



Hockey Canada NCCP Instructional Stream



Shooting and Scoring  
– Level 2



Challenge – Learn - Improve

2020 - 21

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96 RESOURCES

-Clear Shots

-Entries

-Net Drives

-East / West Plays

-Low to High/High to Low

-Screens

-Tips and Deflections

-Below the Goal Line

-Rebounds

-Breakaways

-Quick Release

-Hockey Canada Network

-Drill Hub

Hockey Canada believes every player should have the chance to participate in the great game of hockey, to learn the skills of the game, and be given the opportunity to achieve a sense of accomplishment through their participation.

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Hockey Canada's Mission Statement

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



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2020, Hockey Canada

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The Canadian Way

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Key Steps to building a Programming Model

The most important aspects of Minor Hockey Association development are:

- 1) Consistency in the coaching philosophy
- 2) Consistency in what the coaches are teaching.
- 3) Remove the focus of winning at all levels and ages

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Key Steps to building a Programming Model

A Minor Hockey Association's / Coach's success will be based on 3 main aspects:

- 1) Enjoyment of players coming to the rink everyday
- 2) Improvement of players' skills
- 3) Developing of players to play at the next level

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## Key Steps to building a Programming Model

By implementing a **standardized technical curriculum and methodology for instruction**, your association is building a foundation for athletes to enjoy the game of hockey and reach their potential.

While it should be the goal of each team to be successful in their league, the player development process should be at the forefront of each team and this **development component must not be compromised**.

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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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## Coaching Development Plan

- ❖ Identify **specific skills** needed to develop our players
- ❖ As coaches, we need to decide how we can best **develop** these skills in our players
- ❖ We then need to **implement** specific skill development into our drill designs and practice plans
- ❖ We need to use **resources that** can help us achieve our goals
- ❖ Then, we need to design a productive **yearly development plan!**

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## Drills / Execution / Repetition



- ❖ Drills are only effective if executed properly
- ❖ Coaches need to execute the drill, observe and correct players in the proper technique
- ❖ Repetition of skills is key to improvement



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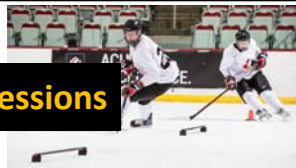
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## Sequencing/Progressions



- ❖ “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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## 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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## 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!




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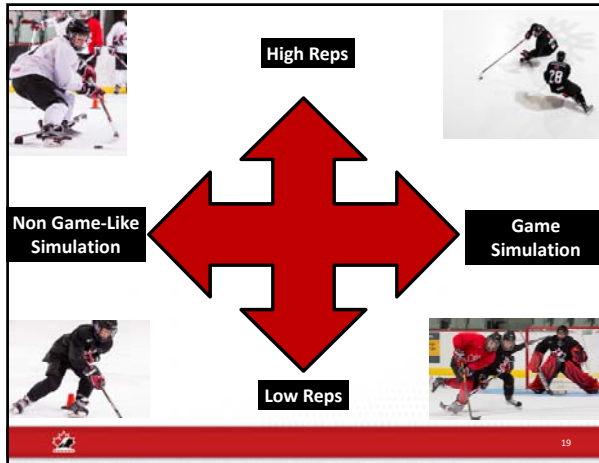
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## Shooting and Scoring

The Shooting and Scoring Clinic Series consists of the following progressions:

- Basic Shots
- Beyond the Basic Shot
- 10 Scoring Situations
- Quick Release

Level 1	Level 2	Level 3
Basic Shooting	Shooting	Shooting
	Scoring	Scoring
		Shooting Skills in Combination

Each level gets progressively more advanced and complex designed to challenge the coach and therefore their players.

