

# Hockey Canada NCCP Instructional Stream



## Shooting and Scoring - Level 2 - On – Ice Plan

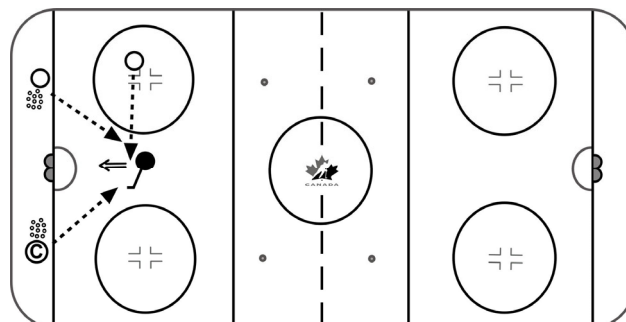
### Drill Name & Description

#### Shooting – Basic Shots – Forehand (Wrist) – Off a Pass

- Shooter in high slot.
- Coach or players in one of 3 locations with pucks
- Pass is made to the shooter from each of the locations to take a wrist shot off the pass
- No stickhandling before shot

#### Key Teaching Points

- Work on smooth continuous action
- Shoot hard and high
- 5 shots from each pass location



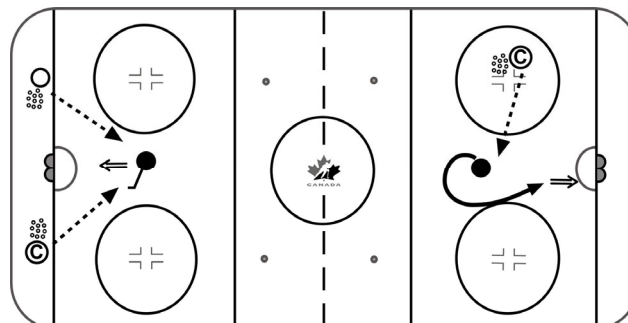
### Drill Name & Description

#### Shooting – Basic Shots – Backhand – Off a Pass

- Shooter in high slot.
- Coach or players in one of 3 locations with pucks
- Pass is made to the shooter from each of the locations to take a backhand shot off the pass
- No stickhandling before shot
- Third pass – shooter receives pass on backhand, spins out to protect puck and finish with backhand shot on net

#### Key Teaching Points

- Work on smooth continuous action
- Shoot hard and high
- 5 shots from each pass location



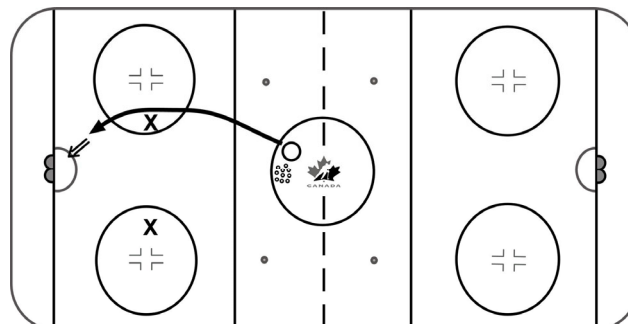
### Drill Name & Description

#### Shooting – Basic Shots – Backhand – Moving

- Pucks and players in middle of ice in NZ
- Shooter starts with puck on backhand side, skates toward obstacle on backhand, protect puck, shoot on backhand
- 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.

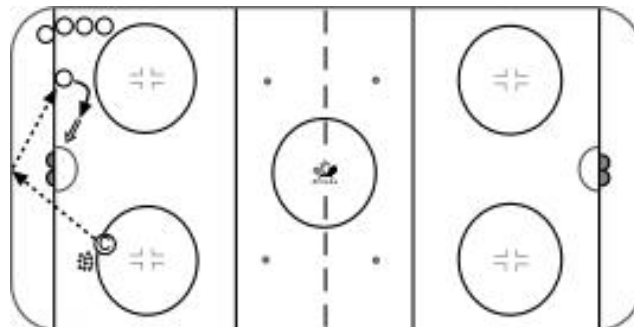


**Drill Name & Description****Shooting – Basic Shots – Flip Shots – In Tight Shots**

- Players line up on goal line.
- Passer on other side of the net
- Puck is banked off end wall, so shooter has to receive, pull in front of goal line for quick shot on net.
- Shoot short side high

