



HOCKEY CANADA DEVELOPMENT PROGRAMS

Shooting & Scoring



2020 - 21



Introduction



**LEAD, DEVELOP AND PROMOTE POSITIVE
HOCKEY EXPERIENCES**



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VISION: WORLD SPORTS LEADERS





WHAT IS THE SHOOTING PATHWAY?

Identifying skills needed to shoot and score

- ❖ Develop an age appropriate program that coincides with the LTAD model.
- ❖ Providing coaches with practical resources to support them throughout the year
- ❖ Encouraging coaches to create a yearly plan to implement defensemen skills in practices



Age Appropriate Development Model

- ❖ No position specific specialization until U13 – ie all kids should play all positions through U11
- ❖ Young players: focus is on **physical/motor skills – Technical Skills**
- ❖ By mid-teens and beyond, emphasis for shooting needs to also include **deception skills, shooting from all areas of the ice and off of both the inside and the outside foot.**

WHAT IS THE SHOOTING PATHWAY?

Recommendations

Heavy emphasis on shooting fundamentals: forward / defense specific drills

- ❖ Shooting basics: Individual shooting skills / tactics
- ❖ Shooting in motion
- ❖ Shooting off a pass
- ❖ Point Shots



THE OBJECTIVES OF THE SHOOTING PATHWAY

- ❖ Every practice should include some focus on shooting
- ❖ Teach the shots first, introduce the moves and then where possible, add a player/players to interact with
- ❖ Use drills that simulate game situations as much as possible
- ❖ Every drill that ends in a shot on net is a scoring drill

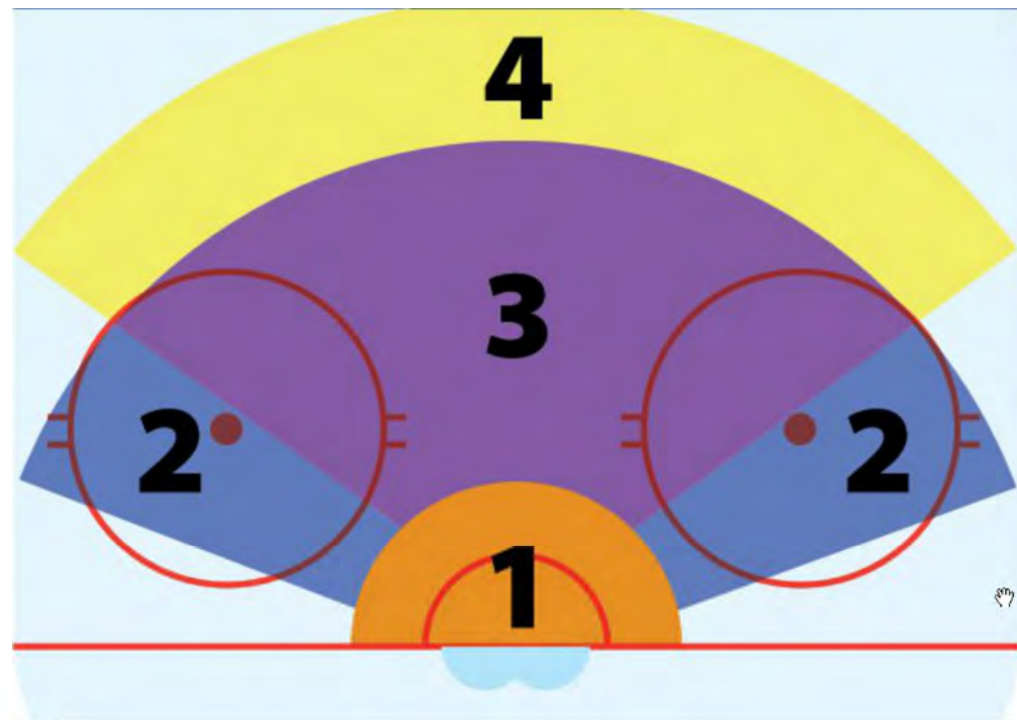
Players need to be good all-round shooters

- ❖ These are shooting skills that benefit all players
- ❖ As players get older, the game tends to become more position specific and focus may shift to practicing these skills

