

Shooting Drills

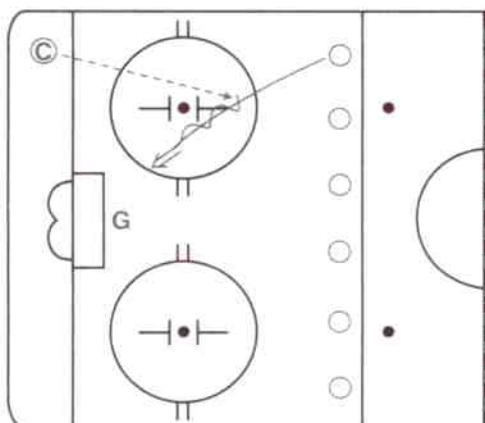
These drills are usually performed at each end of the rink simultaneously, and some of the drills are specific to forwards and defensemen. The shooting drills can be inserted at any time during the practice. In many cases, only half the rink is used for these drills, so less skating is involved; therefore, the shooting drills may be used after a high-intensity drill. Quick release, one timers (shooting the puck without stopping the puck first) and getting into position to score are keys to scoring goals. These drills are excellent for both forwards and defensemen working on shooting.

Goalies should be used in all of these drills to help players learn the skills they will need to beat the goalie, like shot placement and deking. He should be positioned, as usual, just outside the line at the top of the crease. Including the goalie will also give him a chance to face a good number of shots in a fast paced environment, as in a game situation. Also, keep in mind that although the drills in this chapter should be high intensity for the shooters as well as for the goalies and are intended for use when the goalies are already warmed up to prevent injury. More goalie specific drills can be found in chapter 15. And, in the same way that the drills in this chapter work both shooting and goalie skills, many of the drills in chapter 15 can also be used to work on shooting.

1. The players are lined up on the blue line.
2. The first player skates in, receives a pass from the coach, and shoots.
3. The players skate in and shoot in succession.

Variation

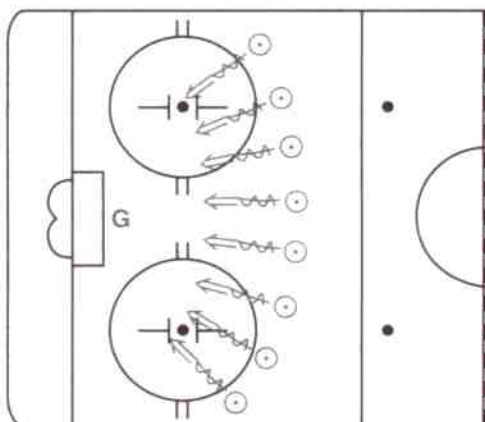
The coach randomly passes to players on the blue line, and they go in and shoot.



1. The players are in a semicircle, and they shoot in succession starting from one side.

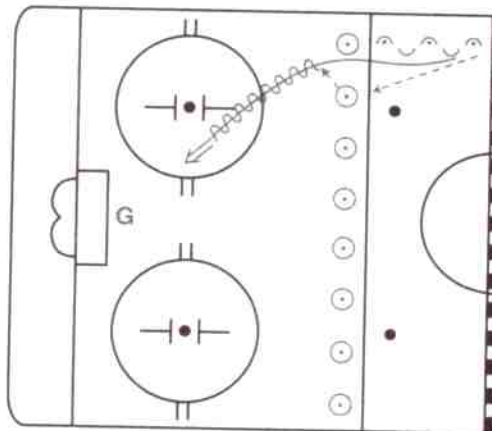
Variation

The players alternate, with a player shooting from one side, and then a player shooting from the other side.



250 BLUE LINE, BACKWARD, ONE-TOUCH, SHOOT

1. The players are lined up on the blue line.
2. The first player skates backward with the puck to the center line, passes to the next player on the blue line, skates forward, takes a return pass, and shoots.
3. The players shoot in succession.

