

Hockey Canada NCCP Instructional Stream



Shooting and Scoring - Level 1 - On – Ice Plan

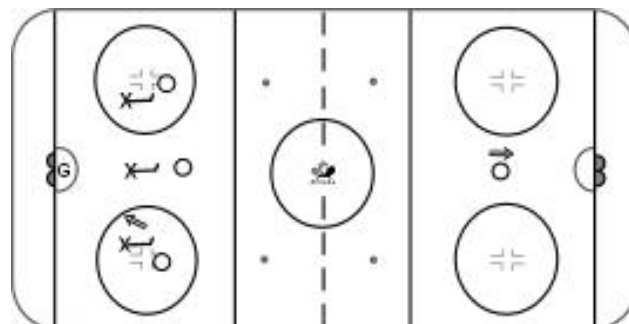
Drill Name & Description

Shooting – Basic Shots – Forehand (Wrist)

- Pucks and players in high slot.
- Use obstacle to show the movement pattern for shot on net
- Move puck up one side of obstacle, pull it back and release shot on other side of obstacle

Key Teaching Points

- Work on smooth continuous action
- Shoot hard and high



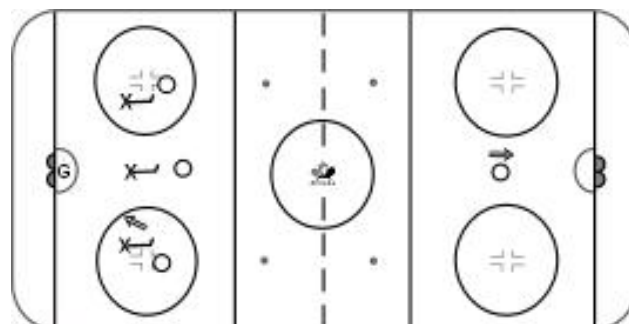
Drill Name & Description

Shooting – Basic Shots - Backhand

- Pucks and players in high slot.
- Shooter starts with puck on forehand side, slide puck under obstacle to backhand side for shot.
- Puck needs to go wide to backhand side for leverage

Key Teaching Points

- Rotate upper body and bring puck wide and slightly back to get more leverage.



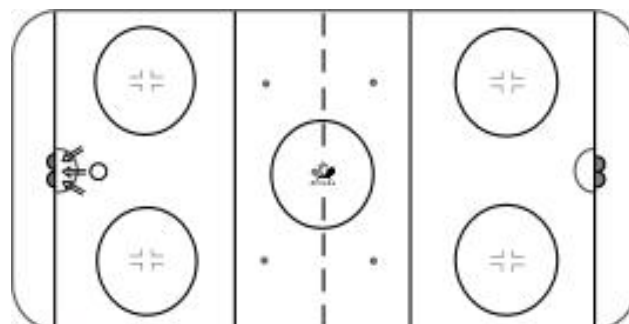
Drill Name & Description

Shooting – Basic Shots – Flip Shots

- Place pucks in the crease.
- Players must slide their bottom hand lower down the shaft for better leverage and by using the toe of the blade combined with a good knee bend, dig the puck off the ice.
- The puck can either be scooped up while stationary or it can be dragged close to the body and lifted, all in one motion.
- For a backhand flip shot the heel of the blade is used instead of the toe to dig the puck off the ice. The puck is shot upward with a shovelling motion of the arms shoulders.