**Key Teaching Point**

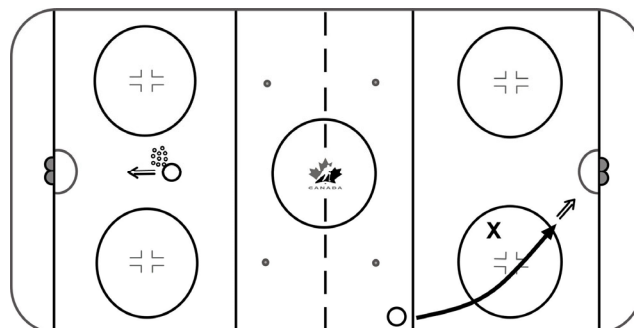
- Receive on forehand and backhand
- Need to pull puck quickly to get shot off

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

- 1) Stationary Snap Shot
  - Pucks in the middle of the ice, just above the hash marks
  - Shooter performs stationary snap shot
  - Must be done in one motion, create separation between the puck and stick blade and snap wrist to shoot puck
- 2) Moving Snap shot
  - same technique as above except snap is taken while moving

**Key Teaching Points**

- Quick wrists to release the puck quickly
- No slapping of the puck

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

- Place pucks in middle of ice near blue line
- Shoot 5 pucks for each type of shot
  - Drag and 1 Timer
  - Drag, fake shot, escape then shoot
  - Drag to outside, fake shot, step inside and shoot
- Bad pass, Fake 1 timer, receive and shoot
- 1 Timer
- 1 Touch 1 timer

**Key Teaching Points**

- Eyes, up, look at target
- No Dust, Quick release

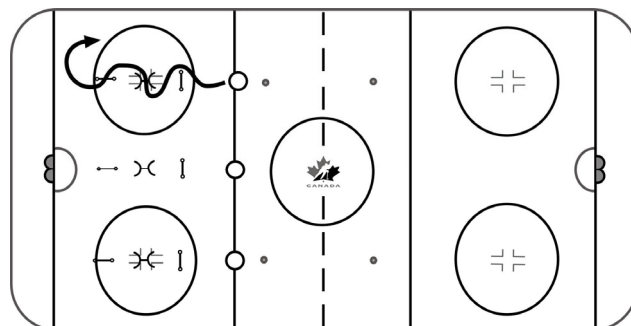


**Drill Name & Description****Shooting – Basic Shots – Dekes**

- 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)
- Perform moves/dekes at each obstacle
- They need to learn to come at the net from all 3 angles and learn different moves from each location both forehand and backhand

**Key Teaching Points**

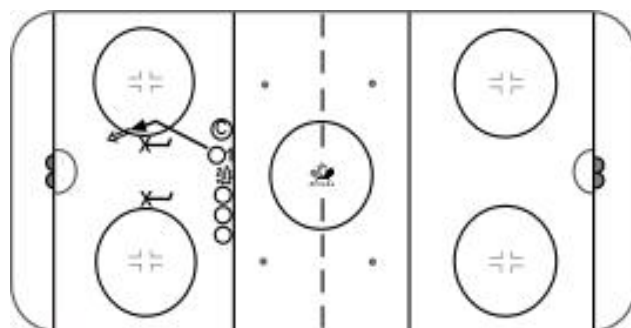
- Head fakes/stick fakes/change speed
- Range of motion/quick release
- set up move then pay off move

**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**

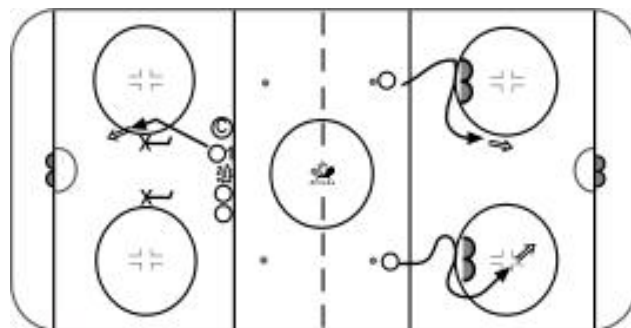
- Pull puck towards body, shoot off of front foot
- Shoot on crossover