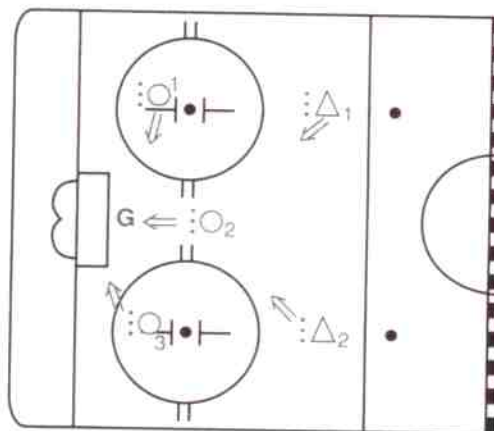


251 THREE SHOTS, FIVE TIMES

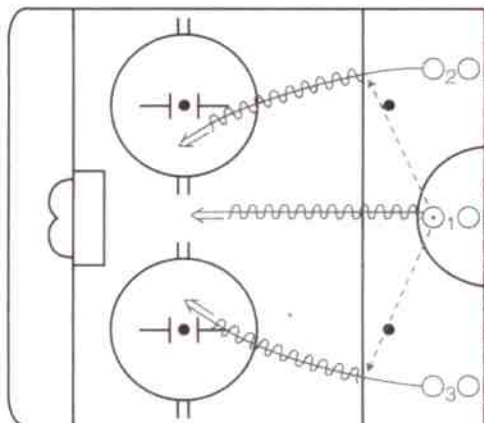
1. Five players are positioned on the ice as shown. Each player has three pucks.
2. The players take turns shooting their three pucks, going in the following order: forward 1, forward 3, forward 2, defenseman 1, and defenseman 2.

Variation

Players shoot one puck each time, going in the same order, until each player has shot three pucks.

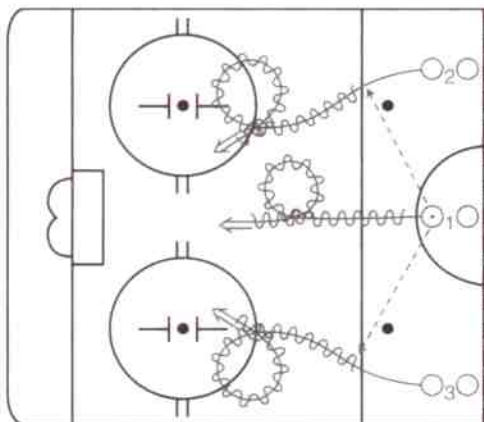


1. The players are in three lines at the center line.
2. Player 1 passes to player 2.
3. Player 2 shoots.
4. Player 1 passes to player 3.
5. Player 3 shoots.
6. Player 1 skates in with the puck and shoots from the high slot.
7. After shooting, the players return to the center line and go to a different line.

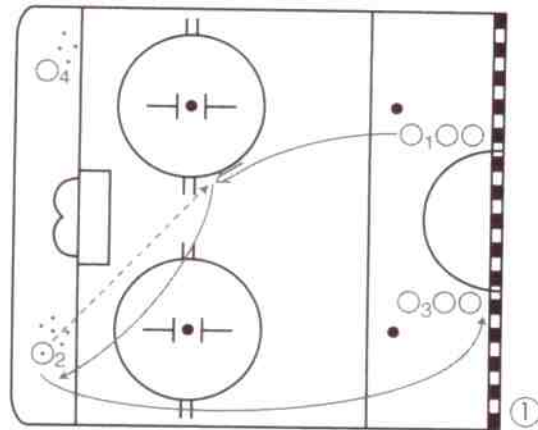


Variation

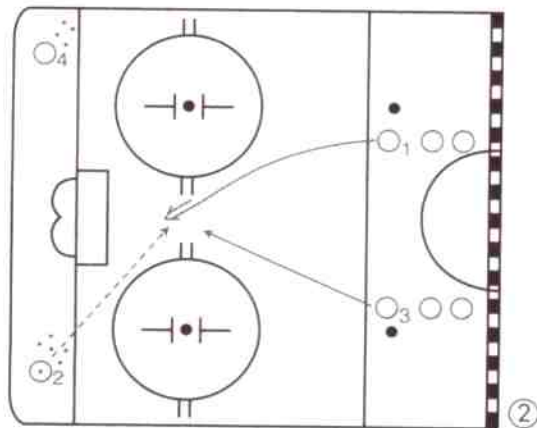
Before shooting, each player does a curl (tight turn).



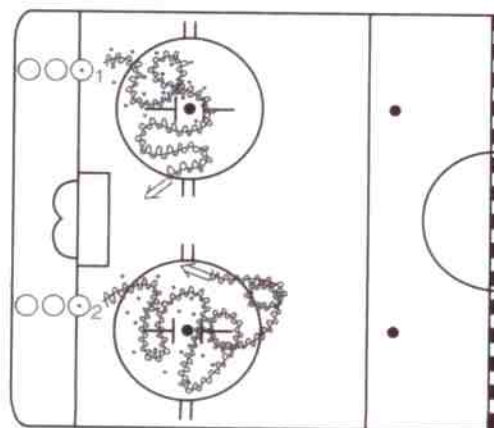
1. The players are in two lines at the blue line.
2. Forward 1 skates in, receives a pass from the opposite corner from forward 2, and then shoots (see figure 1).
3. Forward 1 takes the position of forward 2 in the corner, and forward 2 goes to the line on the same side.
4. Forward 3 then skates in, takes a pass from the opposite corner from forward 4, and shoots.
5. Forward 3 takes the position of forward 4, and forward 4 goes to the line on the same side.

**Variation**

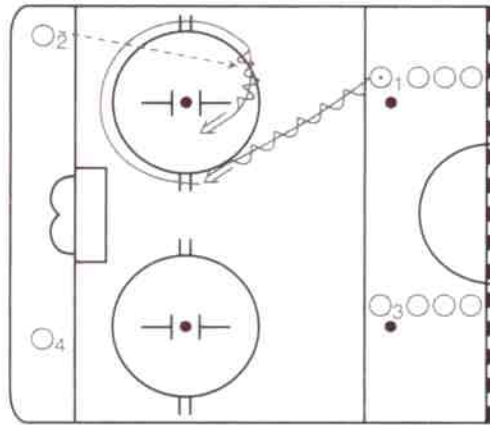
1. Forward 1 skates in, takes a pass from forward 2, and shoots (see figure 2).
2. Forward 3 follows forward 1 in and goes for a rebound.
3. Forward 1 takes the position of forward 2. Forward 3 (the rebounder) goes back to the shooting line.



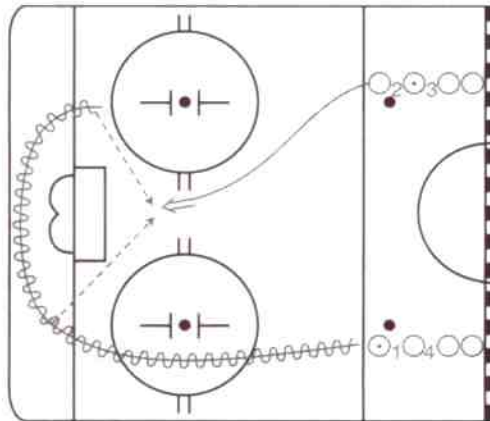
1. Several pucks are placed on the ice.
2. Forward 1 stickhandles around the pucks and shoots.
3. Forward 2 stickhandles around the pucks, pivots 360 degrees, and shoots.



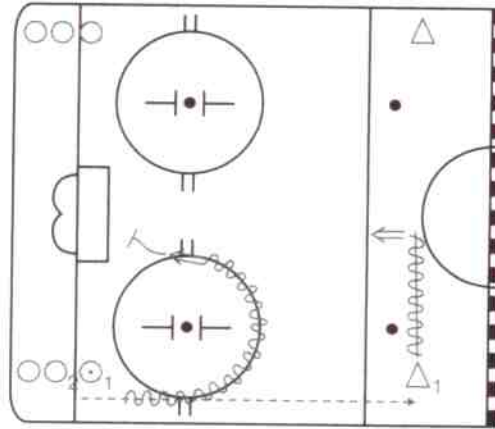
1. The players are in two lines at the blue line.
2. Forward 1 starts with the puck, skates in, and shoots.
3. Forward 1 then skates around the face-off circle, receives a pass from forward 2, and shoots again.
4. Forward 1 takes the position of forward 2 in the corner, and forward 2 goes to the line on the same side.
5. Forward 3 then skates in, shoots, skates around the circle, takes a pass from forward 4, and shoots again.
6. The drill is continuous.