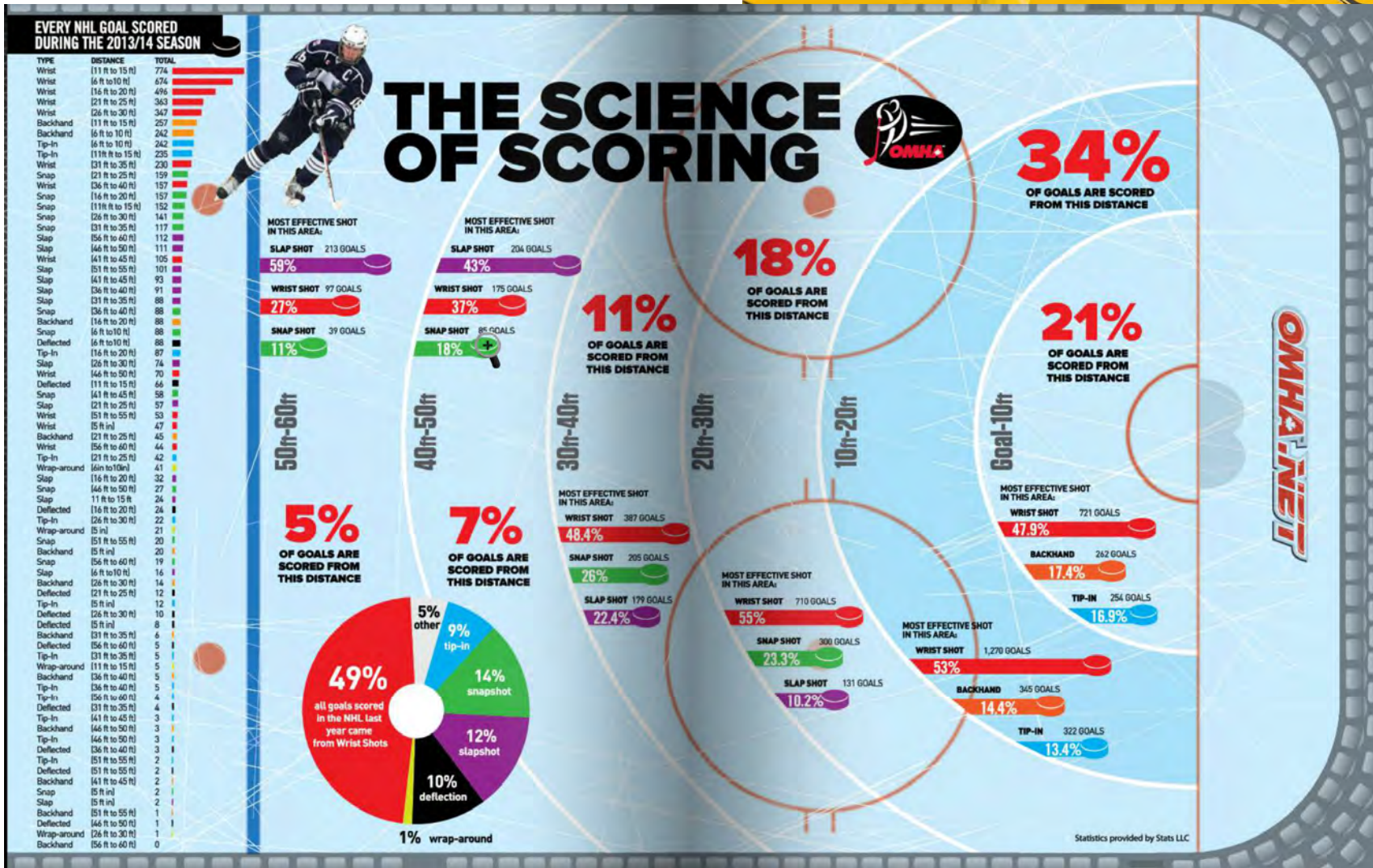
WHERE GOALS ARE SCORED FROM



1. In Tight
2. Dot Wide Alley
3. Slot
4. Point



WHERE GOALS ARE SCORED FROM



BASIC SHOTS

There are 7 basic shots used to score goals



Shooting Concepts

- Wrist Shots
 - Backhands
 - Flip Shots
 - Snap Shots
 - Slap Shots
 - Tips / Deflections
 - Dekes
- Stationary Shots
 - Shots in Motion
 - 1 Timers
 - Quick Release
 - Changing Puck Angles/Fakes
 - Shot off a Pass
 - Forehand to Backhand
 - Backhand to Forehand
 - Shooting for Sticks
-

Developing Shooting and Scoring



Work on the shooting basics players utilize in every game and design practices to teach and reinforce these with repetitions. Mimic the shots players use and make these as game-like as possible progressing from skating, skating with a puck and then shooting and scoring.

- ❖ Stationary Shots
- ❖ Shots in Motion
- ❖ 1 Timers
- ❖ Quick Release
- ❖ Changing Puck Angles / Fakes
- ❖ Shot off a Pass
- ❖ Forehand to Backhand / Backhand to Forehand
- ❖ Shooting for Sticks



SHOOTING & SCORING SKILL DEVELOPMENT



10 Scoring Situations

- ❖ The scoring situations are broken down to 10 categories to help shooters recognize the situation and select the best way to attack it
- ❖ Shooters have to be able to read goaltending options, their own team mates and the defending players position while processing the situation

The 10 scoring situations are:

- ❖ **Clear Shots**
- ❖ **Entries**
- ❖ **Net Drives**
- ❖ **Breakaways**
- ❖ **Rebounds**
- ❖ **Low / High**
- ❖ **East / West**
- ❖ **Below the Goal Line**
- ❖ **Deflections**
- ❖ **Screens**



SHOOTING & SCORING SKILL DEVELOPMENT

- **Clear shots:** An unobstructed shot where the goaltender sees the puck from the release to the net. Shooters' read is only play is to shoot the puck and will not advance to net or pass puck.
- **Entries:** All situations where the puck is carried across the blue line into the zone that result in an attempt at the net.
- **Net Drives:** An in-zone play where the player has the ability to skate the puck all the way to the net or a better scoring area.
- **Breakaways:** Player is ahead of all defending players with only the goaltender as the last line of defence.
- **Rebounds:** Second chance to score off of an original shot or attempt at the net.