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## 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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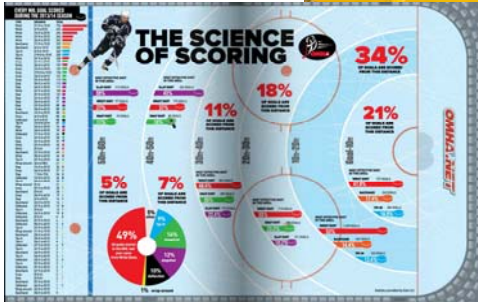
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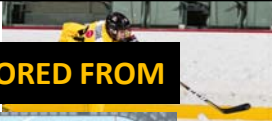
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WHERE GOALS ARE SCORED FROM






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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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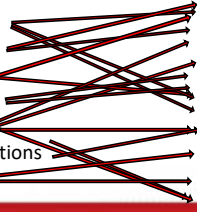
## BASIC SHOTS

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 – Off a Pass

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## BASIC SHOTS

Wrist Shots – Off a Pass

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# BASIC SHOTS

## Backhands


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# BASIC SHOTS

## Backhands - Moving


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# BASIC SHOTS

## Flip Shots – In Tight Shots


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# BASIC SHOTS

## Snap 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 –  
Forehand / Backhand / Bad Pass




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# BEYOND THE BASIC SHOT

Shooting off a pass  
– 1 Knee Down




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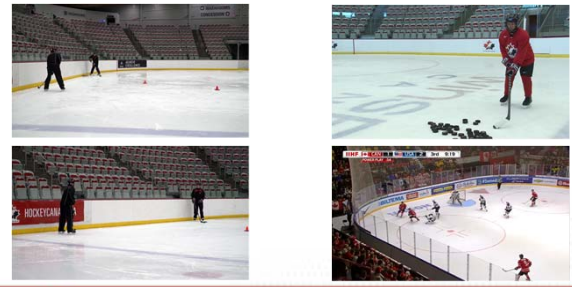
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# BEYOND THE BASIC SHOT

Point Shots




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BEYOND THE BASIC SHOT

Point Shots





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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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# CLEAR SHOTS



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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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ENTRIES




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ENTRIES



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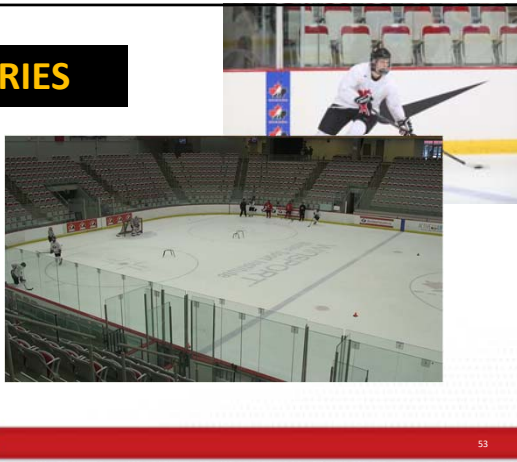
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ENTRIES