1. Forward 1 skates with the puck beside and behind the net.
2. Forward 1 passes to forward 2 in the high slot either from the side of the net or after skating behind the net.
3. Forward 2 shoots.
4. Forward 3 then skates with the puck and does the same pattern with forward 4.
5. The drill is continuous.



1. Forward 1 skates with the puck around the face-off circle, shoots, and then stays in front of the net to screen, deflect, or rebound for the next shot.
2. Forward 2 passes to defenseman 1.
3. Defenseman 1 skates across the blue line and shoots, with forward 1 screening and deflecting in front of the net.
4. The drill alternates from each side.

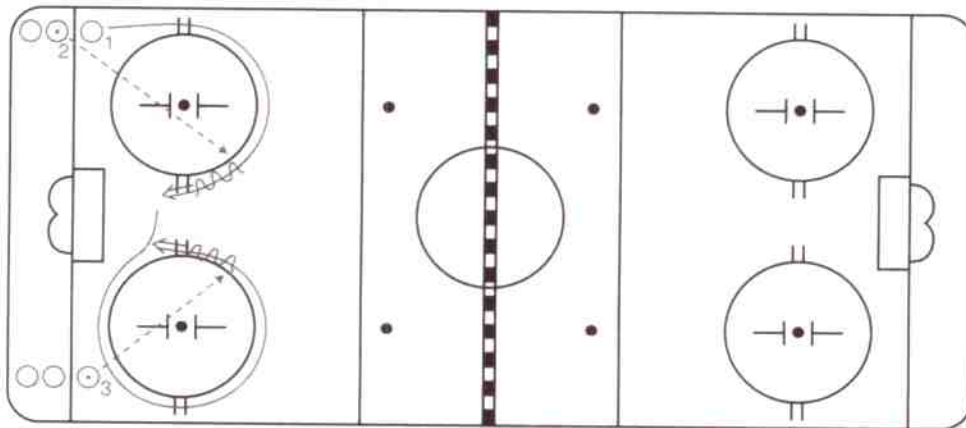


258 FIGURE EIGHT SHOOT, TWO OR THREE SHOTS

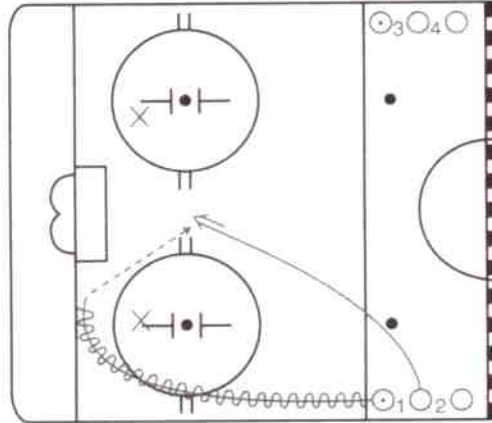
1. Forward 1 skates out of one corner, skates around the face-off circle, receives a pass from forward 2, and shoots.
2. Forward 1 continues on and skates around the opposite face-off circle in a figure eight pattern, takes a pass from forward 3, and shoots.
3. The drill is continuous, alternating from each side.