SHOOTING & SCORING SKILL DEVELOPMENT



- **Low-High / High-Low:** Puck that is passed out (Low-High) or down (High-Low) that generally stays on the same side of the ice.
- **East-West:** Puck that travels across the middle of the ice either passed or carried and forces the goaltender to move laterally.
- **Below the goal line:** A scoring situation that originates along or below the goal line to either near post or far post (walkouts and wraparounds).
- **Deflections:** A shot where the puck changes direction because of impacting a stick or player prior to reaching the net.
- **Screens:** A situation where one or more players from either team disrupts the goaltender's vision as the puck travels to the net.

CLEAR SHOTS

An unobstructed shot where the goaltender sees the puck from the release to the net. Shooter has no option to advance to the net and goalie has time to be set.



Key Points:

- Quick Release
- Change Puck Angle
- Technique
- Shot Selection
- Accuracy
- Strength



ENTRIES

All situations where the puck is carried across the blue line into the zone that results in an attempt at the net.

Key Points:

- Shot Selection
- Shoot for Opportunity
- Change Angle
- Create Space
- Change of Pace
- Strength



NET DRIVES

An in-zone play where the player has the ability to skate the puck all the way to the net or a better scoring area.

Key Points:

- Speed & Edge Control
- Deception
- Technique
- Puck Protection
- Balance & Strength
- Courage



EAST / WEST

Puck that travels across the middle of the ice either passed or carried and forces the goaltender to move laterally.

Key Points:

- Passing Accuracy
- Find Open / Soft Areas
- Stick Position
- Adjust to Pass
- Quick Release
- Deception



LOW TO HIGH / HIGH TO LOW

Puck that is passed out (Low-High) or down (High-Low) that generally stays on the same side of the ice.



Key Points:

- Quick Release
- Puck Protection
- Manipulate Defender-Find/Create Space
- Adjust to Pass
- Strength



SCREENS

A situation where one or more players from either team disrupts the goaltender's vision as the puck travels to the net.

Key Points:

- Courage / Willingness
- Balance
- Positional Awareness
- Change Puck Angle
- Timing / Depth
- Head Up / Deception



TIPS & DEFLECTIONS

A shot where the puck changes direction because of impacting a stick or player prior to reaching the net.



Key Points:

- Athleticism
- Hand/Eye Coordination
- Timing
- Shoot For Sticks
- Courage/Willingness
- Anticipation



BELOW THE GOAL LINE

A scoring situation that originates along or below the goal line to either near post or far post (walkouts and wraparounds).

Key Points:

- Puck Protection
- Change of Direction
- Acceleration
- Deception
- Range of Motion
- Quick Hands



REBOUNDS

Second chance to score off an original shot or attempt at the net.

Key Points:

- Tracking Puck
- Body Position
- Hand/Eye Coordination
- Readiness/Anticipation
- Compete
- Good Feet



BREAKAWAYS

Player is ahead of all defending players with only the goaltender as the last line of defence,

Key Points:

- Quick Release
- Change Speeds
- Deception/Fakes
- Move Goalie E/W
- Patience
- Change Angles
- Quick Hands
- Edge Control





SEASONAL STRUCTURE

SEPTEMBER

-Technical Skills - Introduce

Shooting

- Stationary
- Wrist Shot
- Backhands
- Breakaways

Scoring

- Entries
- Net Drives

Key Teaching Concepts

- Head up
- Getting pucks through
- Finding the lane

OCTOBER

-Technical Skills - Develop

Shooting

- Stationary / Moving
- Wrist Shot
- Backhands
- Breakaways

Scoring

- Entries
- Net Drives
- Shot off a Pass
- East / West Plays

Key Teaching Concepts

- Head up
- Getting pucks through
- Finding the lane

NOVEMBER

-Technical Skills - Develop

Shooting

- Stationary / Moving
- Wrist Shot
- Backhands
- Snap Shots
- Breakaways

Scoring

- Entries
- Net Drives
- Shot off a Pass
- East / West Plays

Key Teaching Concepts

- Head up
- Getting pucks through
- Finding the lane

DECEMBER

Technical Skills – Refine

Shooting

- Stationary / Moving
- Wrist Shot
- Backhands
- Snap Shots
- Slap Shots
- 1 Timers
- Breakaways

Scoring

- Entries
- Net Drives
- Shot off a Pass
- East / West Plays
- Hi to Lo / Lo to Hi

Key Teaching Concepts

- Head up
- Getting pucks through
- Finding the lane

JANUARY

Technical Skills – Develop / Refine

Shooting

- Stationary / Moving
- Wrist Shot
- Backhands
- Snap / Slap Shots
- 1 Timers
- Breakaways
- Quick Release
- Changing Angles

Scoring

- Entries
- Net Drives
- Shot off a Pass
- East / West Plays
- Hi to Lo / Lo to Hi
- Rebounds / Tips
- Walkouts / Wraparounds

Key Teaching Concepts

- Head up
- Getting pucks through
- Finding the lane



SEASONAL STRUCTURE

FEBRUARY

Technical Skills – Develop / Refine

Shooting

- Stationary / Moving
- Wrist Shot
- Backhands
- Snap / Slap Shots
- 1 Timers
- Breakaways
- Quick Release
- Changing Angles

