



National Coach Mentorship Program Specialty Clinics

Ice Session Module: "Shooting & Scoring"



NATIONAL COACH MENTORSHIP PROGRAM

Shooting and Scoring Coach Resource Package





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Ice Session Module: "Shooting & Scoring"



Introduction and Acknowledgements

Dear Coach,

Specialty coach clinics are a national initiative of the Hockey Canada's National Coach Mentorship Program and designed on a modular basis to supplement our National Coaching Certification Program (NCCP). Please note that clinic participation does not result in certification or serve as a replacement for NCCP requirements. The following clinics have been developed:

- Skating
- Puck Control
- **Shooting and Scoring**
- Checking
- Small Area Games
- Creating Offence
- Developing Defencemen
- Goaltending
- Special Teams
- Creative Thinking

Hockey Canada wishes to thank the people involved in helping to create this resource.

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NATIONAL COACH MENTORSHIP PROGRAM

Hockey Canada would like to acknowledge the generous support provided by The Canadian Hockey Foundation which enabled the production of these resources.





National Coach Mentorship Program Specialty Clinics



Ice Session Module: "Shooting & Scoring"

The NCMP Specialty clinics were designed to with the following messages in mind.

Keep Them Moving

Whether it's practice, clinic, or camp, ice sessions should be designed to engage every participant consistently. Kids don't attend practice to watch others play. Kids enjoy practices when they have fun and they experience an improvement in their overall skills.

Emphasize The Fundamentals

Build a foundation that will never crack by properly teaching the basics. Learning the fundamentals and perfecting the same basics at every level of play is essential to having any chance of success.

If one player does not execute the fundamentals of his position correctly, the most sophisticated drill or play in the world will not work. It is unfair and not fun to focus on running plays that will fail 9 out of 10 times. **Kids practices that focus on Team Play over executing fundamentals are cheating every participant out of the chance to learn the game properly.**

Do not attempt to replicate plays you see in NHL and Junior games! Every scheme that is attempted in a junior or NHL game is supported by years of training in the fundamentals of the game.

Incorporate A Progression Of Skill Development For Every Participant

Regardless of a player's skill level, it is your responsibility as a coach to teach every kid on your team. It is no secret that if kids experience improvement in their skills, no matter what their athletic ability may be, they will continue to participate and return to learn more. Teach the skills in the proper order so you can continue to improve and build on each training session.

Considerations for Development

Following are some general observations of youth sports as stated in the Long Term Athlete Development Plan.

- **Young athletes under-train, over-compete; Low training to competition ratios in early years**
- **Training in early years focuses on outcomes (winning) rather than processes (optimal training)**
- **Poor training between 6-16 years of age cannot be fully corrected (athletes will never reach genetic potential)**
- **The best coaches are encouraged to work at elite level;**

Basically it takes 10,000 hours or 10,000 repetitions to master a skill. With the ages of 9 – 12 being the most important for skill acquisition it is during this time period that the skills included in the specialty clinics need to be repeated consistently. To that end, the skills were chosen so that a coaching staff can work on these specific skills until a reasonable level of mastery is achieved and then move onto more advanced skills.

Ultimately, if you as a coach can master teaching these skills, and players can become proficient at performing these skills then success will be the outcome. The goal is to concentrate on teaching these limited quantity of skills and move on only once the players can reasonably master them.

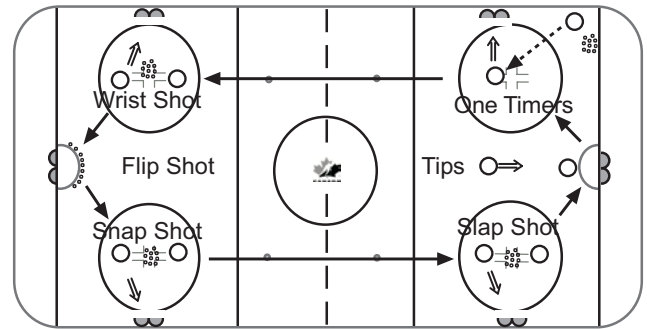


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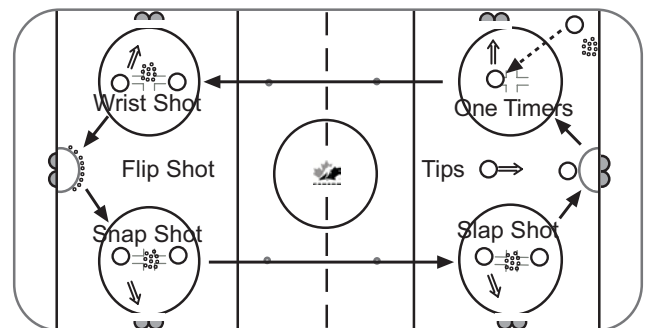
Ice Session Module: "Shooting & Scoring"