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

- 1) Shoot off quick move to change puck angle
- Players and pucks at blue line. Obstacle/Coach at top of circle, second one near bottom of circle.
- 2) Shoot off "Big move"
- Players skate towards obstacle (Coach/Net/Agility Stick) and perform random moves to get by obstacle.
- Shoot as close to obstacle as possible as soon as the move has been completed
- Encourage creativity

**Key Teaching Points**

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

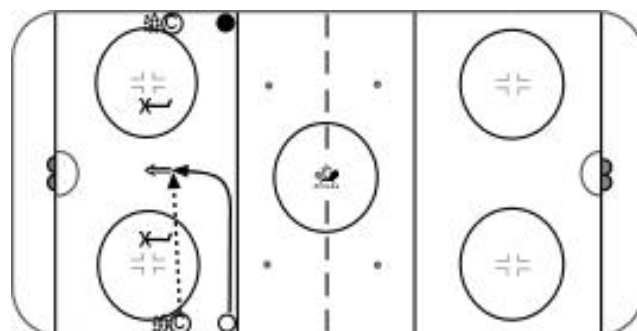


**Drill Name & Description****Shooting – Beyond the Basic Shot – Shooting off a Pass**

- 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**

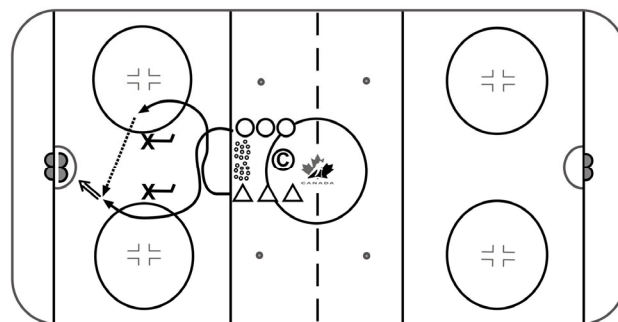
- Hands away from body, load outside leg
- Catch pass and bring across body in one motion and shoot on front foot

**Drill Name & Description****Shooting – Beyond the Basic Shot – Shooting Off a Pass – 1 Knee Down**

- Players line up in two lines just outside of the blue line. Place two obstacles above the hash marks in the slot.
- Two players leave at the same time and cross lanes. The puck carrier will pass across and set up the second player for a 1 knee down one-timer.

**Key Teaching Points**

- Use the 1 Knee Down technique to maximize power from your shot.
- Focus on picking a corner

**Drill Name & Description****Shooting – Beyond the Basic Shot – Point Shots****1) Stationary Point Shots**

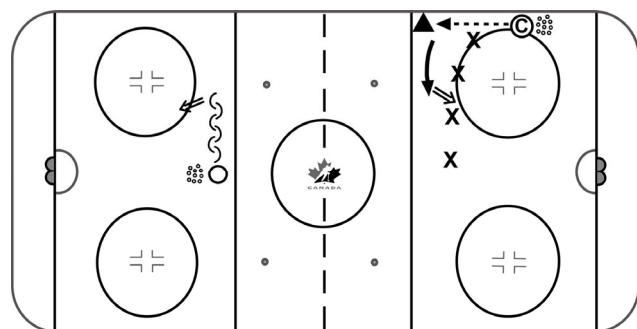
- Place pucks in middle of ice near blue line
- Shoot 5 pucks for each type of shot
  - Stationary pull with quick release
  - Drag and shoot
  - Skate to outside and stop – step inside and shoot
  - Drag and 1 Timer
  - Drag, fake shot, escape then shoot
  - Drag to outside, fake shot, step inside and shoot
  - Receive pass across body, and quick release on front foot
  - Bad pass, Fake 1 timer, receive and shoot
  - 1 Timer
  - 1 Touch 1 timer

**2) Moving Point Shots**

- Coach on wall at hash marks
- Shoot on wall, receive pass and perform a variety of moves as listed above coming off the wall to get puck to net