Scoring

- Entries
- Net Drives
- Shot off a Pass
- East / West Plays
- Hi to Lo / Lo to Hi
- Rebounds / Tips
- Walkouts / Wraparounds

Key Teaching Concepts

- Head up
- Getting pucks through
- Finding the lane

MARCH / APRIL

Technical Skills – Develop / Refine

Shooting

- Stationary / Moving
- Wrist Shot
- Backhands
- Snap / Slap Shots
- 1 Timers
- Breakaways
- Quick Release
- Changing Angles

Scoring

- Entries
- Net Drives
- Shot off a Pass
- East / West Plays
- Hi to Lo / Lo to Hi
- Rebounds / Tips
- Walkouts / Wraparounds

Key Teaching Concepts

- Head up
- Getting pucks through
- Finding the lane

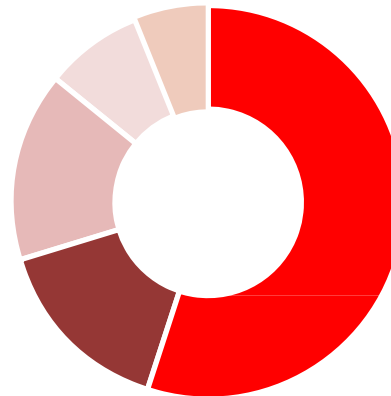
MAY / JUNE / JULY / AUGUST

Off season

Multisport Activities

Technical Skill Instruction

SEASONAL STRUCTURE BREAKDOWN CHART



15% - Introducing Technical Skills

35% - Developing Technical Skills

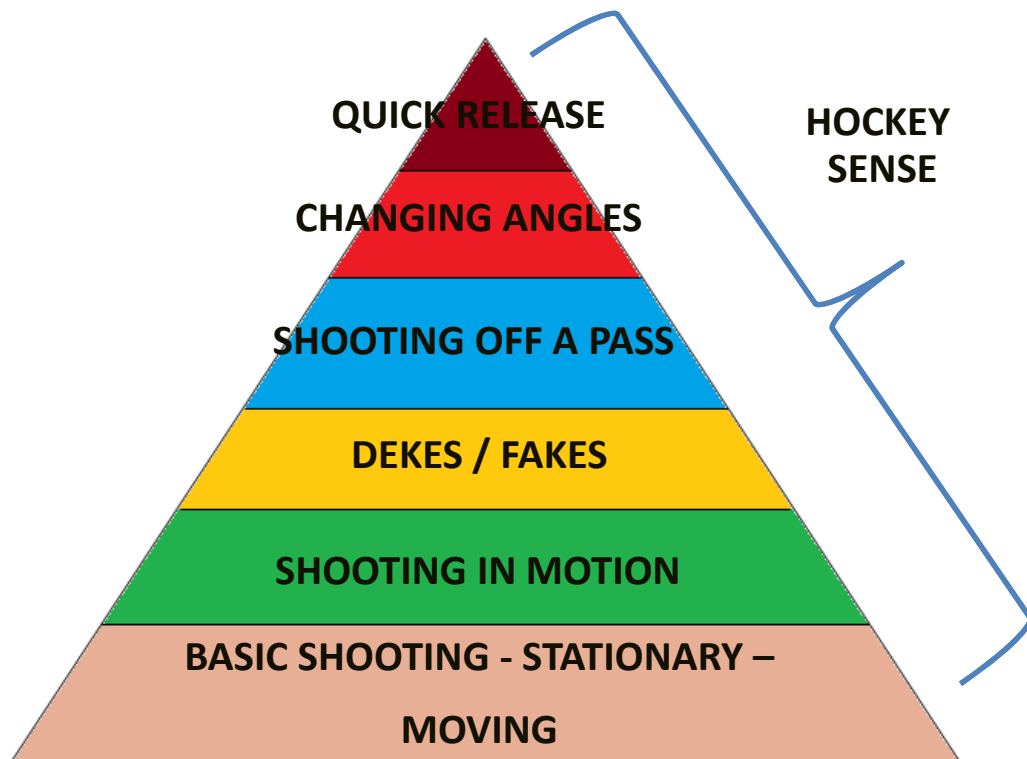
20% - Refining Technical Skills

10% - Introducing Individual Tactics

20% - Developing Individual Tactics



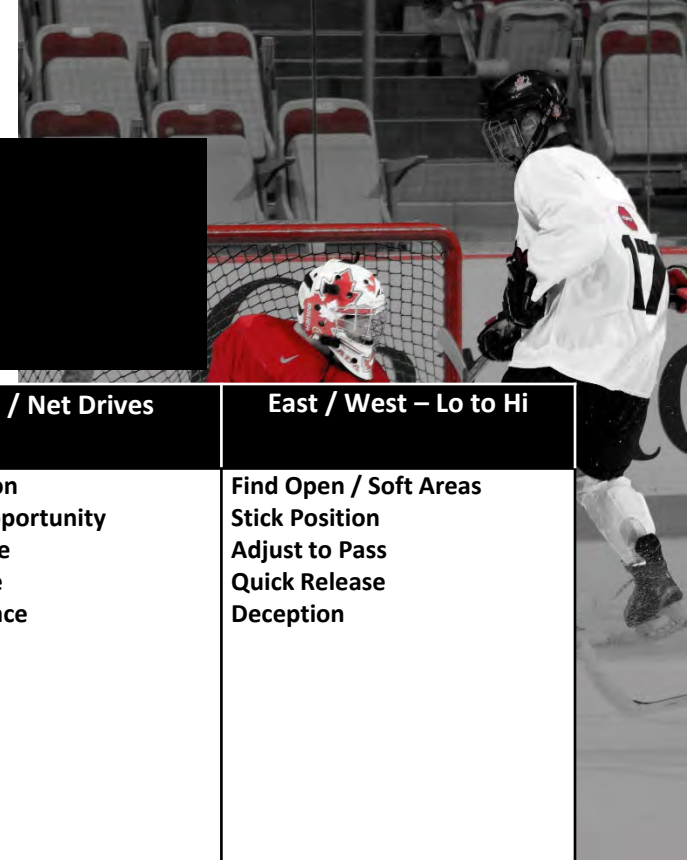
SHOOTING / SCORING SKILL DEVELOPMENT



1. For beginning players it is recommended that development be built on 75% technical skills and 20% on individual tactics and 5% on team tactics.
2. For the developing player it is recommended that development be built on 50% technical skills, 20% on individual tactics 30% on team tactics.
3. For the high performance player it is recommended that development be built on 35% on technical skills, 25% on individual tactics, 40% on team tactics



Shooting / Scoring Skills



| Stationary Shooting | Shooting in Motion | Dekes / Fakes | Entries / Net Drives | East / West – Lo to Hi |
|--|---|---|---|--|
| <p>Sweep shot – forehand Sweep shot – backhand Wrist shot – forehand – low Wrist shot – forehand – high Wrist shot – backhand – low Wrist shot – backhand – high Flip shot – forehand Flip shot – backhand</p> <p>Snap shot – low Snap shot – high Snap shot – quick release Snap shot – one timer</p> <p>Slap shot – low Slap shot – high Slap shot – one timer</p> | <p>Wrist shot – in motion Back hand in motion Snap shot in motion Slap shot – in motion 1 timers Pull in Push out</p> <p>Shooting off a Pass</p> <p>Soft catch forehand Soft catch backhand 1 timers 1 knee down</p> | <p>Fake shot forehand – go backhand Fake shot backhand – go forehand Five hole – forehand Five hole – backhand Quick Release Change of Pace Quick hands</p> | <p>Shot Selection Shoot for Opportunity Change Angle Create Space Change of Pace</p> | <p>Find Open / Soft Areas Stick Position Adjust to Pass Quick Release Deception</p> |
