



Hockey Canada NCCP Instructional Stream 

## Shooting and Scoring - Level 1



Challenge – Learn - Improve **2020 - 21**

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**VISION: WORLD SPORTS LEADERS**

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## Hockey Canada's Mission Statement

*"To Lead, Develop, and Promote Positive Hockey Experiences."*



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The Canadian Way

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Hockey Canada's Instructional Stream

This new stream *trains* and *certifies*:

- It *trains* coaches who want to learn more about teaching skills
- It *certifies* people who want to teach specific hockey skills such as skating or defence to coaches and players

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What is the Purpose of this Clinic?

- In this clinic, you'll learn how to teach skills to players of all ages in a progressive manner
- This means you'll learn how to teach by building from skills to individual tactics

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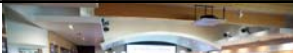
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### What Accreditation Does this Clinic Give Me?



- By taking this clinic, you become *trained* as a Level **1** Instructor of **Shooting and Scoring**
- This clinic is geared towards instructing players aged 5 – 8 but can be used for any age of athlete


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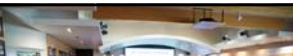
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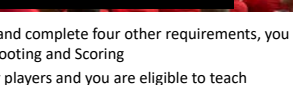
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### What If I Take More Skills Clinics?



- If you take all three clinics for this skill and complete four other requirements, you become certified as an Instructor of Shooting and Scoring
- This means you can instruct coaches or players and you are eligible to teach Shooting and Scoring clinics in the Instructional Stream
- The four other requirements are:
  - Successful completion of the online evaluation for the NCCP Make Ethical Decisions (MED) module
  - Successful completion of the Learning Facilitator training given by the Coaching Association of Canada
  - Attendance of Hockey Canada's National Skills Seminar
  - A successful Written and Field evaluation
- For information on the full range of accreditation possibilities in the NCCP Instructional Stream, see Slide 10


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### What Other Clinics Can I Take?

- Hockey Canada currently offers Instructional Stream clinics in these *areas of focus*:
  - Skating
  - Skills
  - Developing Defencemen
  - Checking Skills
  - Goaltending
  - Small Area Games
  - Shooting and Scoring
- Hockey Canada will add more areas of focus as the Instructional Stream develops




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### Instructional Stream Accreditation Options



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### Why Did Hockey Canada Develop the Instructional Stream?

- Because the drawbacks in our current development system have had serious negative consequences



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### Why Did Hockey Canada Develop the Instructional Stream?

**Drawbacks**

- Players overcompete and undertrain
- Adult programs are imposed on children
- Training programs for males are imposed on females
- Preparation is geared to short-term outcomes
- Knowledgeable coaches are concentrated at the elite levels
- The competition system interferes with athlete development
- Early specialization is demanded
- Fundamental movement skills and sport skills are not taught properly.
- Parents are not educated about long-term athlete development (LTAD)



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## Why Did Hockey Canada Develop the Instructional Stream?

### Consequences

- Players have poor movement abilities
- Players lack proper fitness and athleticism due to lack of multisport activity
- Skill development is poor
- Bad habits develop because of the overemphasis on winning
- Key skills are undeveloped and unrefined because of undertraining
- Female athletes don't reach their potential because their programs are inappropriate
- Kids don't have fun, because they're playing in adult-based programs
- There's no systematic development of the next generation of successful players



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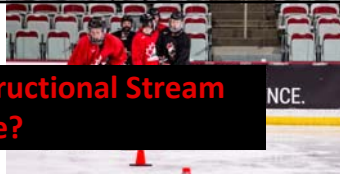
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## How Will the Instructional Stream Make a Difference?

- By putting the player development process at the forefront and refusing to compromise about the importance of this process
- By implementing a standardized technical curriculum and methodology for instruction
- By building a foundation for players to enjoy hockey and reach their potential



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## How Will the Instructional Stream Make this Happen?