Variation

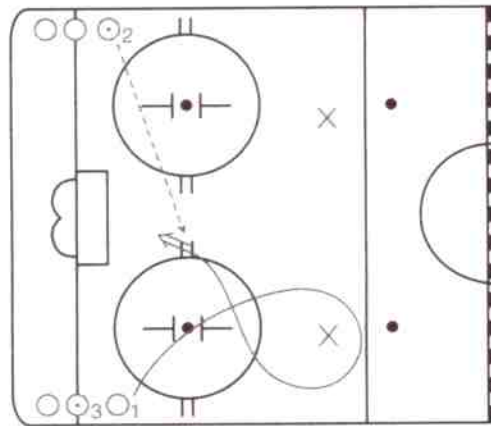
After shooting the second shot, forward 1 backs up to the high slot and receives another pass from forward 2 for a third shot.



1. Forward 1 skates with the puck around the cone at the lower side of the face-off circle and passes to forward 2, who has skated to the high slot.
2. Forward 2 shoots.
3. Forwards 3 and 4 then perform the same pattern from the other side.
4. The two players change lines after finishing the drill.
5. The drill is continuous, alternating from each side.

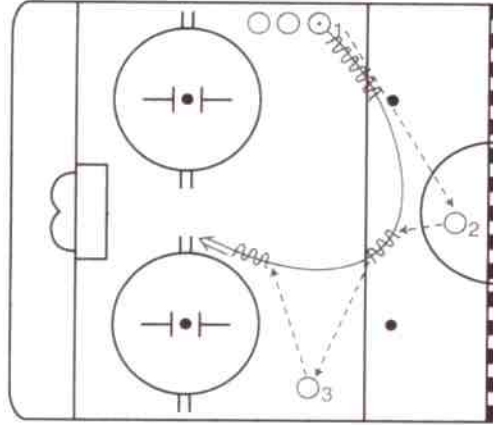


1. Forward 1 skates around the cone and comes back to the slot for a pass from forward 2.
2. Forward 1 shoots.
3. Forward 2 then performs the same pattern from the other side, taking a pass from forward 3.
4. The drill is continuous, alternating from each side.



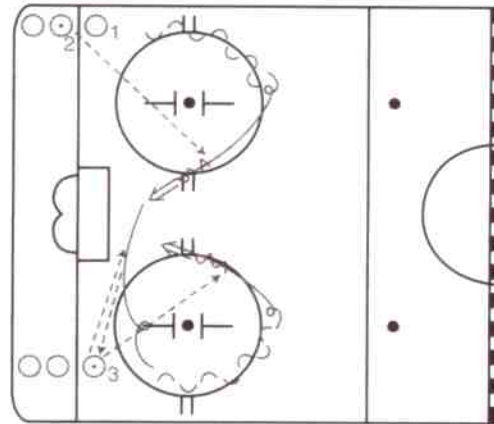
261 TWO ONE-TOUCH PASSES GIVE AND GO, SHOOT

1. Forward 1 skates with the puck, one-touch passes with forward 2 and forward 3, and then shoots.
2. The two players receiving the one-touch passes (forward 2 and forward 3) should rotate every five shots.

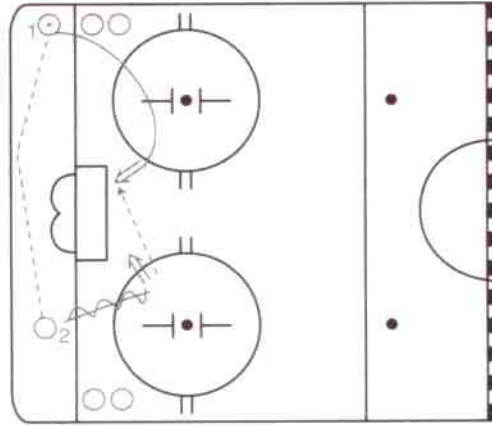


262 FIGURE EIGHT, BACKWARD, PIVOT, SHOOT

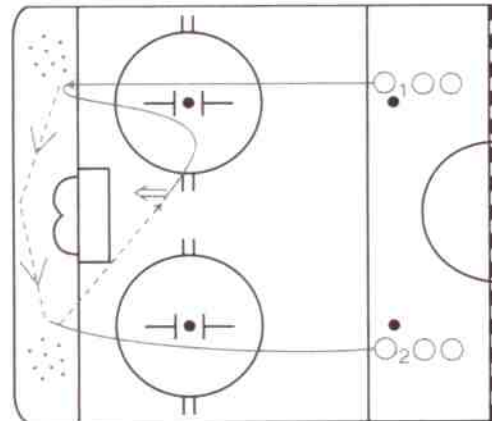
1. Forward 1 skates backward out of the corner and around the face-off circle, pivots, takes a pass from forward 2, and shoots.
2. Forward 1 then one-touch passes with forward 3, skates backward around the opposite face-off circle, pivots, takes another pass from forward 3, and shoots.
3. The drill is continuous, alternating from each side.



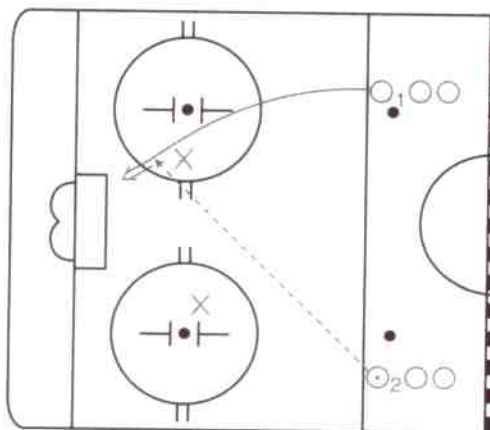
1. Forward 1 passes behind the net to forward 2.
2. Forward 2 skates out from the side of the net and either shoots or passes to forward 1, who has come out of the corner for a pass or a rebound.
3. The drill is continuous, alternating from each side.



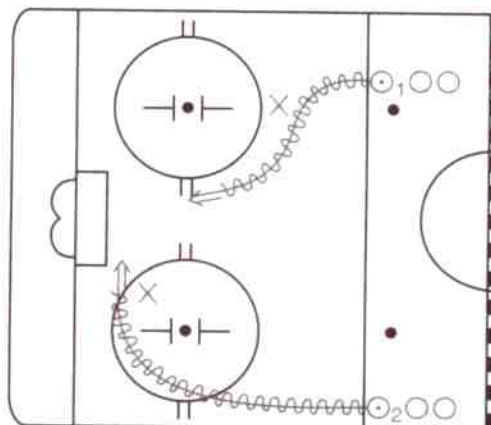
1. Forward 1 and forward 2 skate from the blue line to behind the goal line.
2. Forward 1 passes behind the net to forward 2.
3. Forward 1 goes to the slot.
4. Forward 2 passes to forward 1.
5. Forward 1 shoots.
6. The drill is continuous, with the shooter alternating from each side.



1. Forward 1 skates toward the net and around the cone.
2. Forward 2 passes the puck just after forward 1 passes the cone.
3. Forward 1 redirects or one-times the shot (shoots without stopping the puck).

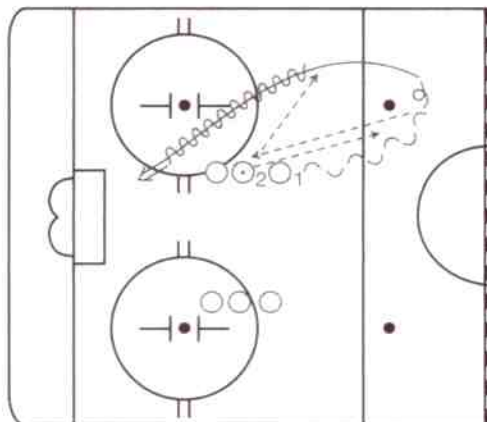


1. Forward 1 skates to the high cone at the top of the circle, cuts toward the middle, and shoots.
2. Forward 2 skates around the low cone at the bottom of the circle and shoots.
3. The players change lines after shooting.

