

Hockey PEI

Practice Purpose:

Shooting In Stride

Date:

Drill Focus

Shooting drills can and should be executed by players of all ages and skill abilities. The following can be completed by all ages with coaches adjusting expectations according to skill level. Scoring often comes from quick release shots where goaltenders do not get appropriate time to get set up. Focus should be placed on quick release shots and minimizing stickhandling upon getting pass.

Key Points

Quick Release

Key Points

Soft catch and release of puck

Key Points

Shooting in Stride & altering shot angles

Drill no. : 1 Duration : _____ Minutes From : _____ To : _____

Title : Basic Shooting Category #1 : Category #2 :

Description

[YouTube - Hockey Shooting Drills / Restricted Space Snap Shots](#)

[YouTube - Alexei Kovalev - Generating Power on your Shot](#)

Line up 6 pucks a few inches from a stick.

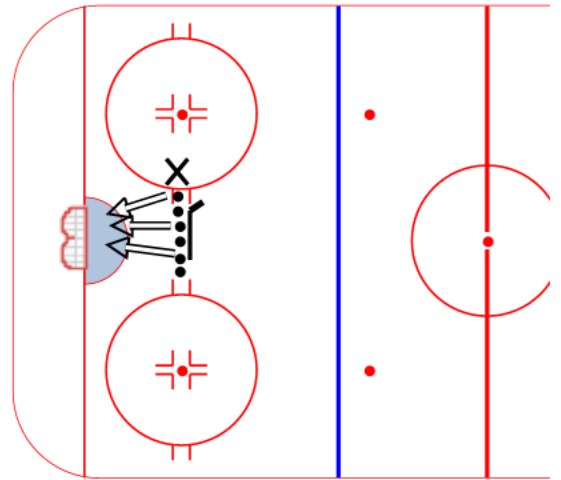
Place skates in a position so that the puck is on the stick in a shooting position.

Move down the line getting shots off as quickly as possible.

Fast hands ... get the shots off the stick quickly

Press down on the bottom hand... shift weight

Head up... eyes on the net



Key points:

Press on lower stick shaft

Look at Target

Snap Wrists

Quick Release

Drill no. : 2 Duration : _____ Minutes From : _____ To : _____

Title : Cut & Shoot - Circle Drive Category #1 : Category #2 :

Description

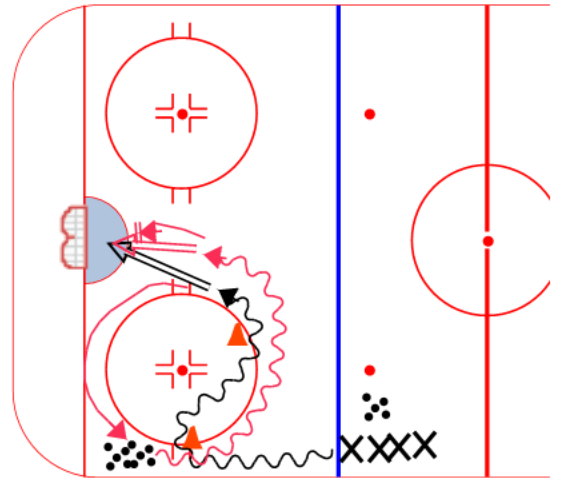
[YouTube - Cut & Shoot / Circle Drive](#)

Player drives down along boards from blueline, cutting quickly around low pylon, driving to high pylon for tight turn towards net.

Immediately upon clearing pylon, player releases shot on net.

Player curls around bottom of circle picking up puck, continue to curl around top of circle preparing to shoot again upon clearing high pylon.

Get into shooting position as quickly as possible.



Key points:

tight turns

Quick release

Puck Control

Shooting in stride

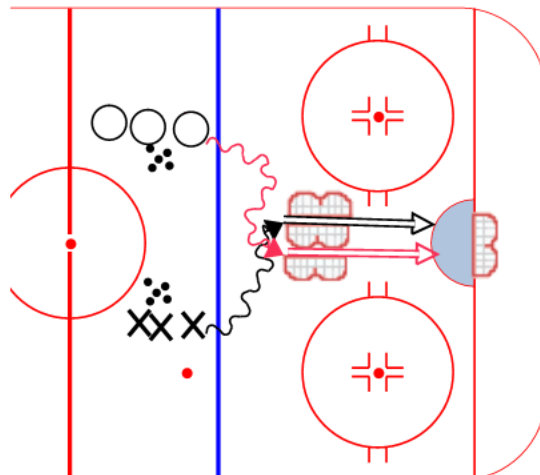
Drill no. : 3 Duration : Minutes From : To :

Title : Changing Shot Angle Category #1 : Scoring Category #2 : Shooting

Description

*Players line up in NZ with pucks.
 *Player skates towards middle of ice, and proceeds to alter shot angle by deking deftly in front of nets positioned in slot. Shoots quickly between nets for shot on goal.