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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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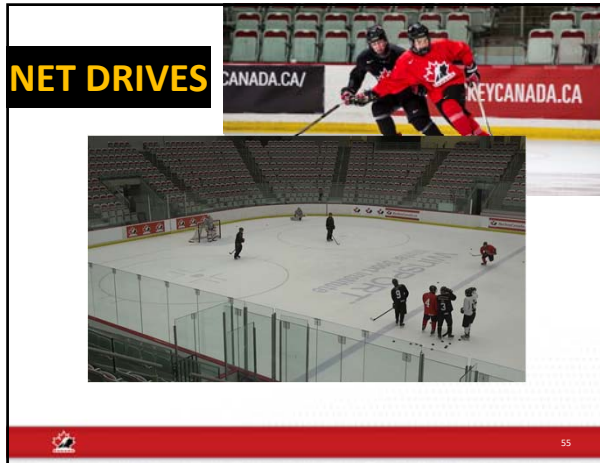
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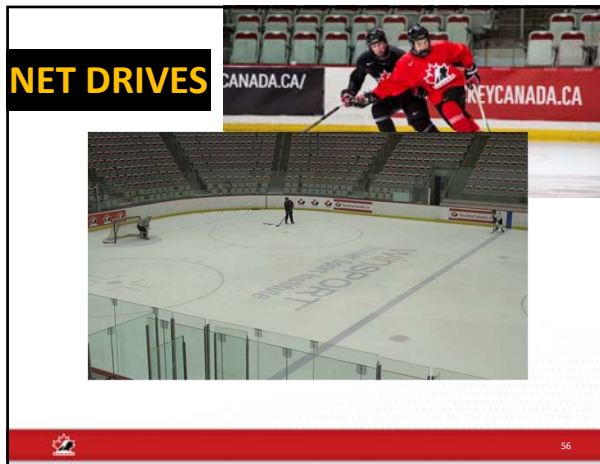
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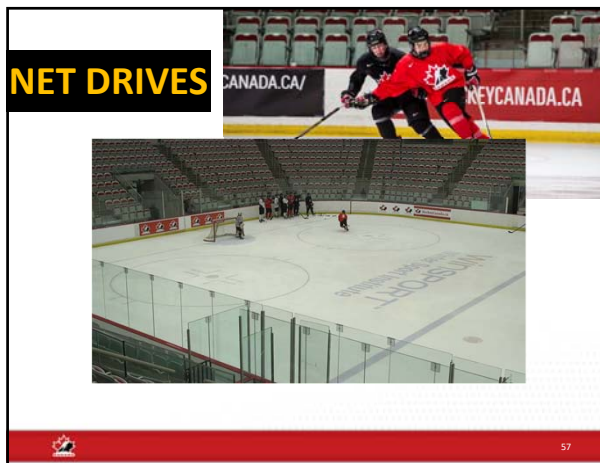
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# EAST / WEST

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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# EAST / WEST






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EAST / WEST




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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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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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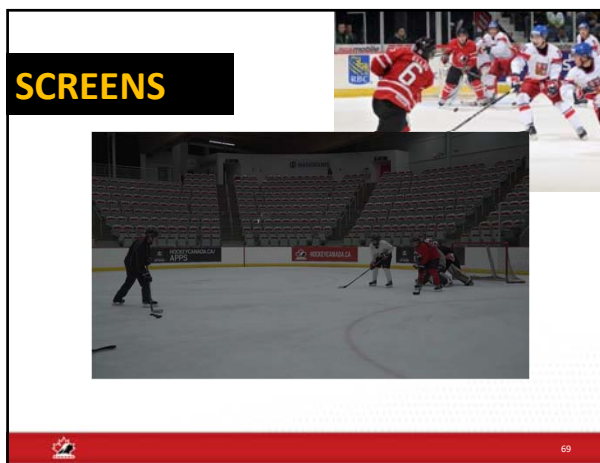
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TIPS & DEFLECTIONS

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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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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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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REBOUNDS


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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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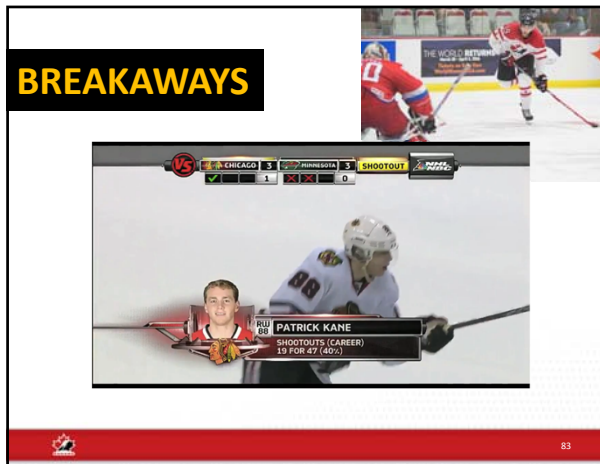
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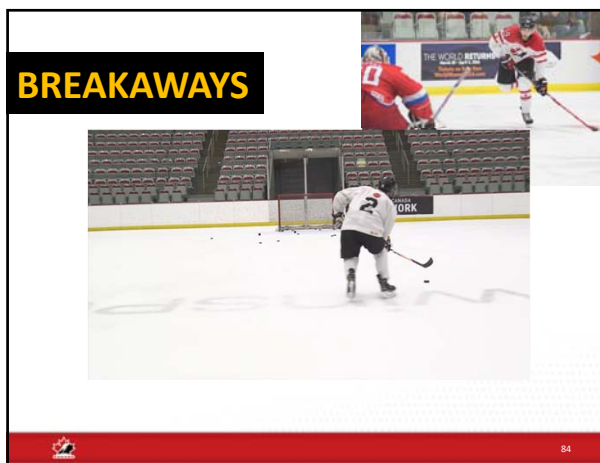
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# QUICK RELEASE