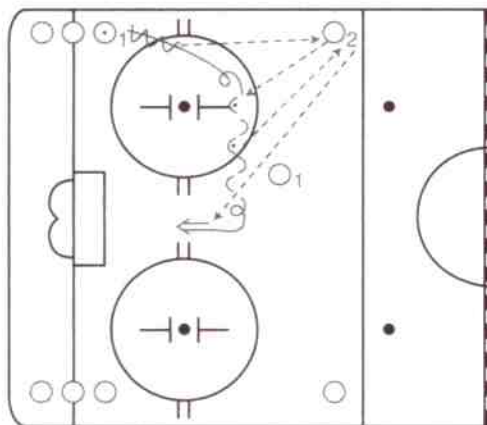


ONE-TOUCH, PIVOT, PASS, SHOOT

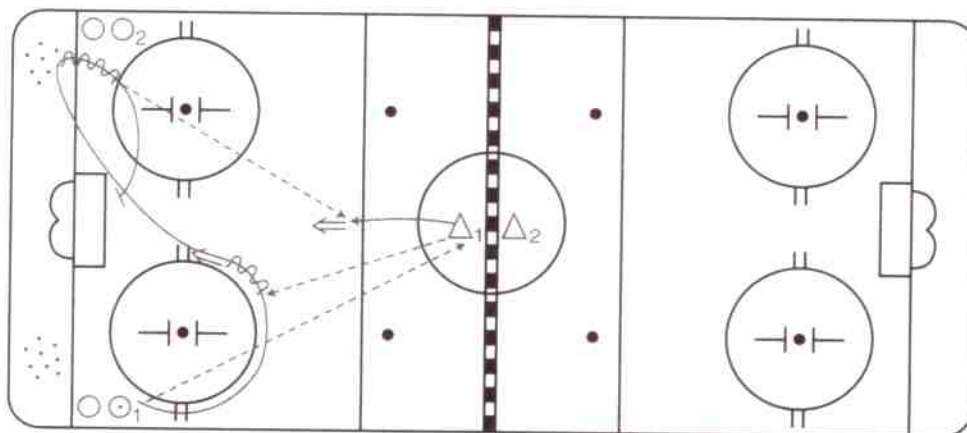
1. Forward 1 skates backward, one-touch passes with forward 2, then pivots, skates forward, receives another pass from forward 2, and shoots.
2. The players change lines after shooting.

**THREE PASSES, SHOOT**

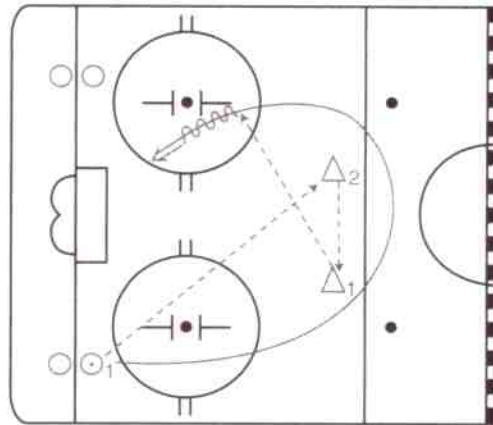
1. Forward 1 skates from the corner with the puck and passes to forward 2 at the blue line.
2. Forward 1 pivots, skates backward, one-touch passes with forward 2, pivots, takes another pass from forward 2, and shoots.
3. The drill alternates from each side.



1. Forward 1 passes to defenseman 1 at the center line.
2. Forward 1 skates around the face-off circle and receives a return pass from defenseman 1.
3. Forward 1 shoots, then goes to the corner and gets a puck.
4. Defenseman 1 moves to the blue line.
5. Forward 1 passes to defenseman 1.
6. Forward 1 goes to the front of the net to screen or deflect.
7. Defenseman 1 shoots.
8. Forward 2 goes next, passing with defenseman 2.



1. Forward 1 passes the puck from the corner to defenseman 2.
2. Defenseman 2 passes to defenseman 1.
3. Forward 1 skates around behind defenseman 1 and defenseman 2.
4. Defenseman 1 passes to forward 1.
5. Forward 1 shoots.
6. The drill alternates from each side.



1. Forward 1 starts with the puck, skates toward forward 2 in the corner, and one-touch passes with forward 2.
2. Forward 1 then skates toward forward 3 at the center line, one-touch passes with forward 3, and shoots.
3. The drill alternates from each side.