Key Teaching Points

- Follow through high

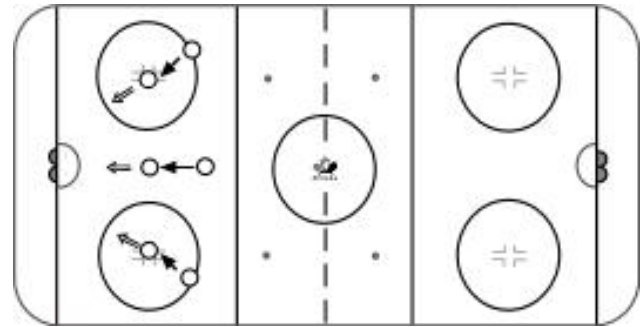


Drill Name & Description**Shooting – Basic Shots – Snap Shots**

- Pucks in the middle of the ice, shooter directly in front of the pucks just above the hash marks
- Coach passes puck from directly behind the shooter who has to time the movement so the puck is grabbed back in the stance and moved forwards until the puck is released.
- Must be done in one motion, with no slapping of the puck

Key Teaching Points

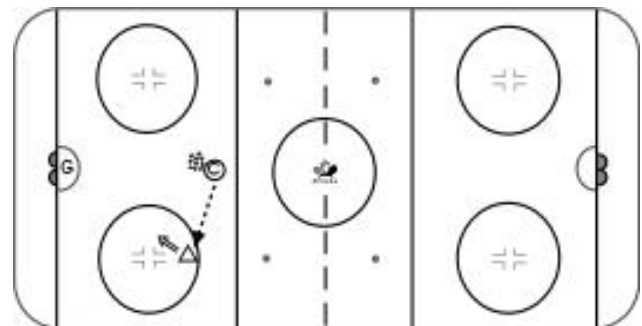
- Quick wrists to release the puck quickly
- No slapping of the puck
- Pass the puck quicker to work on quicker hands

**Drill Name & Description****Shooting – Basic Shots – Slap Shots**

- Place pucks in the middle of the ice.
- Players are off to left or right depending on what hand they shoot
- The slap shot can be executed while stationary, or in motion, and as with any shot, timing is the key.
- Players can practice the slap shot on their own by dragging the puck toward their body and shooting while it is still in motion or while shooting off a pass

Key Teaching Points

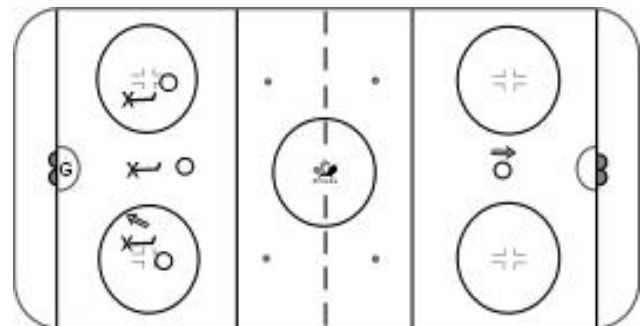
- Feet Wide
- Figure out release point (position of puck in between the feet)

**Drill Name & Description****Shooting – Basic Shots - Dekes**

- Players can be placed in 3 lines on the ice near the top of the circles. (Can also place one line in the middle of the ice and have players attack net from there.)
- They need to learn to come at the net from all 3 angles and learn different moves from each location

Key Teaching Points

- Head fakes / stick fakes / change speed
- Range of motion / quick release
- set up move then pay off move

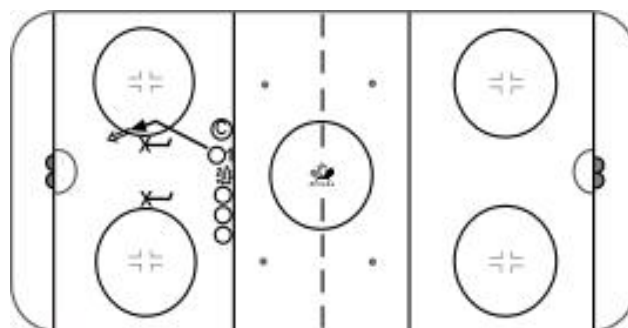


Drill Name & Description**Shooting – Beyond the Basic Shot – Shooting in Stride**

- Place obstacles in middle of ice near top of circles
- Players skate in on their off wing, pull puck towards body and then shoot puck off toe of stick for quick release
- Load puck near centre line of body to optimize stick flex