- By identifying the skills needed for each area of focus
- By developing a 3-level age-appropriate program that reflects Hockey Canada's LTAD model
- By giving coaches and instructors practical resources to support them throughout the year
- By encouraging coaches to create a yearly plan to implement skills in practices
- By being practical, simple, easy to follow, and GOOD
- By giving coaches what they need in the format they want it in
- By promoting sharing – "The best coaches are the best thieves"



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## How Will the Instructional Stream Make this Happen? (cont'd)

More specifically... putting together a plan in these key areas:

- Development plan
- Skill improvement
- Drills
- Observation
- Sequencing/Progressions
- Teaching progressions



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## Development Plan

- Identify the specific skills needed to develop our players
- Decide how to best develop these skills in our players
- Implement specific skill development in our drill designs and practice plans
- Develop and make available resources that can help us achieve our goals
- Design a productive yearly development plan



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## Skill Improvement

- To best develop the skills their players need, instructors need to know:
  - Where players are in their skill development
  - Where players need to get in their skill development
  - What skill development is required
  - What tactical development is required
  - How to teach/instruct the skills players need
  - What teaching process to use
  - What game/team play consists of
- Once an instructor knows the areas players need to work on, he or she needs to include efficient drills focused on repetition and specificity in all practices



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## Drills

- Drills are effective only if executed properly
- Instructors need to execute the drill, observe players as they do the drill, and correct their technique
- Repetition is the key to improvement

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## Observation

**DETECTION  
CORRECTION  
DEVELOPMENT**

*"We are what we repeatedly do.  
Excellence, therefore, is not an act, but is  
a habit."*

- Aristotle

**WOODEN'S EIGHT  
LAWS OF LEARNING**

1. Explanation
2. Demonstration
3. Imitation
4. Repetition
5. Repetition
6. Repetition
7. Repetition
8. Repetition

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## Sequencing/Progressions

- "You can't play in the orchestra until you learn how to play the violin first"
- Master individual skills before trying to master tactics and systems: D-specific only **after** the fundamentals, for example
- There are many skills to teach and many minor hockey coaches have limited practice time: you have to be organized!



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## Teaching Progressions



5 key points to consider:

- 1) Technique
- 2) Practice
- 3) F.I.O. – Figure it Out
- 4) Practice with purpose and speed
- 5) Game application



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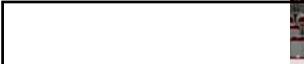
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## Technique



- Teach skills not only for technique, but also for results
- Repetition helps players become consistent performers
- Results happen when repetition leads to mastery so technique can be incorporated into drills and ultimately into games



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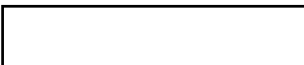
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## Practice



- Practise at a speed so players can learn
- Use progressions:
  - 1) If you can't do it standing still...
  - 2) You can't do it moving...
  - 3) And you can't do it to beat an opponent
- Work on the same skills in a variety of drills
- Players need to learn at a speed where they can practise, think, and create without worrying about making mistakes



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## F.I.O. – Figure it Out

- *Figure It Out* is all about creativity and improvisation
- If players are attached to the outcome — **if they're worried about making a mistake — they won't reach their creative potential — they need to let go!**
- Create or set up the drill, and let players decide on the patterns


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## Practise With Purpose and Speed

- Once players have practised a technique, they need to do it with purpose
- The next step is to practise with purpose **AT GAME SPEED**
- When players can skate with purpose and speed, they can do it without thinking; it then happens automatically, and deception and creativity can come into play


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## Game Application

- Once players have mastered technique, once they've practised, once they've figured it out with purpose and speed — then comes the most important aspect of all!!!
- We all know great practice players, but the great ones can do it in a game!
- To get players to buy into this approach, you need to show them how it applies **IN A GAME**


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## Skill Development

Skill Development doesn't have to be complicated. Keep it simple!