| Screens | Tips and Deflections | Below the Goal Line | Rebounds | Breakaways |
| <p>Courage / Willingness Balance Positional Awareness Change Puck Angle Timing / Depth Head Up / Deception</p> | <p>Athleticism Hand/Eye Coordination Timing Shoot For Sticks Courage/Willingness Anticipation</p> | <p>Walk outs Wrap arounds Puck Protection Change of Direction Acceleration Deception Range of Motion Quick Hands</p> | <p>Tracking Puck Body Position Hand/Eye Coordination Readiness/Anticipation Compete Good Feet</p> | <p>Quick Release Change Speeds Deception/Fakes Move Goalie E/W Patience Change Angles Quick Hands Edge Control</p> |



Skills In SAG's

- **Decrease the Space! Increase the Pace!**



These individual skills and tactics need to be built into practices and then combined with the team tactical play concepts. But, “you can’t play in the orchestra until you have mastered your instrument”. It is essential that we develop fundamentals in practice so they become automatic in games. Combined with the skills is the need for “read and react” situations so players “think the game” in practice as well as games.

Coaches need a yearly plan to prioritise these skills and to make sure they are taught. Certainly practices need to be built from game lessons but let’s not lose sight of the overall development needed to teach fundamentals to our young players

Small Area Games



What Are Small Area Games?



- ❖ Competitive hockey drills done in a smaller than normal playing area
- ❖ This can be cross ice, neutral zone, corners - depending on what coaches are trying to teach
- ❖ Usually less players participating but with a higher and consistent intensity. Lots of puck touches.
- ❖ Designed to simulate possible game-like situations that players can experience and learn from

Skills in SAG's

“Hockey sense” is basically a learned trait based on experience.

Game like conditions

Stops and starts

Develop Hockey Sense

Hockey often turns into a 1-1 battle;

Lateral Movement

Tight turns

Confidence



**Body Contact /
Contact Confidence**

Puts players in a situation where they need to “read and react”; make a decision

Transition skating

Angling / Steering

Resources



In-Class & On-Ice Clinics available to Coaches across Canada offered by your Provincial Branch Office