- *use 2 or more nets
- *quick release
- *goal is to get goaltender to move slightly to open up space in net



Key points:

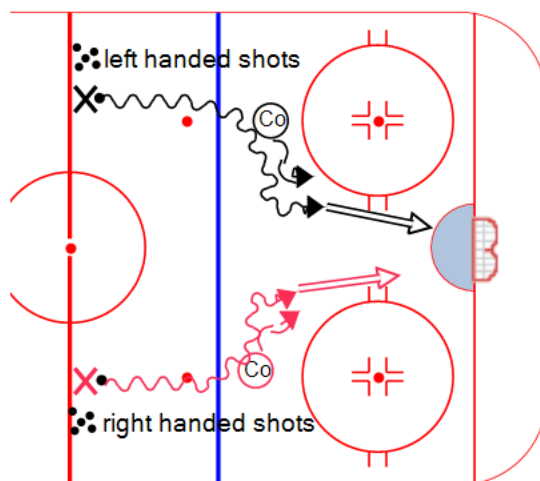
change shot angle	shot accuracy
quick release	puck moves in and out

Drill no. : 4 Duration : Minutes From : To :

Title : Change Shot Angle (2) Category #1 : Scoring Category #2 : Shooting

Description

Players line up centre ice line. Coach positions himself inside blueline.
 *player skates towards coach (at controlled speed: 50-75%). As he gets to coach, he cuts to the middle, trying to create separation. Coach provides moderate resistance (without stick at first) by forcing player to middle.
 * Player protects the puck away from defender. As soon as defender ceases resistance, player pulls puck back across body for quick release shot on net



Key points:

protect puck	alter shot angle
pull puck cross body	accurate shooting

Drill no. : 5 Duration : Minutes From : To :

Title : Soft Catch & Release Category #1 : Scoring Category #2 : Shooting

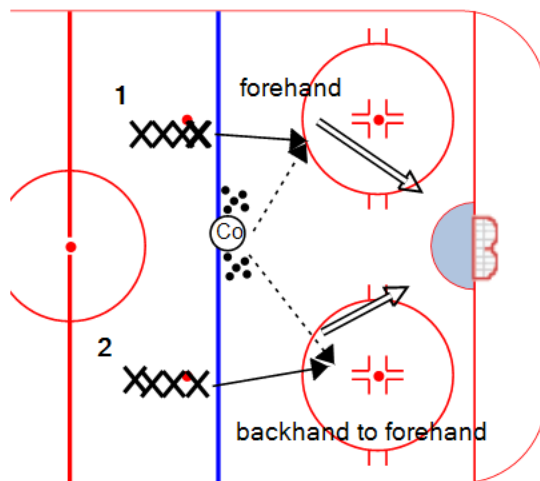
Description

YouTube - 2009 Playmakers "Next Step" Pro Hockey Shooting Video (1:22 mark)
 Players line up in 2 lines in NZ. Left handed shots in one line; righthanded shots in other line. Coach inside blueline with pucks

1. Player skates in at controlled speed, receives short pass from coach. Without stickhandling, soft catches the puck and immediately shoots in stride. Puck is on and off stick. receive puck on forehand, cradle pass into shooting position, release puck on net

2. Player skates in at controlled speed, receives short pass from coach. receives pass from coach, this time on backhand. Soft catches pass, without stickhandling of any kind, flips hands over puck and takes forehand shot on net.

**Receive pass off front foot, and quickly transfer weight to other foot while shooting
 Concentrate on cradling pass into a shooting position with no stickhandling.



Key points:

alter shot angle	no stickhandling
Quick release	weight transfer

Drill no. : 6 Duration : _____ Minutes From : _____ To : _____

Title : 1 Circle Shooting Category #1 : Category #2 :

Description

YouTube - Simple Shooting Hockey Drill

X1 leaves corner skating around circle. Next player in line, passes puck once player gets into scoring position. Player receives pass and takes shot on net. Player stops in front of net instead of skating by in case there is a rebound.