| Time | Drill Name & Description |
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| 5 | Wrist Shot – High |
| <p>-The hand grip is similar to that used for stickhandling. When possible, the lower hand moves slightly down the shaft for greater power.</p> <p>-The weight of the player is transferred to the stick, and the skate nearest the puck by flexing the trunk laterally.</p> <p>-The grip tightens and the puck is propelled with a snap of the wrists. In one motion, the top hand snaps forward then back towards the body while the wrist is extended. The bottom wrist flexes and whips the stick through towards the target.</p> <p>-A high follow through will help to raise the puck.</p> | |
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| Time | Drill Name & Description |
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| 5 | Backhand – High |
| <p>-The high backhand shot requires more use of the arms and wrists to get the puck higher in the air.</p> <p>-The puck is released with a quick snap of the wrists while turning the blade upward. The longer the follow through, the higher the shot.</p> | |
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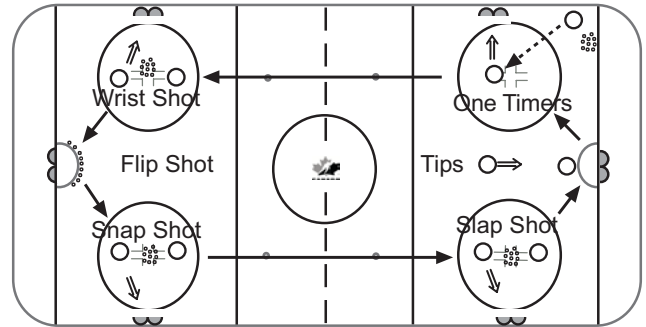


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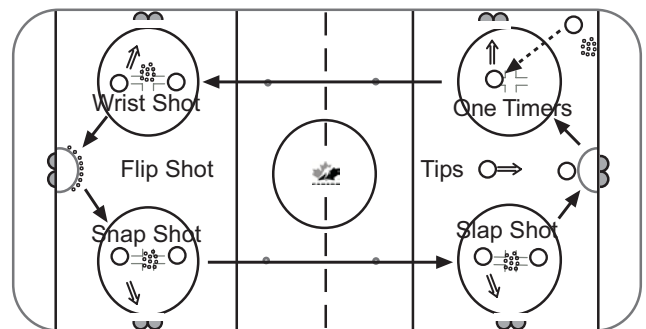
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| Time | Drill Name & Description |
|---|-----------------------------|
| 5 | Flip Shot – Forehand |
| <p>-Grip is usually wider than in the stickhandling position.</p> <p>-The puck should be slightly ahead of the player and to the side.</p> <p>-The player bends the knee closest to the puck and “digs” the puck out off the ice.</p> <p>-The puck is scooped up by the front or toe portion of the blade through a quick flexion of the lower wrist and an extension of the upper wrist.</p> <p>-The blade is propelled high in the air by raising the lower hand and lowering the upper hand.</p> | |
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NOTES:

| Time | Drill Name & Description |
|---|--------------------------|
| 5 | Snap Shot High |
| <p>-The hands are usually held slightly wider than in the stickhandling position.</p> <p>-The stick blade is drawn behind the puck at a distance and height dictated by the time available and the distance of the target. The blade should never go higher than the hip.</p> <p>-The stick should meet the ice approx. 1 inch behind the puck.</p> <p>-The grip tightens and the wrists are usually locked at the moment of impact.</p> <p>-Players should look at the target, then at the puck immediately before impact.</p> | |
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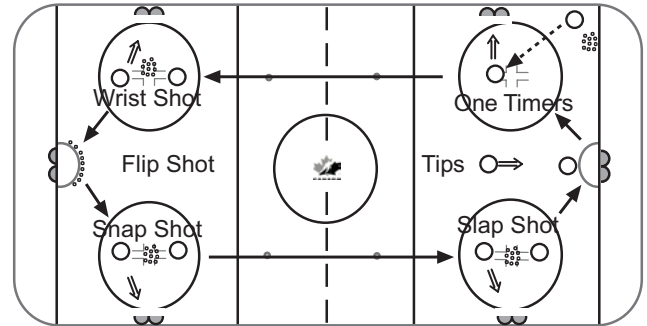