**Key Teaching Points**

- Eyes, up, look at target
- No Dust, Quick release

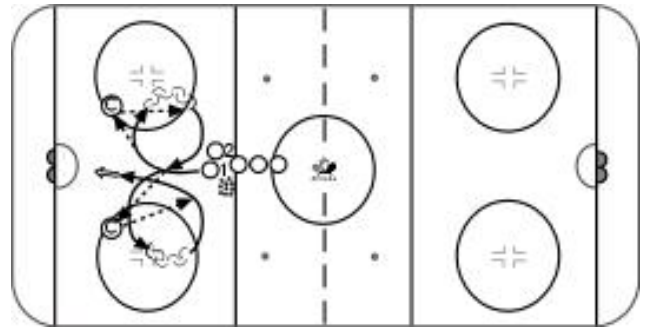


**Drill Name & Description****Shooting – 10 Scoring Situations – Clear Shots**

- Players pass to coach pivot and receive pass back, cross and repeat with second coach and shoot on net
- Next player leaves when first player passes to the second coach
- As soon as there is an opening shoot puck quickly

**Key Teaching Points**

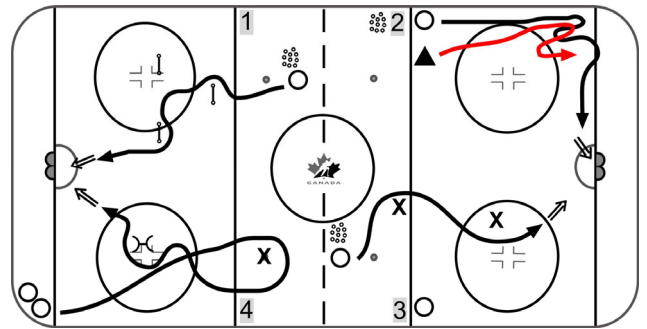
- Toes up ice and keep your speed
- Keep shoulders square to coaches
- Pass the puck hard and present your stick where you want the return pass

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

- 1) Attack obstacles performing various moves to navigate through the zone before getting shot on net
- 2) Player enters zone with defender shadowing or preventing a net drive, get to corner, stop, fake back up wall, stop and attack from below (change of pace)
- 3) Player enters zone with speed and shoots while feet are moving
- 4) Player starts in corner, skates outside blue line to gather speed coming across the blue line and attacks obstacle with speed

**Key Teaching Points**

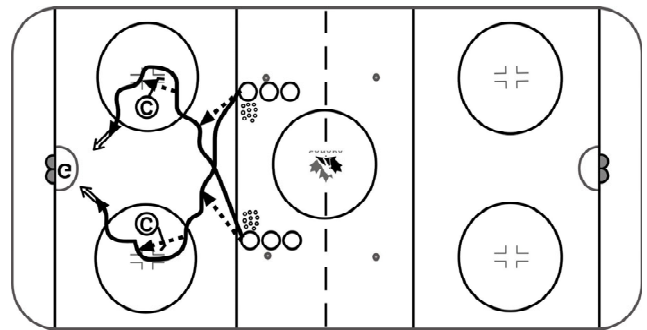
- Players rotate through all 4 stations after about 5 min
- Attack blue lines with speed
- Change speed, change puck angle quick release

**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.
- Players drive wide and slide the puck between the defenders feet and stick

**Key Teaching Points**

- Players need to extend the puck outside the potential poke check. Player wants to sell the wide drive and then slide the puck under the defenders stick and drive to pick it up.
- This is a good strategy for a defender who is thinking “stick on puck”

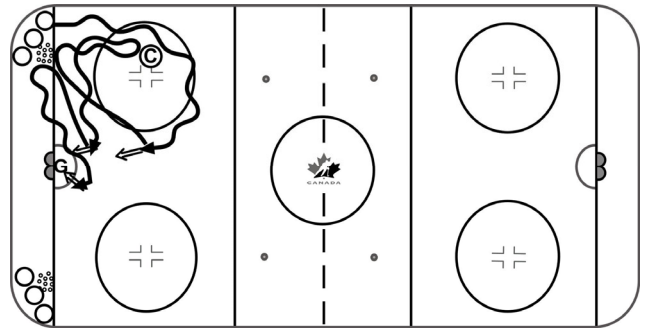


**Drill Name & Description****Shooting – 10 Scoring Situations – Net Drives**

- Players start in corner with puck.
- Players will take 3 shots on net. First one is a high drive around top of circle, finish with shot on net. Go back to corner to get a second puck and drive top of circle, delay and then attack net for second shot. Go back to corner for third puck and drive the net from below the goal line