ACHIEVE EXCELLENCE


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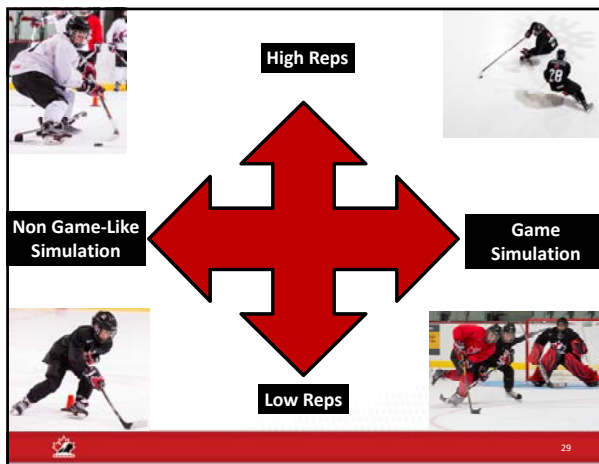
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## Shooting and Scoring Introduction

The goal of the game is to undoubtedly score goals. This presentation is geared towards looking at 10 ways in which goals are scored and the shooting / scoring skills required in order for that to happen




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### Where Goals Are Scored From



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

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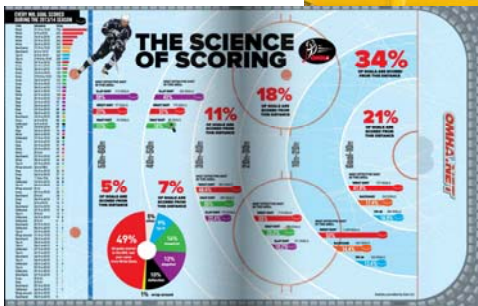
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### Where Goals Are Scored From



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### 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

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## Basic Shots

There are 7 basic shots used to score goals

- Wrist Shots
- Backhands
- Flip Shots
- Snap Shots
- Slap Shots
- Tips / Deflections
- Dekes



### Shooting Concepts

- 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



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## Basic Shots

### Wrist Shots






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## Basic Shots

### Wrist Shots






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2020, Hockey Canada

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# Basic Shots

## Backhands


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# Basic Shots

## Backhands


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# Basic Shots

## Flip Shots






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# Basic Shots

## Snap Shots





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# Basic Shots

## Slap Shots


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# Basic Shots

## Dekes


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Beyond The Basic Shot

Shooting in stride





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Beyond The Basic Shot

Shooting off a move


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Beyond The Basic Shot

Shooting off a pass


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## Beyond The Basic Shot

**Fhd/bhd – bhd/fhd**

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## 10 Ways In Which Goals Are Scored

**There are 10 basic ways in which goals are scored**

The scoring situations are broken down to 10 categories to help shooters recognize the situation and select the best way to attack it



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## Scoring Skill Development

### 10 Scoring Situations

Shooters have to be able to read goaltending options, their own team mates and the defending players position while processing each situation

The 10 scoring situations are:

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



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## 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.

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## 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.

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## 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



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# Clear Shots






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# 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






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# Entries






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## 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





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## Net Drives




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## 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


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# East / West




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# 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




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# Low To High / High To Low




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## 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



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## Screens



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## 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



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Tips & Deflections




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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





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Below The Goal Line




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Below The Goal Line




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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





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Rebounds




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## 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



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## Breakaways



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## Breakaways



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## Quick Release

Probably the most important aspect of shooting



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## Quick Release



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## Quick Release



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## Quick Release



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## Small Area Games

Small area games push players to use their skating and puck skills in competitive situations



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## Coaches - Food For Thought!

- ❖ Coaches must also continuously refine their Technical Hockey Skills & Coaching abilities
- ❖ As the players change, so does the game - coaches must also adapt to a changing game
- ❖ It is your job as a coach to provide age specific, progressive, technical, and correctional training to enhance these skills
- ❖ Off-ice training is extremely valuable in assisting with Shooting and Scoring Development

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## Yearly Plan

- ❖ We encourage coaches to set priorities for your Forwards and Defense and establish a teaching sequence
- ❖ Design warm ups, team drills and splits ( Forward and Defense specific )
- ❖ Teach, practice, give feedback and repeat
- ❖ Be cognisant of what you need to teach and how much practice time you have
- ❖ Record what you do ( save your practice plans )


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## Make It Fun!