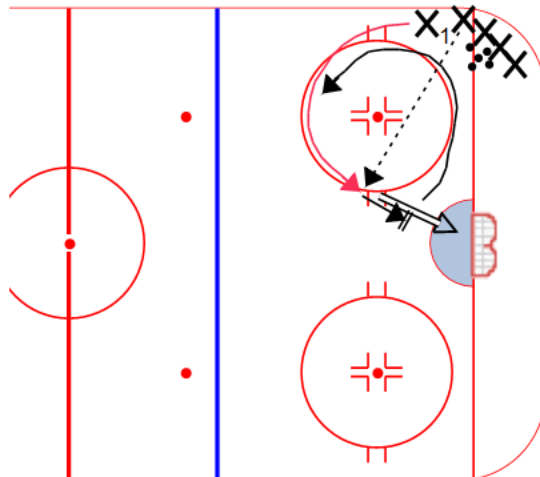
Soft catch and release - no stickhandling, puck onto blade, control and shoot.

Pass to where player is going. Aim for stick blade on ice.

Player repeats 3x, then next player goes.

Alternate sides so players learn to receive and shoot from both sides of body.

Work on one-timers as skills progress.



Key points:

Passing & Receiving	Shooting in stride
Soft Catch and Release	quick release

Drill no. : 7 Duration : _____ Minutes From : _____ To : _____

Title : Passing It Back Category #1 : Category #2 :

Description

YouTube - Hockey Shooting Drill / Pass It Back

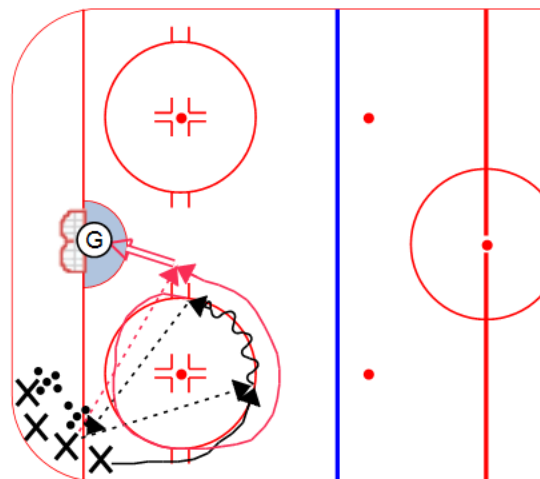
1st player leaves corner curling around circle, receives pass from next player in line at top of circle.

Player fakes shot on net, continues his curl around circle, passing back to next player in line.

Continues curling again around circle calling for pass at top of circle. Soft catch and release shot on net. Go to net for rebound.

Good drill for goaltenders to follow progression of drill by doing appropriate skating.

Learn to shoot in stride with no stickhandling between receiving pass and shooting.



Key points:

Stick down - provide target	Quick shots
Eyes on Puck	Accurate passing

Drill no. : 8 Duration : _____ Minutes From : _____ To : _____

Title : Quick Bend Shooting Category #1 : Category #2 :

Description

YouTube - 2009 Playmakers "Next Step" Pro Hockey Shooting Video (2:15 mark)

Line of players at blueline. Coach in corner with puck

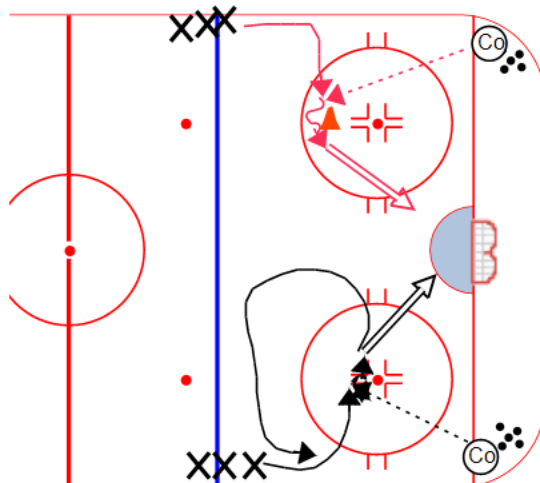
*Player slides down boards and cuts deftly across top of circle towards slot.

*Soft catches a pass from coach, and without stickhandling, takes shot on net.

*After shot, player circles back towards blueline and repeats procedure. Do 3 times each.

Do from both sides, forehand and backhand

*Add pylon or another coach to force player upon receiving pass to alter shot angle around pylon or coach.