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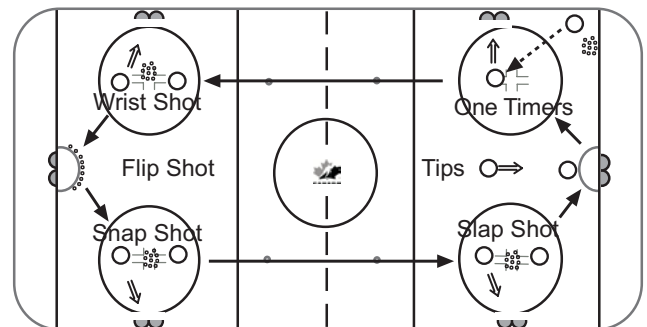
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| Time | Drill Name & Description |
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| 5 | Slap Shot – High |
| <p>-The hands are spaced wider on the shaft of the stick than during normal stick handling grip.</p> <p>-The puck is close to the body, centred between the legs.</p> <p>-After a quick look at the target, the eyes remain fixed on the puck.</p> <p>-The player is sideways to the target, bending over the puck and transferring one's weight from the back leg, to the stick, to the front leg.</p> <p>-Wrists are locked and held firmly as the stick comes into contact with the ice, slightly behind the puck (1/2" to 1").</p> | |
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| Time | Drill Name & Description |
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| 5 | Slap Shot – 1 Timer |
| <p>-A difficult skill to master, but well worth practicing, the one timer slap shot can be executed while stationary, or in motion, and again as with any one timer shot, timing is the key.</p> <p>-The backswing should be timed so that the downward swing begins as the puck nears the shooter.</p> <p>-Players can also practice the one timer on their own by dragging the puck toward their body and shooting while it is still in motion.</p> | |
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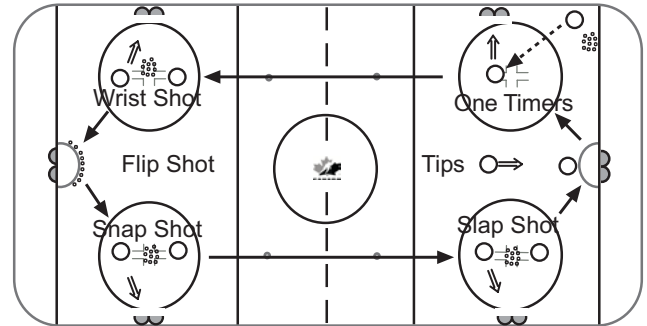


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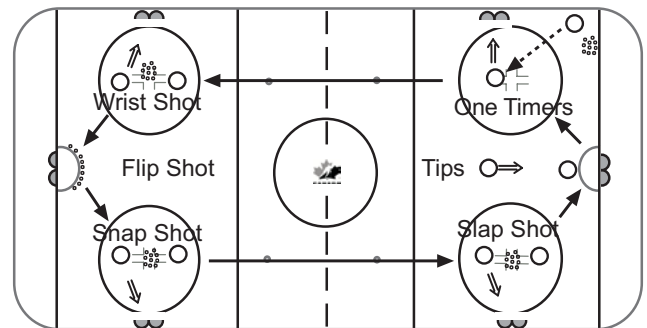
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| Time | Drill Name & Description |
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| 5 | Stationary Tips – Between Legs |
| <p>-In this skill, the player deflects the puck through the legs off either the forehand or backhand side of the blade.</p> <p>-The player should be out in front and slightly off to the side of the net. This can also help to cause a bit of a screen for the goaltender.</p> | |
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| Time | Drill Name & Description |
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| 5 | Shot / Pass Deflection |
| <p>-This tip is normally used in game situations when a goalie comes out to challenge a point shot.</p> <p>-Instead of aiming the puck directly on the net, the shooter purposely fires a shot wide, so a teammate can redirect it into the open goal.</p> | |
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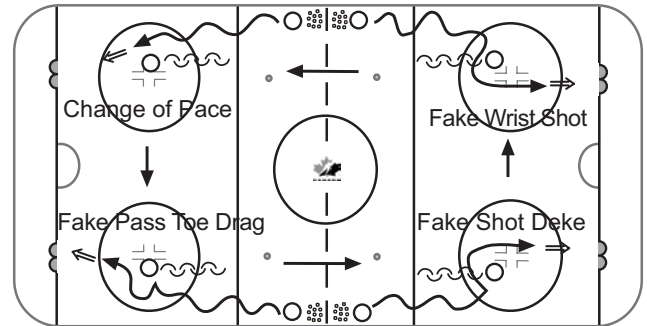


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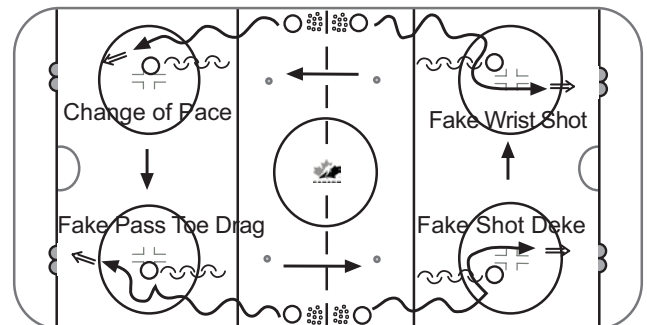
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| 5 | Change of Pace |
| <p>-Changing pace is the key to increasing the time and space needed to generate offensive opportunities.</p> <p>-Players must slow down when approaching the defender and then quickly accelerate or skate at full speed, then suddenly slow down, creating space between himself and the defender.</p> <p>-A third change of pace tactic is the quick stop. The puck carrier attacks with speed to drive the defender off, then stops quickly allowing the puck carrier to create space between himself and the defender.</p> | |
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| 5 | Fake Pass – Toe Drag |
| <p>-The fake pass toe drag is normally used when the puck carrier is on the forehand.</p> <p>-As the defender moves to intercept the anticipated pass, the attacker uses the toe drag to draw the puck across his body... taking advantage of the open space to go around the defender.</p> | |
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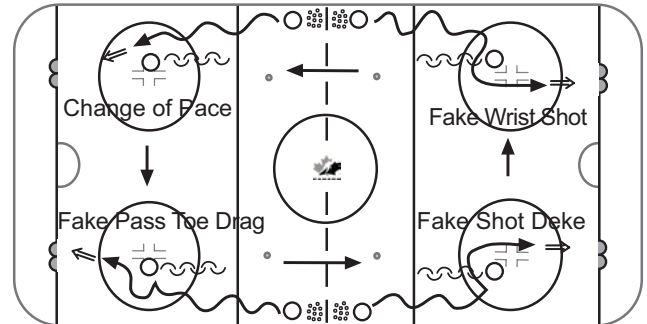


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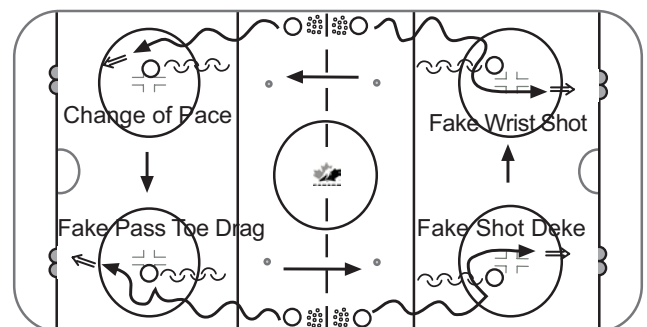
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| 5 | Fake Shot – Deke |
| <p>-The fake shot – deke is used to momentarily freeze the defender into shot blocking mode.</p> <p>-This fake should be performed beyond the range of the defender's poke check, allowing the attacker to maintain control of the puck.</p> | |
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| Time | Drill Name & Description |
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| 5 | Fake Wrist Shot |
| <p>-The fake wrist shot is typically used from the top of the faceoff circles and in.</p> <p>-By pulling the puck into shooting position the puck carrier can freeze the defender.</p> <p>-This momentary hesitation gives the attacker space to move the puck laterally around the defender while accelerating by with speed.</p> | |
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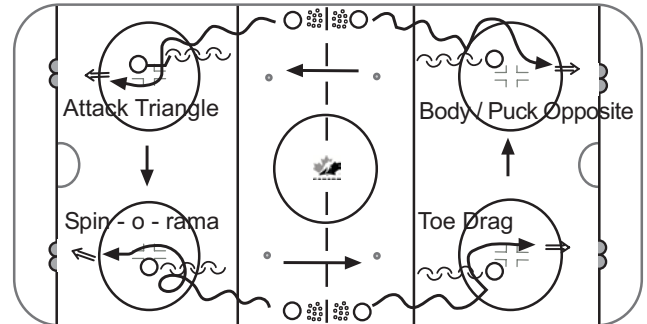


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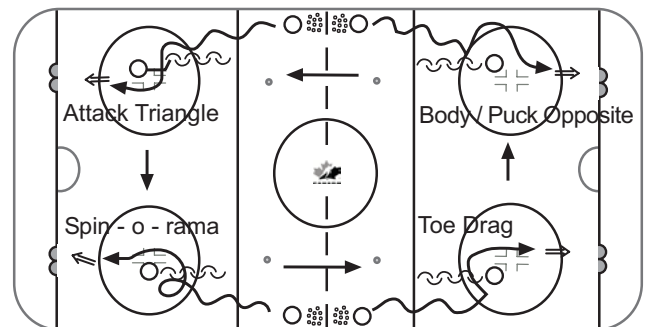
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| Time | Drill Name & Description |
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| 5 | Attack Triangle – Puck Under Stick |
| <p>-Normally, when a defender is in good position, a triangle shape forms between the legs and stick.</p> <p>-Now while this is correct defensive posture, a puck carrier can take advantage of it by moving the puck laterally under the stick.</p> <p>-Here, as he slides the puck under the defender's stick, the puck carrier lifts his own stick over the defender's to pick up the puck on the other side.</p> | |
| Skill Analysis / Error Detection | |
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NOTES:

| Time | Drill Name & Description |
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| 5 | Spin-O-Rama |
| <p>-The Spin-O-Rama causes a defender to turn in the direction that the puck carrier initially appears to be going.</p> <p>-Protecting the puck with the body, the puck carrier then accelerates quickly, performs a 270-degree turn, then moves into the open space behind the defender.</p> | |
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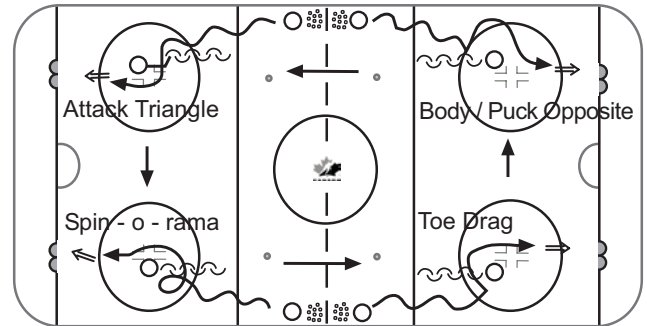


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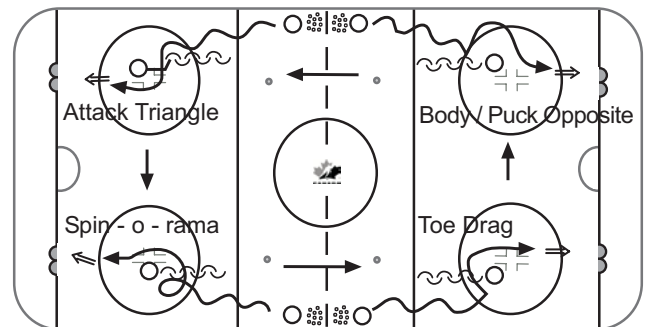
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| 5 | Toe Drag |
| <p>-A great time to use the toe drag is when the defender thinks the attacker has lost control of the puck.</p> <p>-The more quickly the attacker pulls the puck toward the body and accelerates by the defender, the more effective this move will be.</p> | |
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| Time | Drill Name & Description |
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| 5 | Body / Puck – Opposite |
| <p>-This move is intended to confuse the defender.</p> <p>-The body puck opposite should be performed outside the range of the defender's poke check.</p> <p>-Keeping the puck out wide, away from the body, freezes the defender, giving the attacker the opportunity to make another offensive move.</p> | |
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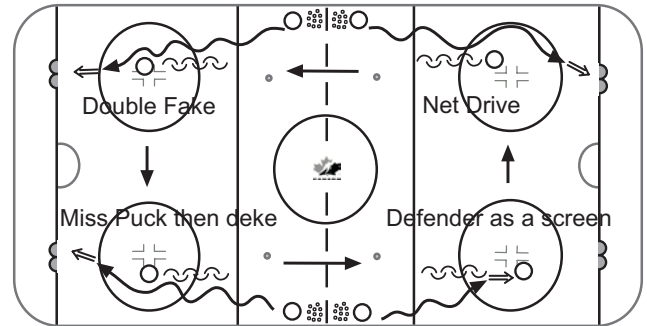


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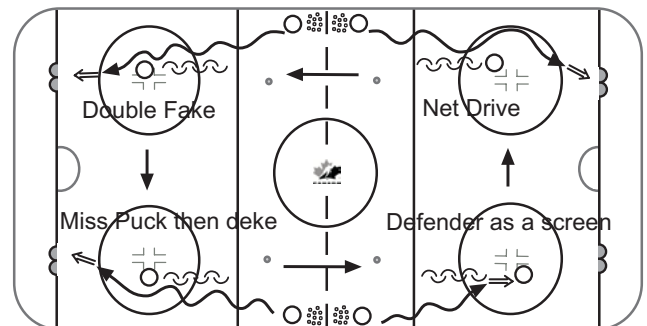
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| Time | Drill Name & Description |
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| 5 | Double Fake |
| <p>-Here, the puck carrier uses a series of head, eye and body fakes to confuse the defender.</p> <p>-A well-executed double fake leaves the attacker in position to perform another one on one move to escape around the defender.</p> | |
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| Time | Drill Name & Description |
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| 5 | Miss Puck Then Deke |
| <p>-The miss puck then deke maneuver can fool the defender into thinking that the attacker will either shoot, or, skate in another direction.</p> <p>-Intentionally missing the puck freezes the defender and allows the puck carrier to then execute a deke to attack the open ice.</p> | |
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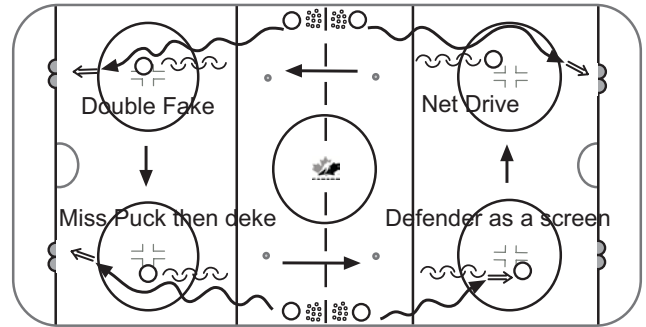


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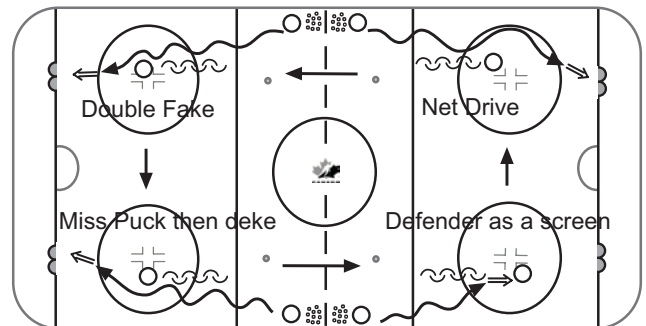
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| Time | Drill Name & Description |
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| 5 | Defender as a Screen |
| <p>-Using the defender as a screen when taking a shot on goal can be a very successful scoring play.</p> <p>-Here, with the puck on the outside of the defender, the puck carrier uses a toe drag to bring the puck outside in. As the defender moves across, the puck is shot between his open legs toward the net.</p> <p>-Usually, the goaltender is caught off guard, unable to see the shot coming.</p> | |
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| Time | Drill Name & Description |
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| 5 | Net Drive |
| <p>-Ideally, the attacking team should always be a threat to take the puck to the net.</p> <p>-The net drive involves a fake by the puck carrier followed by a lateral move and quick acceleration.</p> <p>-After gaining the outside lane, the puck carrier should keep his feet moving and cut in after picking up a stride on the defender.</p> <p>-An effective net drive will improve the puck carrier's shooting angle and also open up other tactical attack options.</p> <p>-If the defender respects the ability to net drive many other tactical options become available.</p> | |
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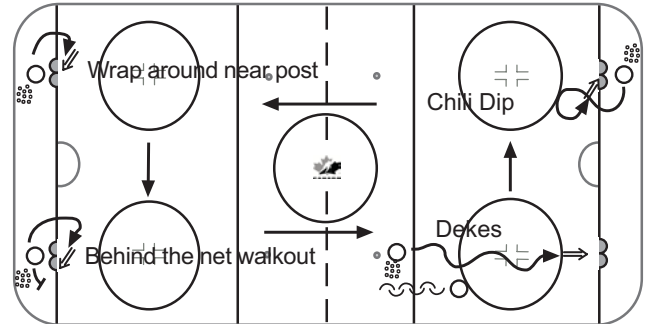


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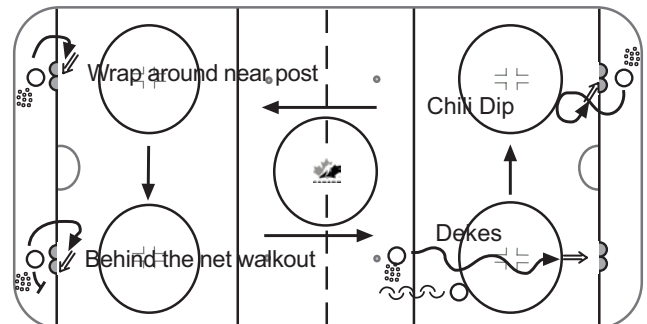
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| 5 | Wrap Around – Near Post |
| <p>-A wrap around is simply taking the puck quickly around the net in an attempt to beat the goalie.</p> <p>-In the wrap around near post, the puck carrier tries to stuff the puck in tight underneath the goaltender, or before the goalie can come across.</p> | |
| Skill Analysis / Error Detection | |
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| Time | Drill Name & Description |
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| 5 | Behind the Net Walkout |
| <p>-Controlling the puck behind the goal, the puck carrier uses a fake to create his own lane to the front of the net, setting up his own scoring chance.</p> <p>-Try to fake going one way then the other to get the goaltender moving.</p> | |
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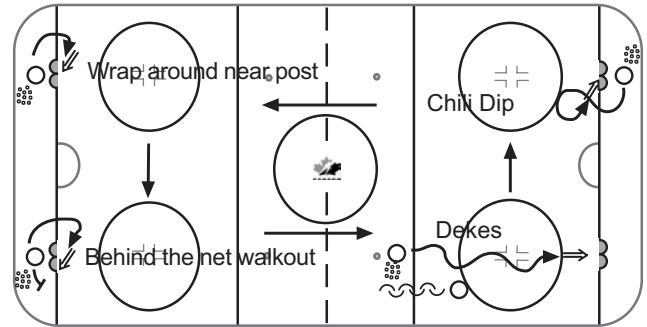


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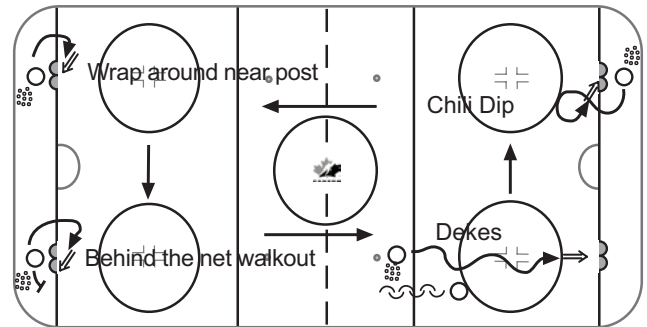
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| 5 | Fake Shot Forehand – Go Backhand |
| <p>In this move, the player fakes a forehand shot, then pulls the puck to the backhand and shoots either high or low past the goalie.</p> | |
| <p>Skill Analysis / Error Detection</p> <hr/> <hr/> | |
| <p>Progressions</p> <p>1) _____</p> <p>2) _____</p> <p>3) _____</p> | |



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| Time | Drill Name & Description |
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| 5 | Five Hole – Backhand |
| <p>In performing this deke, the skater fakes the goaltender into moving to either side of the net, then brings the puck across the crease to the backhand side, slipping the puck through the five hole.</p> | |
| <p>Skill Analysis / Error Detection</p> <hr/> <hr/> | |
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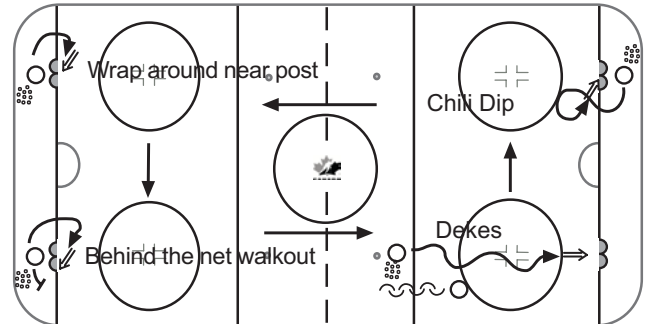


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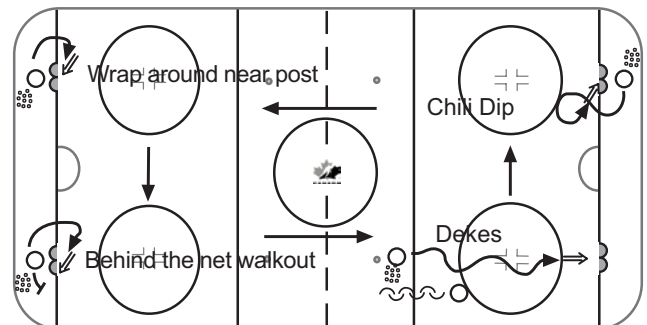
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| 5 | The Chili Dip |
| <p>-The player comes out from behind the goal, faking a wraparound.</p> <p>-As the goalie goes down to cover the short side, the player turns to the outside and shoots the puck high over the goaltender's shoulder.</p> | |
| Skill Analysis / Error Detection | |
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| Time | Drill Name & Description |
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| 5 | Drop and Kick |
| <p>-As the player approaches the goalie, the puck is dropped into the skates then kicked back up to the stick.</p> <p>-The player can finish the move by either firing a shot on net or using another fake to pull the goaltender out of position.</p> | |
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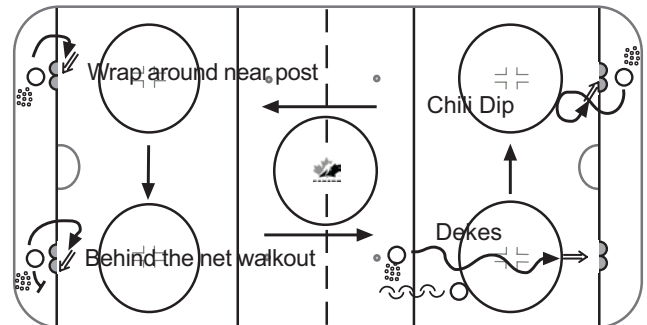


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| 5 | Stick Through Legs – Flip Shot |
| <p>In this maneuver, the player approaches from the side of the net and while cutting in front of the crease, brings the puck and stick between the legs and flips a shot on goal.</p> | |
| Skill Analysis / Error Detection <hr/> <hr/> | |
| Progressions 1) _____ 2) _____ 3) _____ | |



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This clinic is a sample of what is available on the
Hockey Canada *"Skills of Gold"* DVD Set.

To obtain the full set of DVD's contact



at

1-800-667-2242

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Hockey Canada would like to thank The Canadian Hockey Foundation, whose generous support enabled the production of these resources.