**Key Teaching Points**

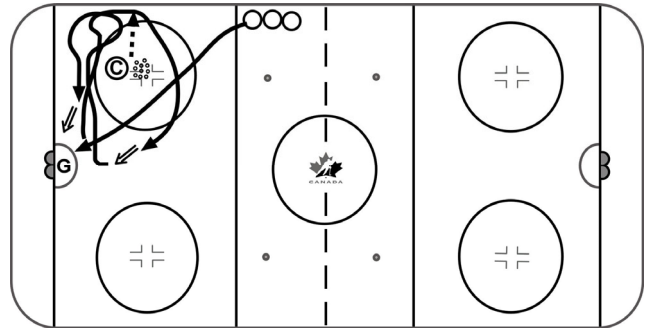
- Keep the feet moving
- Quick puck retrieval and quick to net
- Head up for shot selection

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

- Players along boards on blue line – pucks on face off dot in corner circle
- On coaches' signal forward races to net front and stops.
- Coach spots puck in corner, player then leaves net front and sprints to get loose puck.
- Fake before retrieving puck and drive hard to net.
- Coach spots second puck and player sprints to get 2nd loose puck and drives net again.
- Progression – have a player spot puck in corner so it turns into a 1 on 1

**Key Teaching Points**

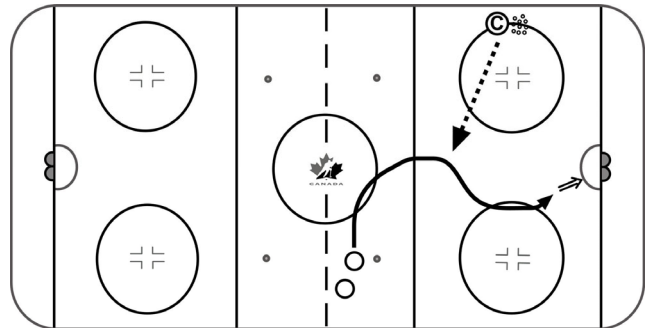
- Sprint to net, stop at net, find loose puck
- Fake before retrieval, drive hard to net
- On progression, defensive player stays on D side, stick on puck

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

- Players start in neutral zone without a puck
- Skate across blue line with speed and receive a pass.
- Prior to receiving pass, skates away from the direction of the pass to create space upon receiving the pass.
- As soon as puck gets on forehand, shoot while feet are in motion

**Key Teaching Points**

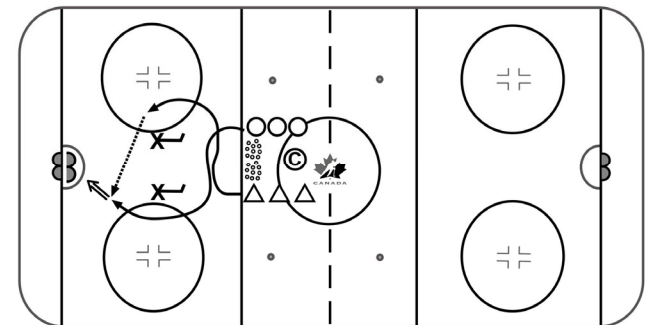
- Receive puck as moving away from pass direction
- No stickhandling before shot
- Shoot on the fly

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

- Players line up in two lines just outside of the blue line. Place two obstacles above the hash marks in the slot.
- Two players leave at the same time and cross lanes. The puck carrier will pass across and set up the second player for a 1 knee down one-timer.