Key Teaching Points

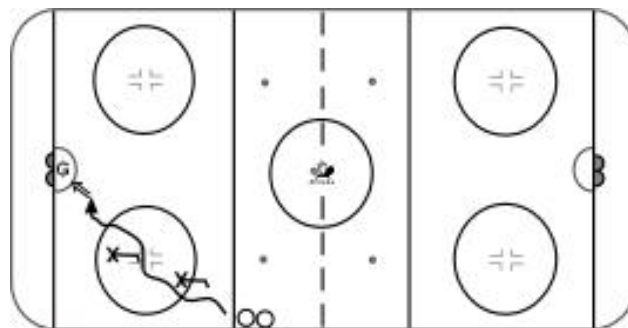
- Pull puck towards body, shoot off of front foot

**Drill Name & Description****Shooting – Beyond the Basic Shot – Shooting off a Move**

- Pucks on boards at blue line. Obstacle / Coach at top of circle, second one near bottom of circle.
- Players skate towards obstacle and perform random moves to get by obstacle.
- Encourage creativity

Key Teaching Points

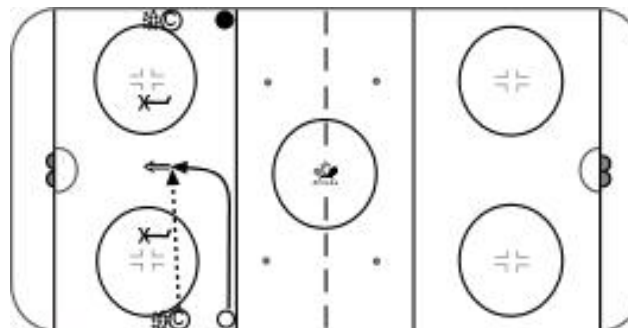
- Utilize different moves, deception and creativity
- Perform moves at game speed, shoot to score

**Drill Name & Description****Shooting – Beyond the Basic Shot – Shooting off a Pass**

- Pucks on boards just above the hash marks
- Players start on blue line on same side of ice
- Skate across blue line, then drive the middle lane, receive pass from coach and shoot on front foot without stick handling

Key Teaching Points

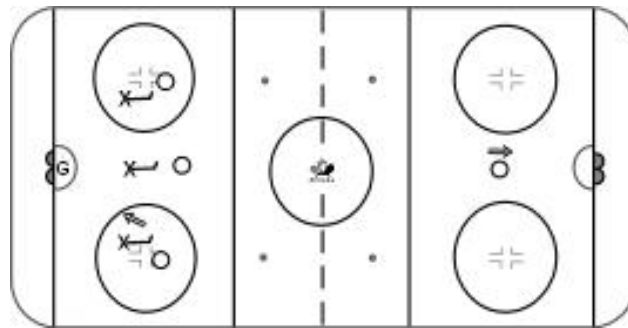
- Hands away from body, load outside leg
- Catch pass and bring across body in one motion and shoot on front foot

**Drill Name & Description****Shooting – Beyond the Basic Shot – Fhd to Bhd and Bhd to Fhd**

- Place obstacles in 3 spots approximately in line with the hash marks
- Players will start stationary with pucks on the backhand side, move puck under the obstacle to the forehand side for a quick shot – 10 reps then start pucks on the forehand side and move to backhand.
- Can progress to moving
- Can progress to performing move off a pass

Key Teaching Points

- Smooth pull of the puck under the obstacle
- No stickhandling – get puck wide enough to shoot without stopping it

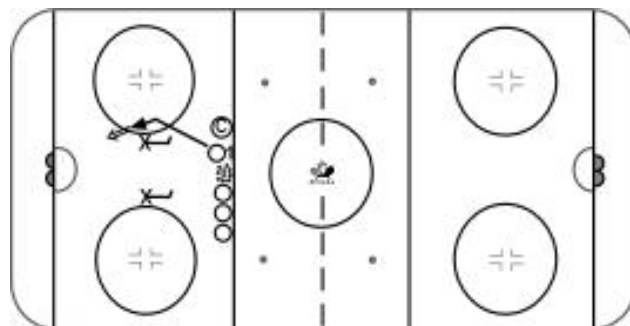


Drill Name & Description**Shooting – 10 Scoring Situations – Clear Shots**

- Players line up in two lines just outside of the blue line. Place two obstacles above the hash marks in the slot.
- Players alternate skating towards the obstacles and performing a shooting skill.

