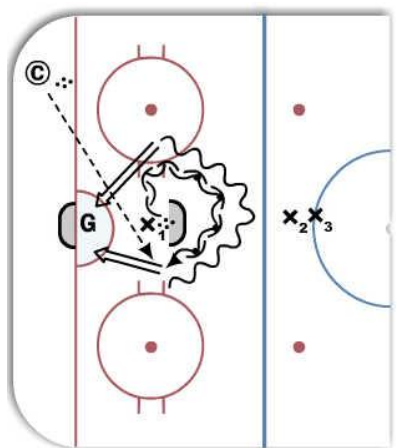


Drill is continuous each player will have 2 shots.

Coach starts drill w/ X1 with a pass while they are still in line - they skate in and shoot and then stop. It is critical that as shown LH player stops facing end boards or goal line square and receives a pass on forehand and shoots a 2nd time. (When RH skates up to shoot they face the far boards or blue line stopping square and receive a pass to their forehand (away from net) and shoot). Then they skate into corner with inside out transition so they are always facing coach to receive another pass and pass to X2 who starts the drill all over (skate in shoot- stop get pass from coach shoot then skate into corner and so on).

Key Points:

Drill Title: Net Obstacle Shooting - New Edge Hockey (1 Diagram)

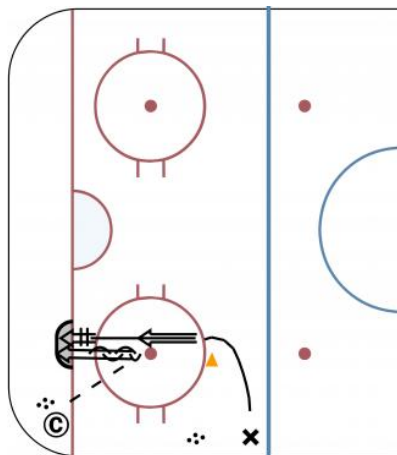


Each player has 2 shots. Single line the drill is shown for a right handed player to start going clockwise around net a LH will start going the opposite way.

X1 RH inside net and grabs a puck and pulls it skating backward around the net and shoots while bwds a forehand shot. Then can either receive a pass from coach or pick up a puck from pucks in net and skate FWD back around net for a forehand shot then return to line.

Key Points:

Drill Title: 3 Shot & Drive (1 Diagram)



X starts at boards, carries puck around cone and immediately shoots on net.

X follows their shot to the net for the rebound.

X then backs up into the slot, receives a pass from the coach in the corner and takes a third shot.

IF there is no rebound, the coach should pass a puck in front to act as a rebound.

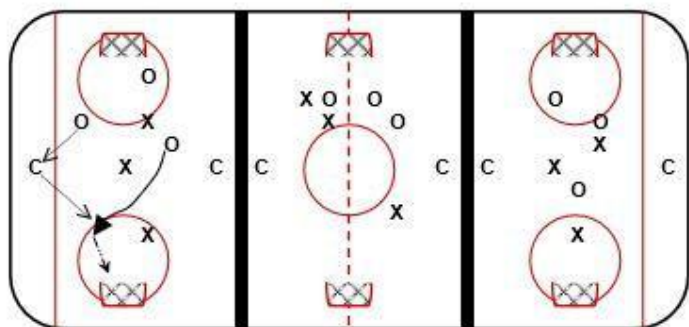
PROGRESSION 1: Have shooters one-timer the coach pass

PROGRESSION 2: Have skater turn and skate around the net and open up for coach pass.

Key Points: Shooting. Follow your shot. Drive the net.

Drill Title: 3 V 3 with outlets (1 Diagram)

3v3 with Outlets



3v3 with Outlets – 15 minutes (5 minute games-rotate black teams, white stays where they are) Play 3 v 3 cross-ice for 40 second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score. Use tires for goals if not enough goals or goalies. Play 3 different 5 minute games using rotation mentioned above.

Key Points: