



“Quick, accurate, hard shot release to the goalie’s predetermined greatest weakness from anywhere inside of their face off circle”

OFFENSIVE ZONE – SCORING

If you play against a particular goalie a lot, identify where most goals go that are scored on him and from that what his weaknesses are. Use your warm ups to practice shooting to those spots. If you can’t do this in advance, check out the tendencies and weaknesses of the opposing goalie during the warm ups and in the game so you can think about what shot you want to use in different situations in advance.

Is he big or small, can he move well side to side, does he come out on the white ice on just about everything, is he a standup or butterfly style, is he really acrobatic, does he have a good glove, is he a rightie or a leftie, is his stick always flat on the ice, does he cover the 5 – hole, can he get up quickly, does he stack his pads when he goes down across the net or kick out his leg?

ASK JUST ABOUT ANY GOALIE WHERE THEY DON’T WANT THE SHOT...LOW TO THE BLOCKER SIDE... SO PUT A LOT THERE!

A few suggestions:

- Strengthen your arms and wrists off ice
- Practice quick release shooting as much as you can in games and practices under pressure
- Before the game visualize yourself scoring from various locations and with different shots
- Get yourself into shot ready scoring positions at exactly the right time in the slot or at the side of the net or directly in front of their goalie. A lot of players get to the right spot but don’t position themselves to be able to get a pass and one time the shot or to control it briefly and shoot quickly. The ability to get a good shot away quickly is probably the single most important thing that separates really good scorers from average or poor scorers
- Use the shot that is your fastest most accurate and hard release, and follow the puck to the net
- When in doubt whether to stickhandle, or try to go to the net, or pass, or shoot, SHOOT and follow the puck to the net
- Change your angle to the net if you can, so the goalie will have to change his too. He may open up a hole more than he wants to somewhere



- Pick a small target like the inside of the goal post or the outer edge of the goalie's pads
- Use their players and our players as screens so the goalie can't see the puck coming off your stick
- Use black tape on your stick so the puck is not as visible on your stick from a distance
- Focus intensely on your target but don't give away where you are shooting by turning your head and looking there or positioning your body or the puck so you can't shoot anywhere else
- On breakaways, once you cross the blue line, immediately identify how far the goalie is out on the white ice, change angles, and as you go in see how far and fast he is going back onto the blue ice – if he stays on the white ice stickhandle around him, if he's on the blue ice, shoot – remember a goalie moving backwards has a very difficult time kicking his legs sideways at the same time
- Don't telegraph what you are going to do by carrying the puck in front of you telegraphing stickhandle or carrying the puck back to the side telegraphing a shot. Vary the puck location to confuse the goalie
- As you shoot at least one of your team mates and you should go to the net for the rebound as most goals are scored on rebounds
- If you are moving from one side of the ice to the other around the top of their face off circle shoot to the side of the net their goalie is coming from as he will have a very difficult time moving back as his momentum is going the other way
- If you are at the top of the crease after a rebound and you can't clearly see a hole to shoot the puck because there is no time or your sight is blocked, shoot high as their goalie is likely down
- If you are in their corner with the puck and they are playing position and do not challenge you fast enough so you can come one step into the blue ice in the crease, do so and try to put the puck in the 5 hole because when you take that one step he is likely to open his legs slightly
- If you are a left shot and are able to beat their defenceman wide on your right side and cut in on a sharp angle on their goalie, if you skate past the net faking a shot their goalie will go down and you can spin around and put the puck high in the top corner over him. If he tries to poke check you, shoot the puck in the 5 – hole, it should be open.
- If you are carrying the puck behind the net for a possible wrap around, watch the goalie head turn to where you are going, stop, wrap it around the other way, or pass to one of our players coming in



- Know their goalie's style, size, mobility, weakness, for example:
 - Butterfly, small and goes down just as shot is being taken – high over his shoulders to the top corners
 - Standup and large – low to either side along the ice
 - If he gives you a lot on the glove side, low to that side
 - If he is not a highly athletic goalie and gives the 5 – hole, take the 5 – hole
- If you are in a scoring slump you may have a tendency to take too long to shoot because you want to be sure you get a good accurate shot, resist this, stay loose and shoot right away with confidence

BELIEVE IN YOURSELF