Skills involved:

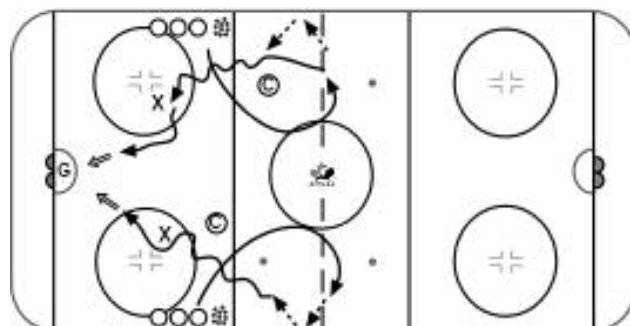
- Change angle – quick pull/toe drag - wrist shot
- Pull to backhand – shot
- Eberle move
- Cross lanes – Wrist shot

**Drill Name & Description****Shooting – 10 Scoring Situations - Entries**

- Pucks at blue line, players line up towards corner.
- Skate into neutral zone, turn towards boards, pass puck off of boards then pick it up and attack blue line with speed.
- Approach obstacle, perform a move and then shoot the puck immediately after the move

Key Teaching Points

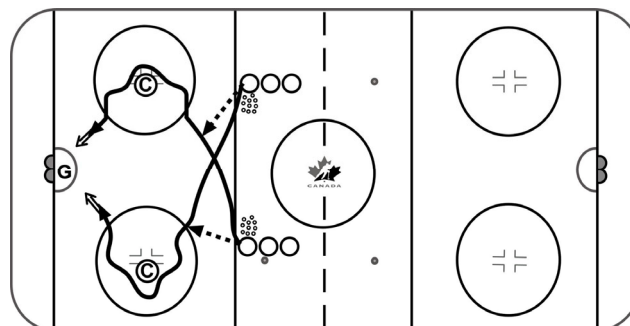
- Head or shoulder fake, then slide stick off puck or over puck to create deception
- Change puck angle

**Drill Name & Description****Shooting – 10 Scoring Situations – Net Drives**

- Players on dots outside blue line, coaches on dots in corner circles.
 - Players skate diagonally across ice and get a pass from the first player in the opposite line.
- 1) Protect puck past coach to net
 - 2) Open up and protect puck on forehand or backhand past coach
 - 3) Stop and spin back inside in front of coach – (Spin away from stick)

Key Teaching Points

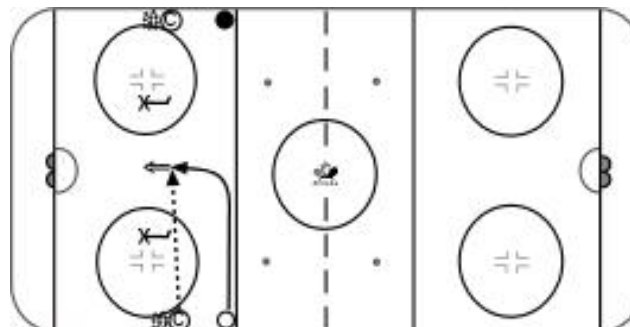
- Keep feet moving
- Protect puck, place in position that can't be poke checked

**Drill Name & Description****Shooting – 10 Scoring Situations – East / West Plays**

- Pucks on boards just above the hash marks
- Players start on blue line on same side of ice
- Skate across blue line, then drive outside the far post, receive pass from coach and shoot on front foot without stick handling

Key Teaching Points

- Hands away from body, load outside leg
- Catch pass and bring across body in one motion and shoot on front foot
- No stickhandling
- Make sure path is outside far post to force goaltending to move the greatest distance laterally

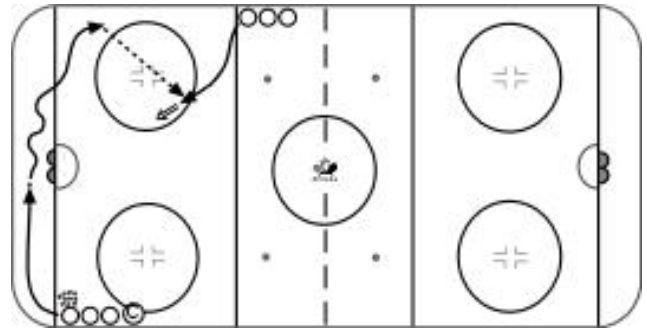


Drill Name & Description**Shooting – 10 Scoring Situations – High to Low / Low to High**

- Forwards start in corner, Defence on blue line on opposite side
- Forward picks puck up behind net, opens up to protect puck on backhand then passes to D jumping in the lane.

Key Teaching Points

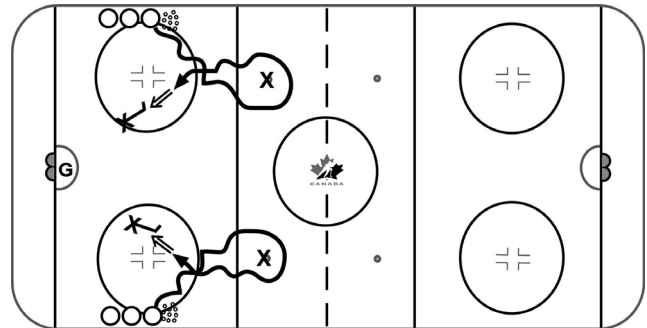
- Quick feet out of corner
- Protect puck coming from behind the net
- communicate with D for making the pass

**Drill Name & Description****Shooting – 10 Scoring Situations - Screens**

- Players approach “inside out” from the blue line and attack the obstacle which simulates a defender
- Players approach the “defender” with speed, head up, puck under control with the goal of getting a shot on the net. In a game the attacker would read the defender. In these drills, the attacker can practice a variety of 1-1 attack tactics on a stationary obstacle.

Key Teaching Points

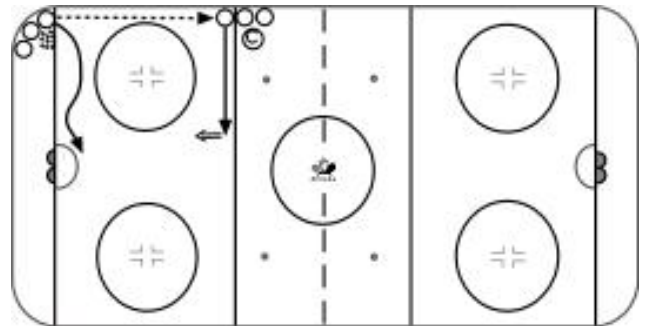
- Player reads that the “defender” has backed in on his goalie. Here player shoots through the screen created. Player can shoot around defender or through their “legs”. Make sure player’s head is up before the shot. “Pull it, see it, shoot it.”

**Drill Name & Description****Shooting – 10 Scoring Situations – Tips and Deflections**

- Forward to D and D takes puck quickly to middle of ice
- D gets head up and shoots for forward’s stick for a deflection on net
- Next Forward and D go

Key teaching points

- Ds walk blue line and get to shooting area quickly
- Ds get head up to see where F is and where they want the puck
- Shoot for their stick anticipating a deflection
- Ds make a decision to shoot on net or for a deflection



Drill Name & Description**Shooting – 10 Scoring Situations – Below the Goal Line****1) Inside Edge Wraparound**

-Players line up in two lines outside of the blue line. On the whistle, players alternate skating around the net and perform a wraparound.

Key Teaching Points

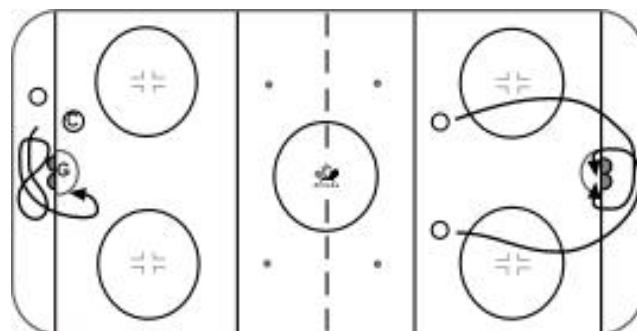
-Players focus on riding their inside edge while performing the wraparound.

2) Crosby Behind the Net

-Players in opposite corners with puck.
 -Skate behind net, when at far post tight turn or open up for heel to heel turn.
 -Change direction several times by making quick turns towards boards to protect puck
 -Bring puck out in front for shot on net.

Key Teaching Points

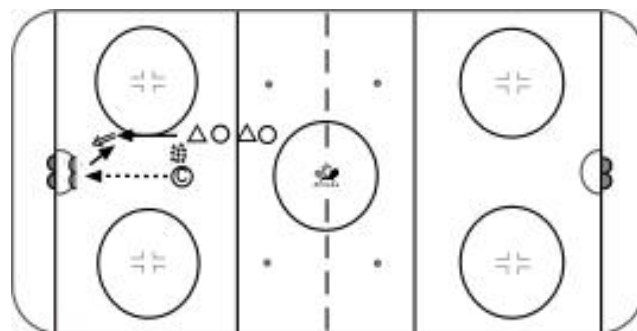
-Quick change of direction using quick feet and protecting the puck to lose a defender and create a scoring chance

**Drill Name & Description****Shooting – 10 Scoring Situations - Rebounds**

-Pucks in slot, second net laying down flat on ice to create rebound.
 -Coach passes puck off of crossbar, player skates in retrieves puck and utilizes quick hands to bury rebound.
 -Pull puck back then forward to create better shooting angle

Key Teaching Points

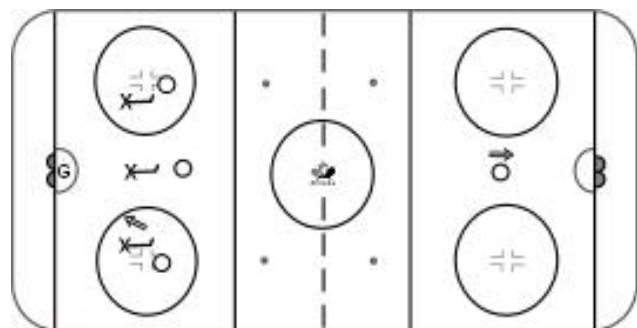
-Net laying down creates consistent rebound
 -Players need to corral puck and make quick movement to shoot puck
 -Try to shoot high

**Drill Name & Description****Shooting – 10 Scoring Situations - Breakaways**

-Players can be placed in 3 lines on the ice near the top of the circles. (Can also place one line in the middle of the ice and have players attack net from there)
 -They need to learn to come at the net from all 3 angles and learn different moves from each location

Key Teaching Points

-Head fakes / stick fakes / change speed
 -Range of motion / quick release
 -set up move then pay off move



Drill Name & Description**Shooting – 10 Scoring Situations – Quick Release**

- Players start in opposite corners. Right hand shots in one corner, left hand shots in the other.
- Skate around top of circle and receive pass from opposite corner

Key Teaching Points

- Receive pass across body and in one motion move puck to forehand and shoot off of front foot
- No stickhandling