Key points:

alter shot angle	shoot in stride
quick release	soft catch

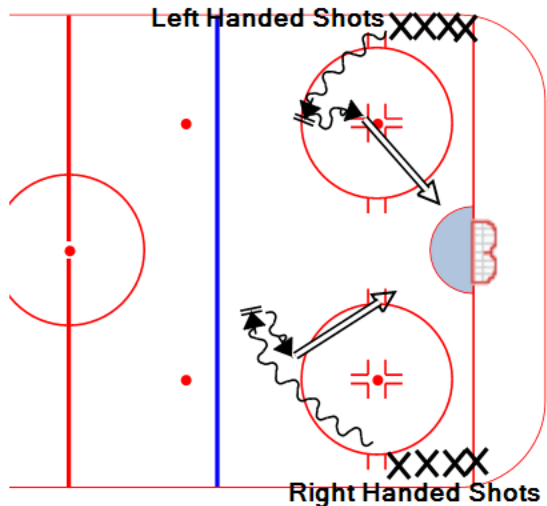
Drill no. : 9 Duration : Minutes From : To :

Title : Cut & Bend Shot Category #1 : Scoring Category #2 : Shooting

Description

YouTube - 2009 Playmakers "Next Step" Pro Hockey Shooting Video (2:35 mark)

Players line up at wall hashmarks, right shots on one side, left handed shots on other.
 * Player skates towards top of circle, and quickly does stop/sharp turn back towards line, pulls puck quickly across body and takes shot on net,
 *Must protect the puck
 * Complete the range of motion quickly to catch goalie moving
 * In game situation, this will likely result in a shot through a screen.



Key points:

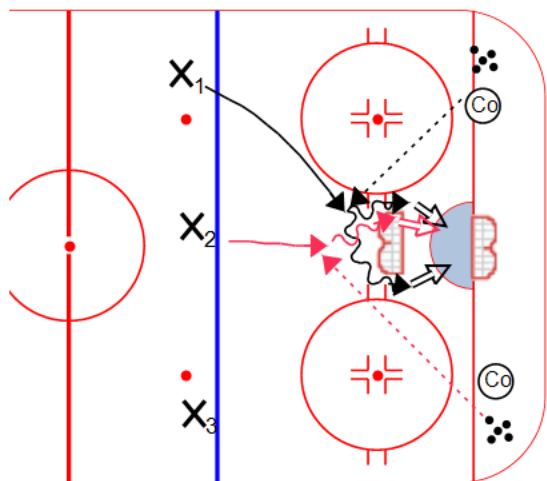
Alter shot angle	protect the puck
quick footwork & release	deception

Drill no. : 10 Duration : Minutes From : To :

Title : Instride Bend Category #1 : Scoring Category #2 : Shooting

Description

Players start from various points in NZ.
 *Player skates into slot area calling for pass. Soft catches pass and without stickhandling, cradles puck around net placed in front of net (15 feet out).
 * Quick slight of hand with puck, move in and out



Key points:

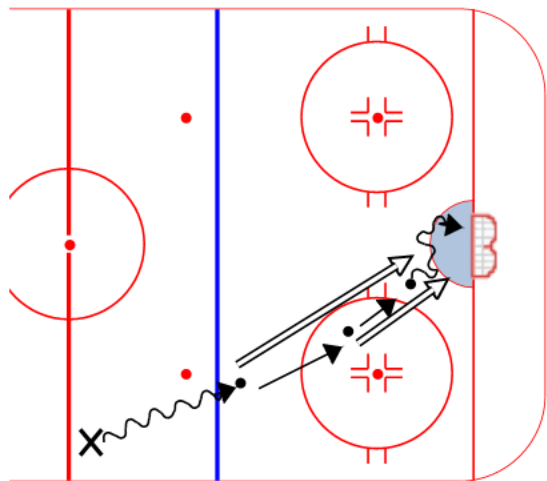
alter shot angle	quick release
deception	Call for puck

Drill no. : 11 Duration : Minutes From : To :

Title : Multiple shots, multiple angles Category #1 : Scoring Category #2 : Shooting

Description

Shooting from a variety of distances to understand what shot needs to be taken in each situation, to have the right release and the knowing the different angles you want to shoot at. at the very least want to have second chance opportunities. Want to have "shot recoverability" to force goaltender to make difficult save with puck being retrievable for second opportunity in a high scoring area, to sustain offense and multiple shots.
 * Player starts in NZ with a puck, skates towards net on angle from boards. As he crosses blue line, fires quick shot on net (No slapshots). Immediately continues on to next puck at top of circle, takes quick shot again (no slapshots), then continues to 3rd puck located just outside goalcrease. Must deke the goalie on last puck



Key points:

Alter puck angle	produce quality rebound
all pucks must hit net	head up