

# SHOOTING



## FOCUS:

- SHOOTING QUICKLY (without stickhandling)
- SHOOTING HARD AND ACCURATE (don't aim)
- CHANGING WHERE SHOT IS COMING FROM

## TIPS:

- \*Wear your gloves so that you are used to the feel.
- \*The length of your stick is a personal preference, but a good rule of thumb is to make sure it comes up between your nose and collarbone when standing with skates on. **IF YOUR STICK IS TOO LONG IT MAKES IT HARD TO SKATE AND HANDLE THE PUCK PROPERLY.**
- \*Use a proper grip. TOP HAND SHOULD BE AT THE END OF THE STICK— KNOB IN THE PALM AND BOTTOM HAND SHOULD NOT BE TOO TIGHT.
- \*Be sure to shoot in a good hockey position (knees bent and shoulders up).
- \*Learn to change the release point—IT CAN FOOL THE GOALTENDER AND DEFENDER. It also helps to generate more power.
- \*Work on a more powerful shot, but it is important to work on getting it off QUICKLY and ACCURATELY. *YOU CAN'T SCORE IF YOU DON'T HIT THE NET!* Also, putting it on net can create scoring chances.
- \*Learn to shoot quickly (that extra stickhandle is often the difference between getting it on net vs getting it blocked).
- \*Work on a variety of shots—different situations require different shots. Practice all shots with proper technique, but also work on shooting when *you can't properly set up to shoot.*

SHOOTING CONTINUED...

### **SET A GOAL TO SHOOT A CERTAIN NUMBER OF PUCKS**

\*EXAMPLE: Shoot 100 pucks a day or 100 pucks, three days a week.

\*Keep track so that you can monitor if you are achieving your goal or not.

### **SHOTS THAT YOU SHOULD DEFINITELY WORK ON EACH DAY**

**PULL AND SNAP** (Pull it in to your body and shoot quickly—changes where the shot comes from. Work on pulling and shooting to both sides of net.)

**WRIST SHOT** (without stickhandling)

**BACKHAND** (without stickhandling)

**QUICK SHOT** off a stickhandle (stickhandle in front of you, then quickly pull back and shoot quickly)

### **SHOTS THAT YOU CAN DO EXTRA OR IN PLACE OF THE REQUIRED FOR VARIETY**

**SLAP SHOT** (short back swing and quick shot)

**ONE-TIMERS** (have someone pass to you, shoot off the pass)

**CATCH AND SHOOT** (have someone pass to you and CATCH AND SHOOT without stickhandling, or they can drop it down if there isn't the ability for a pass)