- ❖ Teach skills and tactics but remember it is a game that teaches so much more....
- ❖ Make it a good place for kids to be




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## Complacently Isn't an Option

- ❖ There is no standing still....you either get better or you are left behind
- ❖ This is true for coaches and players




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## Resources



[www.hockeycanadanetwork.com](http://www.hockeycanadanetwork.com)

**BY THE NUMBERS**

- 800 HOCKEYCANADA GAME CLIPS
- 3,200 ARTICLES
- 300 PRACTICE PLANS
- 1,500 DRILLS
- 900 VIDEOS



**HOCKEY CANADA NETWORK**  
RÉSEAU HOCKEY CANADA

PLAY VIDEO

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## Resources

### SUBSCRIBE

*Getting started is easy...*

Download the app through the App Store or Google Play.





PLAY VIDEOS

Subscribe in-app or online for immediate access, distribution and savings.

[www.hockeycanadanetwork.com](http://www.hockeycanadanetwork.com)

Purchase Hockey Canada Network access codes online for your team or local minor hockey organization.



### NETWORK

The Hockey Canada Network app is available for iOS and Android devices. It provides access to the Hockey Canada Network app (Hockey Canada Network app) and the Hockey Canada Network app (Hockey Canada Network app).

**Free**  
Includes the app and access to the Hockey Canada Network app (Hockey Canada Network app) and the Hockey Canada Network app (Hockey Canada Network app).

**Premium**  
Includes the app and access to the Hockey Canada Network app (Hockey Canada Network app) and the Hockey Canada Network app (Hockey Canada Network app).

Subscribe Online and Save

Subscribe to Hockey Canada Network app (Hockey Canada Network app) and the Hockey Canada Network app (Hockey Canada Network app).

Subscribe Now

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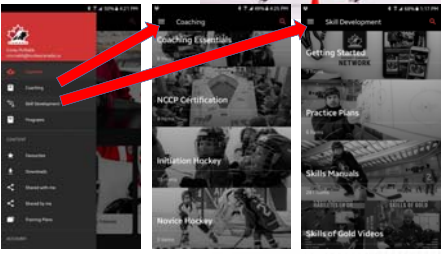
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## Resources





**COACHING**

- Coaching Essentials
- NCCP Certification
- Initiation Hockey
- Minor Hockey



**SKILL DEVELOPMENT**

- Warm-Up Drills
- Skating Drills
- Pick Control Drills
- Passing Drills
- Shooting Drills
- Scoring Drills
- Defensive Drills

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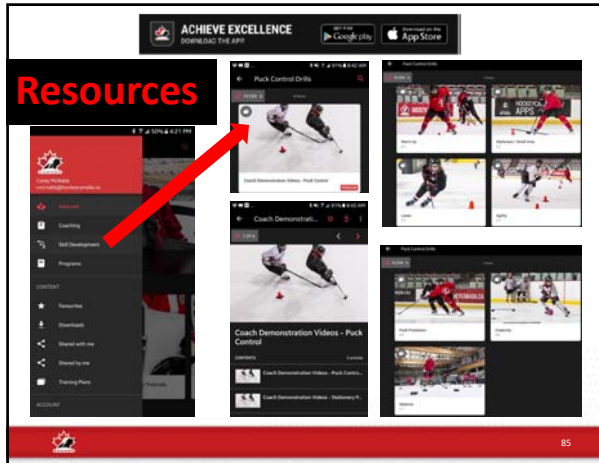
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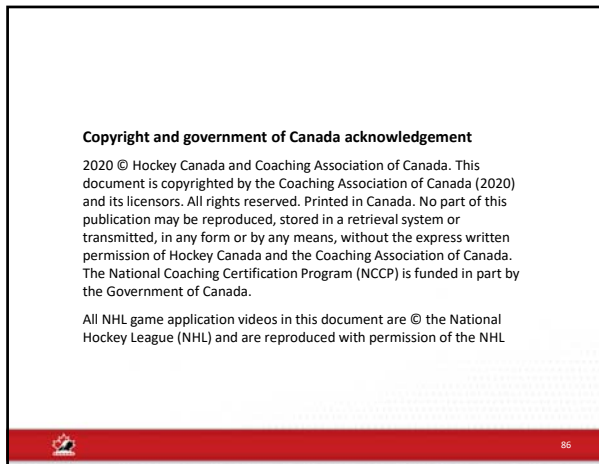
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