**Key Teaching Points**

- Use the 1 Knee Down technique to maximize power from your shot.
- Focus on picking a corner



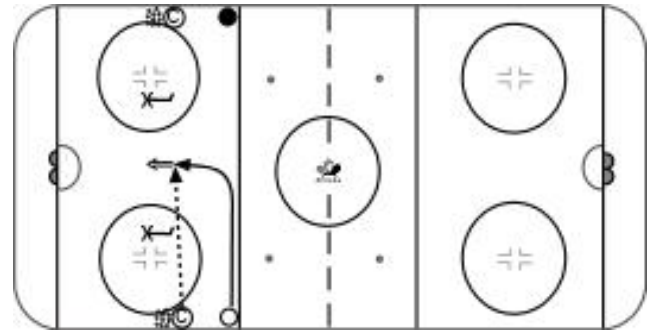


**Drill Name & Description****Shooting – 10 Scoring Situations – East/West Plays**

- 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**

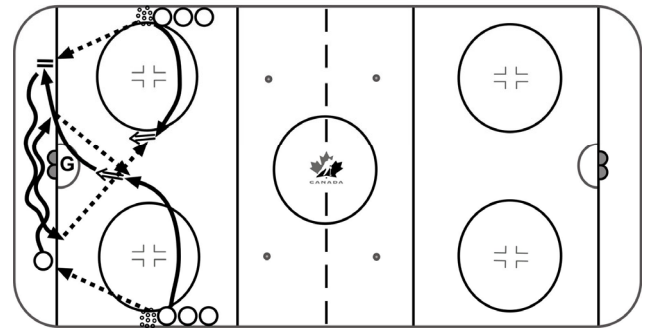
- Hands away from body, load outside leg
- Catch pass and bring across body in one motion and shoot on front foot
- No stickhandling
- Make sure path is outside far post to force goaltending to move the greatest distance laterally

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

- Players on side boards lined up from hashmarks back to blue line
- Player in corner gets pass and skates behind the net, player who makes original pass skates to slot for pass in front.
- Net front player then goes below the goal line and receive pass from opposite side – continuous rotation from side to side.
- Progression – Player behind the net – delays then passes to net front

**Key Teaching Points**

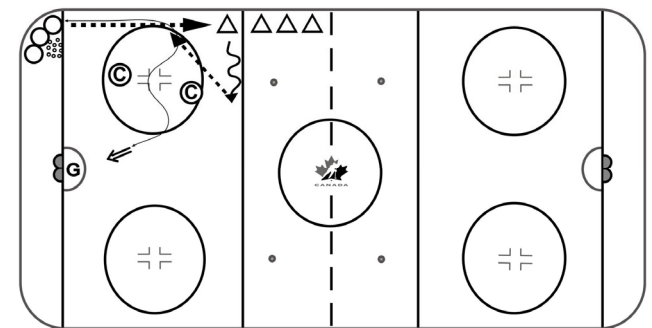
- Eyes up behind net to find passing lane
- Shooter has to control skate to be an option
- Quick release, no stickhandling before shot

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

- Start the drill with a line of forwards in the corner, and defencemen at the blue line. Puck will go from forward to defenceman.
- Defenceman will walk the line, while forward finds open ice along the wall.
- Defenceman will pass to the forward, who will find the lane between two defenders, and attack the net.

**Key Teaching Points**

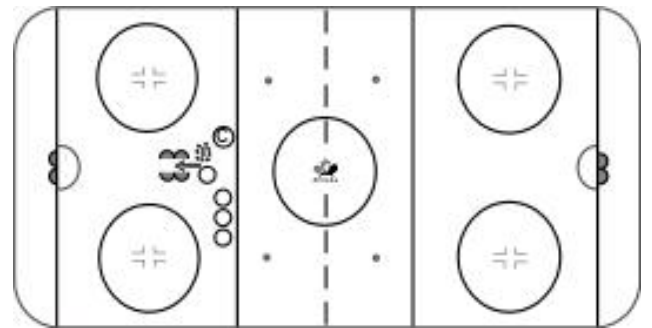
- Drive hard off wall
- Puck protection

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

- Place two nets facing each other in the high slot with a small gap between them
- Players are stationary facing the net with a pile of pucks
- Players toe drag and shoot through the gap towards the net on the crease
- Work on looking past the obstacle and use a screen to get puck through