 HOCKEY CANADA DEVELOPMENT PROGRAMS



2018 - 19

 HOCKEY CANADA DEVELOPMENT PROGRAMS



2018 - 19



Resources



www.hockeycanadanetwork.com

 **BY THE NUMBERS**

 **800** TEAM CANADA GAME CLIPS

 **3,200** ARTICLES

 **300** PRACTICE PLANS

 **1,500** DRILLS

900  VIDEOS


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PLAY VIDEO

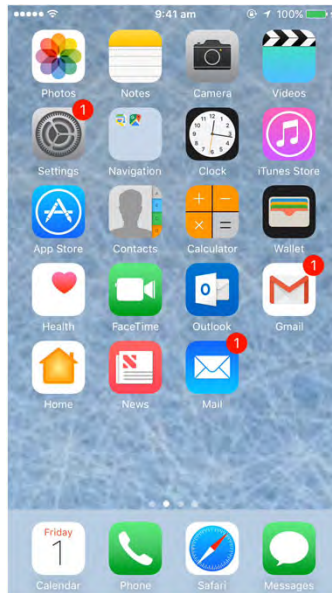


Resources

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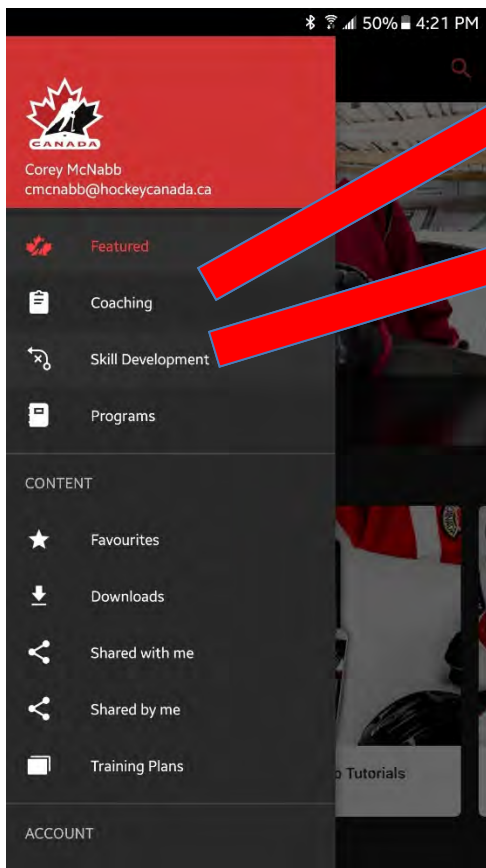
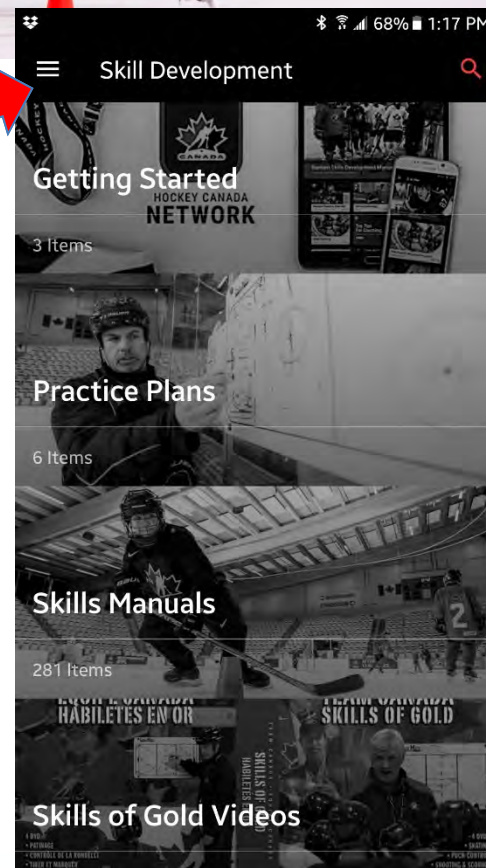
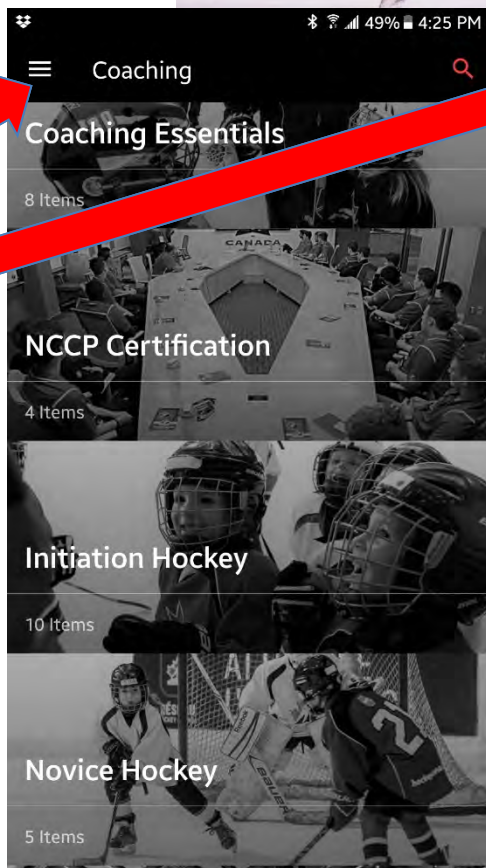
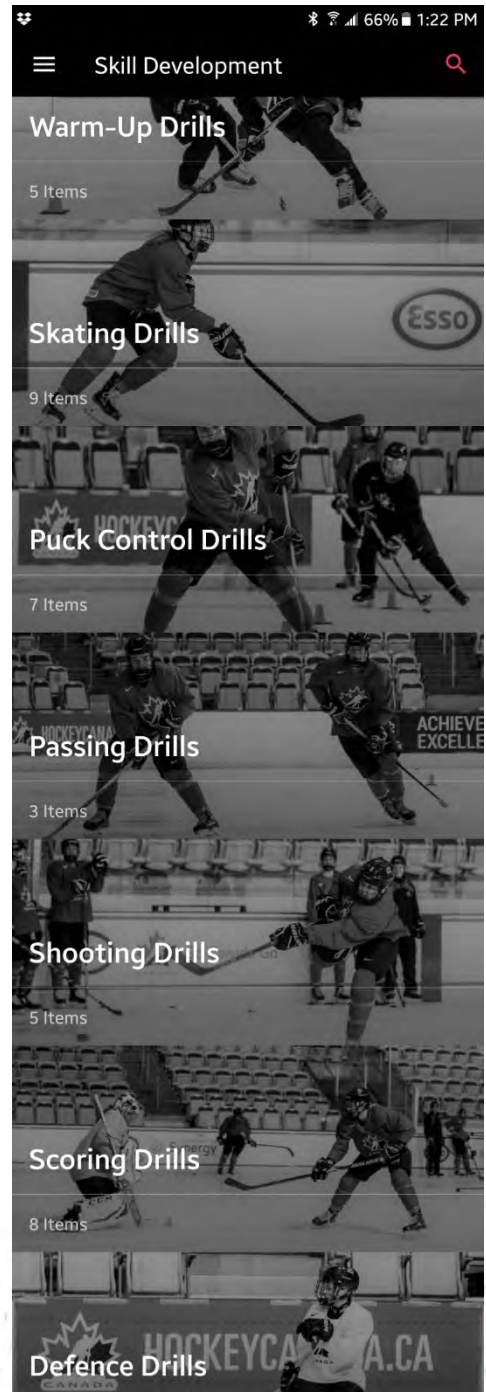
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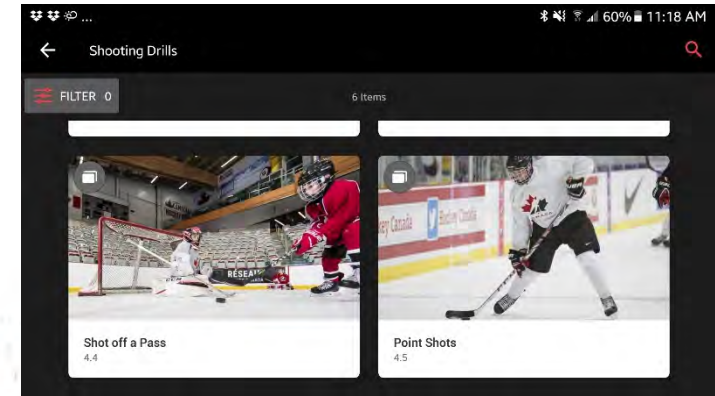
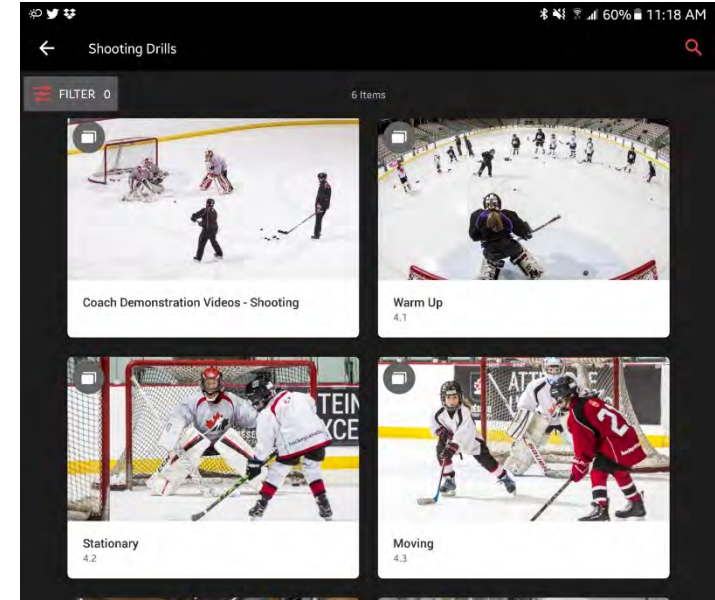
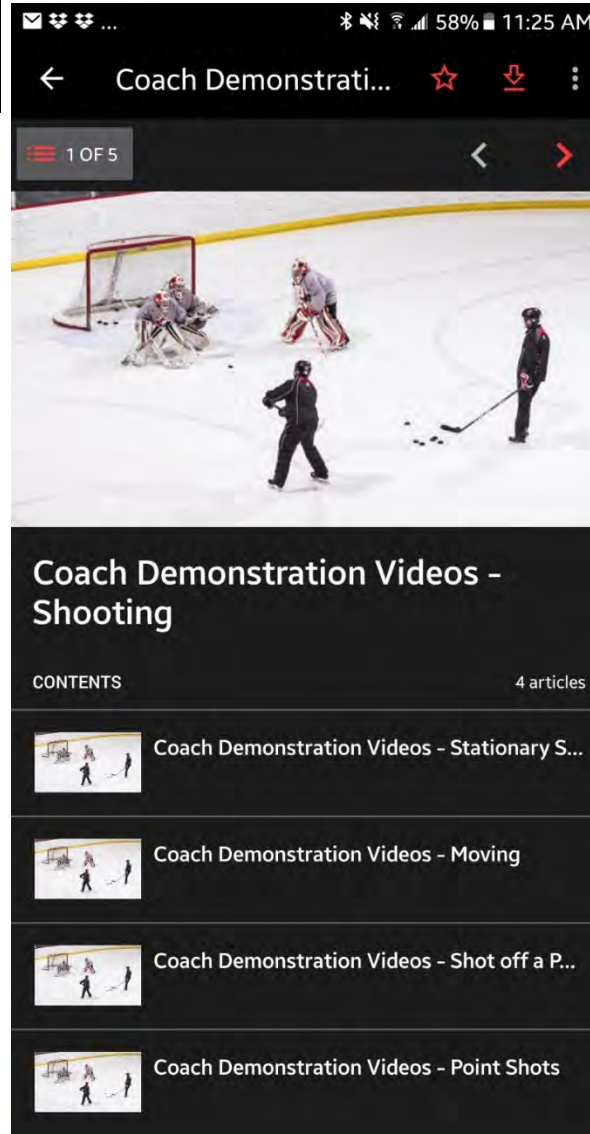
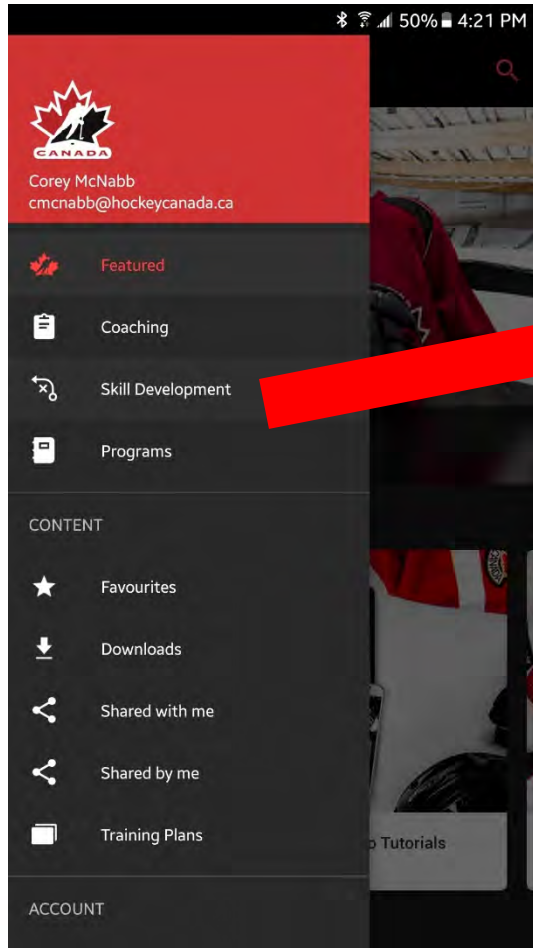