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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**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
- ❖ There are 8 Specialized Skating Skills – 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 Skating Skill 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)



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 is available for all registered players, coaches and parents. It is a secure online platform where you can access a wealth of resources, including training videos, practice plans, and more.

**Free**

Access to the network is free for all registered players, coaches and parents. It is a secure online platform where you can access a wealth of resources, including training videos, practice plans, and more.

**Premium**

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## Resources





Coaching  
Coaching Essentials  
NCCP Certification  
Initiation Hockey  
Novice Hockey  
Skill Development  
Coaching Essentials  
Coaching Essentials  
Practice Plans  
Skills Manuals  
Skill Development Videos  
Warm-Up Drills  
Skating Drills  
Stick Control Drills  
Passing Drills  
Shooting Drills  
Scoring Drills  
Defence Drills

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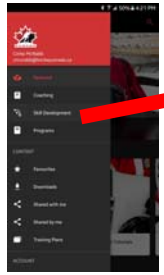
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## Resources



Coach Demonstration Videos - Shooting

Coach Demonstration Videos - Stationary Shooting

Coach Demonstration Videos - Moving

Coach Demonstration Videos - Shot off a P.

Coach Demonstration Videos - Power Shots

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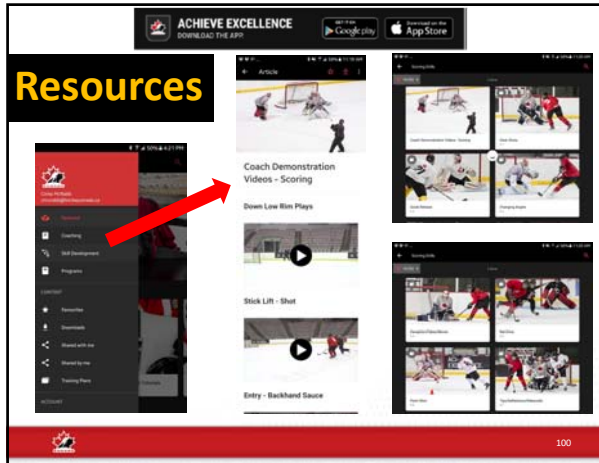
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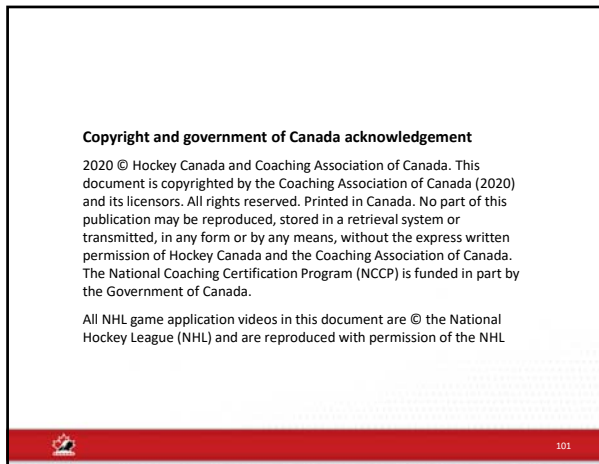
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