**Key Teaching Points**

- Releasing the puck with head up
- Shot accuracy
- Puck placement

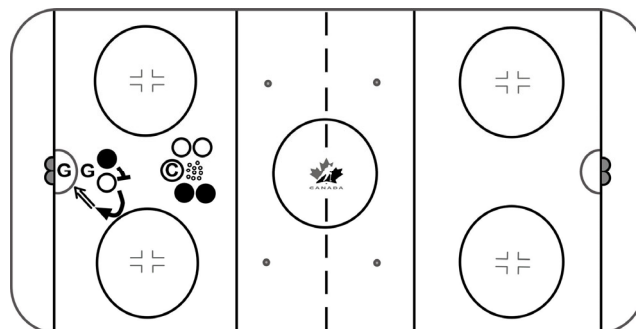


**Drill Name & Description****Shooting – 10 Scoring Situations – Screens**

- Second goalie acts as a screen for goalie in net
- Coach is in the slot with pucks
- Two players line up in front of the net and coach puts the puck on net
- As soon as the puck bounces in front of the players, players battle for the puck and finish with a shot on net

**Key Teaching Points**

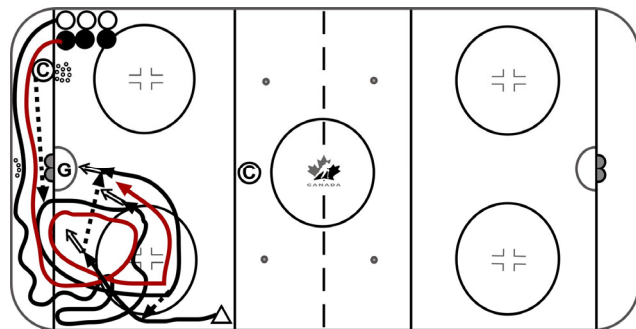
- Quick hands to retrieve the puck and get a shot off
- Protect the puck
- Keep head up
- Compete

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

- Place 2 D along the blue line, forwards in the corner with pucks
- Fwd skates behind net and up to hash marks, delays and turns back towards corner, performs another delay and turns up the wall and then attacks the net.
- After shot, fwd receives a pass from the coach behind the net, skates up the wall and cycles puck with D who comes down from Blue line.
- D can shoot or pass to forward in slot
- Send second forward to add pressure

**Key Teaching Points**

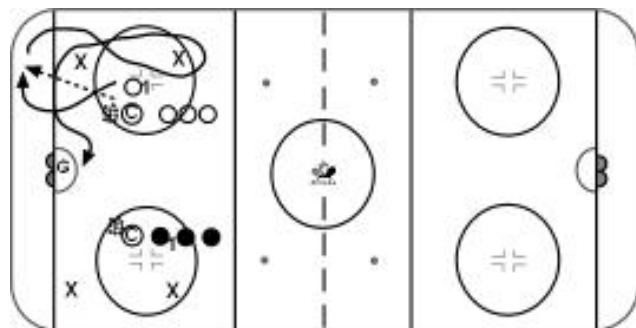
- Quick feet on the delays, drive hard to net
- Be an option below goal line then cycle down the wall to D
- Get open as an option

**Drill Name & Description****Shooting – 10 Scoring Situations – Below the Goal Line**

- Players on dot in circle, place two pylons near outside of circle
- Coach spots puck in corner --player goes hard to puck, fakes one way and takes puck up the wall.
- Player turns inside out around cone and attacks net wide with speed. Attack low along goal line

**Key Teaching Points**

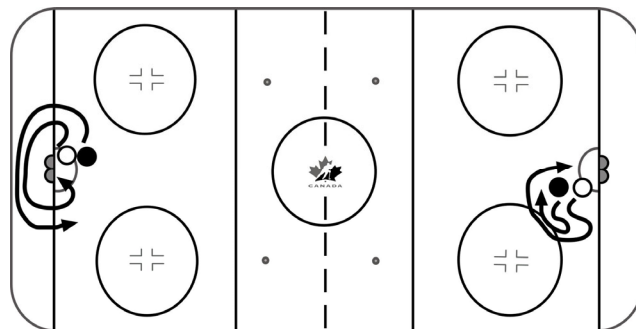
- Good fake, quick feet
- Keep feet moving
- Go hard to the net, protect puck