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Resources

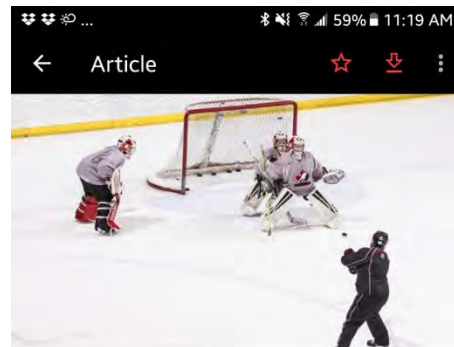
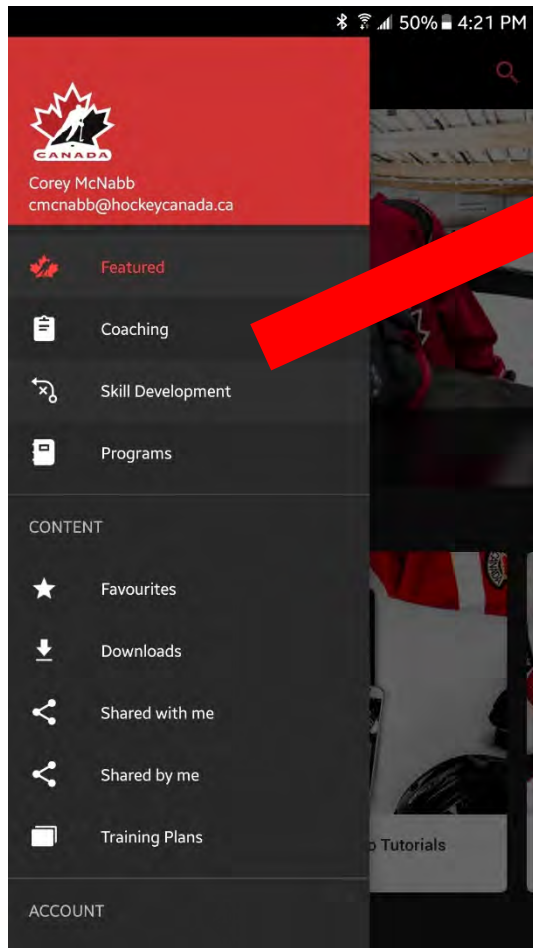




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Resources



Coach Demonstration Videos - Scoring

Down Low Rim Plays



Stick Lift - Shot



Entry - Backhand Sauce