**Drill Name & Description****Shooting – 10 Scoring Situations – Below the Goal Line**

- 2 players start at net front as if in net front battle, puck is spotted about 10 feet away below goal line to simulate rebound.
- Players battle to get puck
- Offensive player's first step must be in front of defender to gain body position before going to puck.
- Once puck is received, offensive player can go high in front of net or low and try to attack from behind net

**Key Teaching Points**

- Good first step, quick feet
- Take lane away to create space
- Go hard to the net, protect puck



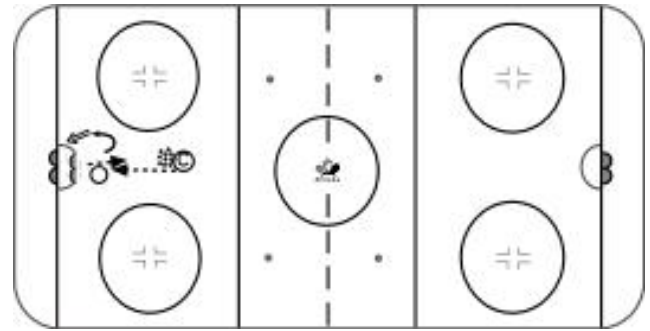


**Drill Name & Description****Shooting – 10 Scoring Situations – Rebounds**

- One net is lying down on the ice in front of the standing net, shooter is standing facing outward from the net
- Coach passes puck off the crossbar, to create a rebound.
- Shooter has to find rebound, fake one way then go the other to shoot.
- Alternate sides, one to forehand then one to backhand

**Key Teaching Points**

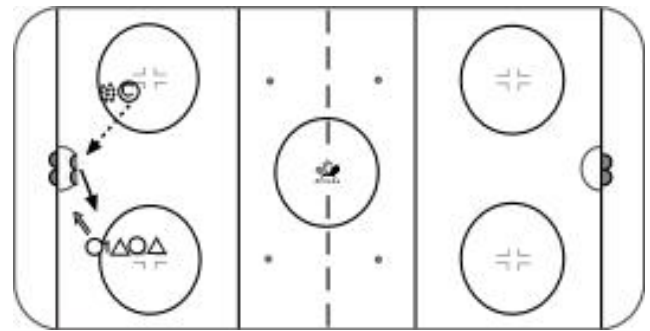
- Shooter must wait for rebound before acting
- Strong fake to one side or the other before shooting
- Shoot high

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

- Pucks on one face off dot, shoot on the opposite face off dot
- One net is lying down on the ice in front of the standing net.
- Coach passes puck off the crossbar, to create a rebound to the opposite side of the ice
- Shooter is ready for rebound and shoots quickly

**Key Teaching Points**

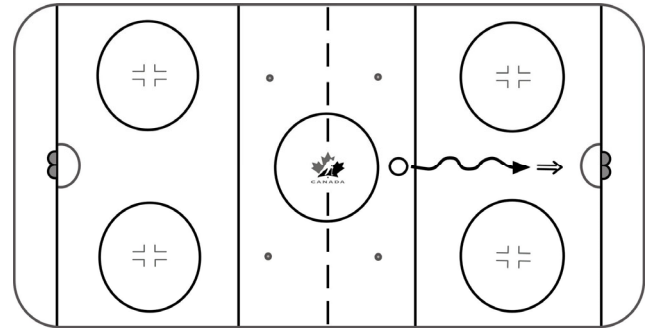
- Shooter must adjust to the angle of puck
- Quick release – aiming high to avoid a goaltenders butterfly slide

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

- Players are in one line in the middle of the ice and have players attack net from there
- They also need to learn to come at the net from different 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****1) Stationary Net Front**

- Players are positioned in front of net. Offense to outside, defence in between passer and shooter.
- Passer passes puck to middle of ice, shooter lifts the stick of the defender and then shoots the puck right away with quick release

**2) Moving Quick Release**

- Player start in middle of ice and skate towards the net
- Work on hiding the puck and shooting quick or moving puck from backhand to forehand for quick release

**Key Teaching Points**

- Expect the puck off a pass
- No stickhandling prior to shots

