

Shooting



2000 Play Right
International Coaches' Conference
Vancouver, British Columbia
Delegate Drill Manual





2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: Dave Griffith

Team: Wawa Travellers Jr. B

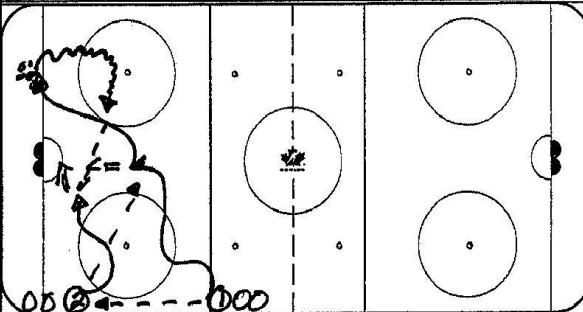
Country: Canada

DRILL THEME: SHOOTING

LEGEND	
○	Coach
●	Forwards
△	Defenders
G	Goalie
—	Stop
X	Pylon
⋈	Pucks
→	Puck Carrying
→	Shooting
→	Pass
→	Drop Pass
→	Backward Skate
	Lateral Movement
—	Defensive Pressure

☐ OFFENSIVE ☐ DEFENSIVE

DRILL NAME: Warm-up

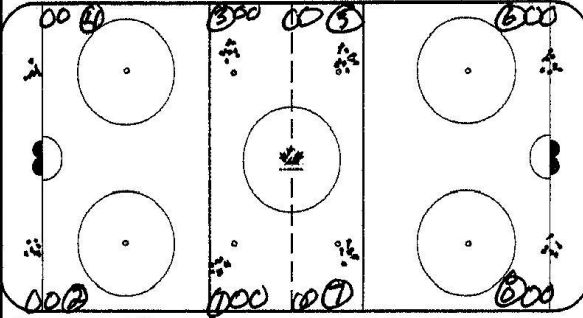


KEY TEACHING POINTS:

- Have players concentrate on timing.
- Players concentrate on quick accurate passes that can be one timed by the player receiving the pass
- players concentrate on receiving the pass and shooting in one quick motion (one timer)
- goalies work on coming out to play the angles.

DRILL DESCRIPTION:

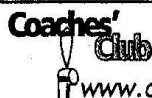
① passes to ②, then skates into high slot and receives a return pass from ② and one times the puck. ① then skates to the corner, picks up a loose puck curls back towards the slot, passes to ② for the one timer and ① skates in for the rebound



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

you can have a second set of players ready to go ^{on the other} side as soon as ① and ② are complete. And you can also have the drill going on at the other end of the rink



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Coach: Ron Kennedy

Team: Austrian National Team

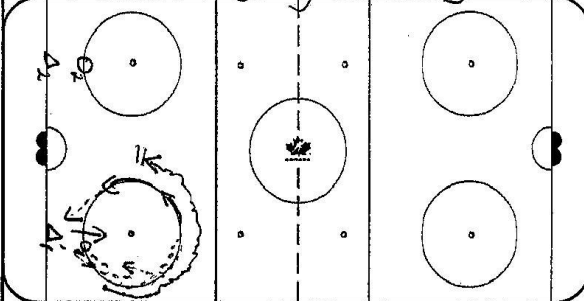
Country: Austria

DRILL THEME: **SHOOTING**

LEGEND	⊙	Coach	~	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→→	Pass
	G	Goalie	→→→	Drop Pass
		Stop	↺	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure

○ OFFENSIVE ○ DEFENSIVE

DRILL NAME: Rat Agility Shooting

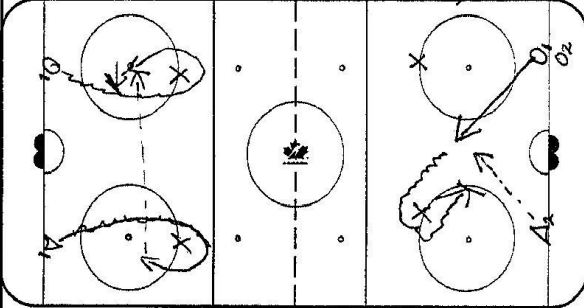


KEY TEACHING POINTS:

- Agility
- Puck handling while skating forwards and backwards
- Shooting both forehand and backhand
- Good warm-up drill

DRILL DESCRIPTION:

- On command O₁ start backwards skating circle / Δ, then passes puck and they continue doing give and goes until O₁ does one full circle / As O₁ starts 2nd round, he keeps puck drives up and shoots on net / After he goes to group 2 / Δ₂ + O₂ start after O₁ had completed his 1st lap on circle



ADDITIONAL TEACHING POINTS:

- Options: 1vs0, 2vs0
- O₁ drive through slot + receive pass from Δ₁
- O₁ around pylon + quick release shot on goal
- Δ₁ then drive through and O₂ pass etc.
- Players change groups to work on both forehand and backhand shots.

PROGRESSION / OPTIONS:

Can also do 2vs0, shoot off the pass drill



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Coach: Brent Arsenault

Team: Prince George Midget AAA

Country: Canada

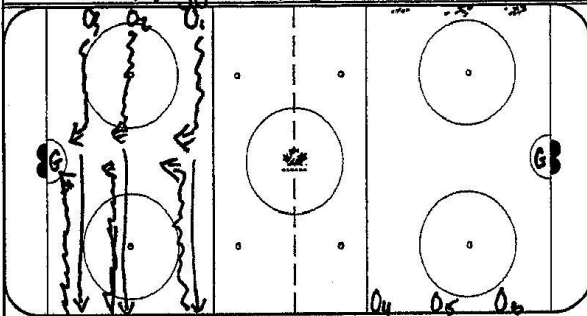
DRILL THEME: SHOOTING

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure

● OFFENSIVE

○ DEFENSIVE

DRILL NAME: Pluggers over and back shooting drill

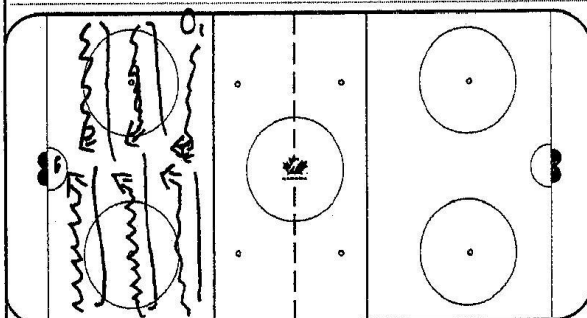


KEY TEACHING POINTS:

- shoot in stride
- alternate shots
- forehand/backhand

DRILL DESCRIPTION:

O₁ skates to middle with puck - shoots, picks up another puck comes back and takes another shot. O₂ goes, then O₃...
O₁ → O₂ - O₃ - O₁



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

O₁ takes 6 shots in a row



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Coach: JOHN HOLYK

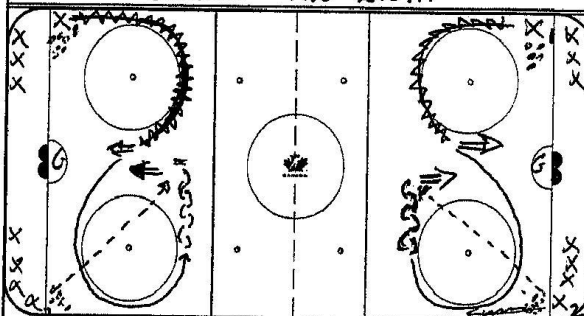
Team: TRINITY WESTERN UNIVERSITY TWISTERS

Country: CANADA

DRILL THEME: SHOOTING

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure
		OFFENSIVE		DEFENSIVE

DRILL NAME: CLOSING THE RING

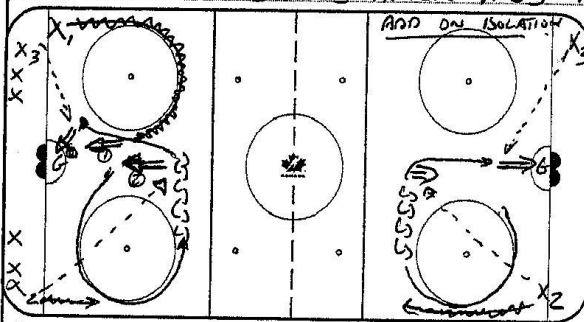


KEY TEACHING POINTS:

1. PUCK PROTECTION WHEN CARRYING
2. HIGH TEMPO
3. ACCELERATE ROUND TURNS
4. STRONG PIVOT
5. PASS RECEPTION - EITHER ONETIME
6. STOP PASS CONTROL PUCK + SHOOT

DRILL DESCRIPTION:

X₁ CARRIES PUCK AROUND TOP OF CIRCLE SHOTS FROM SLOT.
X₁ CONTINUES TO SKATE IN AROUND CIRCLE (FAR), PIVOTS
BACKWARD AT THE TOP OF CIRCLE. X THEN RECEIVES PASS X₂
FROM CORNER FOR A SECOND SHOT ON GOAL. X₂ FROM
OTHER CORNER STARTS AFTER PASS IS MADE



ADDITIONAL TEACHING POINTS:

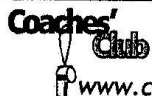
6. DRIVE HARD TO THE NET
7. MAKE YOUR SHOTS COUNT

QUOTE:

WE ARE WHAT WE REPEATELY
DO. EXCELLENCE, THEN IS NOT
AN ACT, BUT A HABIT
- ARISTOTLE

PROGRESSION / OPTIONS:

X₁ DOES DRILL AS ABOVE EXCEPT PIVOTS FORWARD AFTER SECOND
SHOT AND SKATES THROUGH SLOT TAKING A PASS FROM X₂
IN FRONT FOR A THIRD SHOT. X₂ DELAYS A LITTLE AFTER MAKING
THE PASS BEFORE SHE GOES.



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Coach: CHRIS HIGGINS

Team: U. OF WESTERN ONTARIO - WOMEN

Country: CANADA

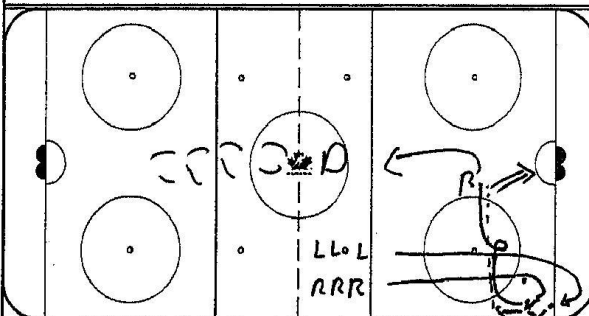
DRILL THEME: SHOOTING

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	⇄	Backward Skate
	X	Pylon		Lateral Movement
	⊗	Pucks	—	Defensive Pressure

☐ OFFENSIVE

☐ DEFENSIVE

DRILL NAME:



KEY TEACHING POINTS:

ONE TIME SHOOTING

PROPER POSITIONING
FOR SHOT

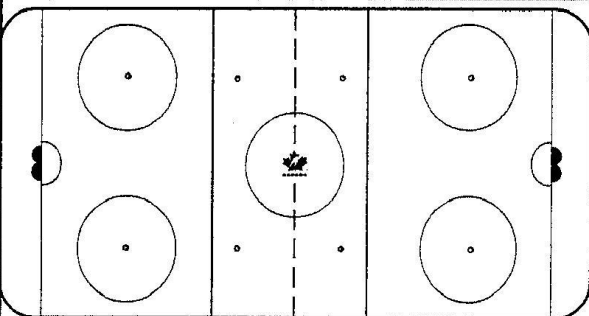
DRILL DESCRIPTION:

LEFT AND RIGHT SHOTS LINE UP AS SHOWN

RIGHT SHOT PICKS UP PUCK AND CYCLES

RIGHT SHOT BOUNCES PUCK OFF BOARD FOR TRAILING L

RIGHT SHOT DOES A MOHAWK - RECEIVES PASS FROM L
AND SHOTS



ADDITIONAL TEACHING POINTS:

L AND R CONTINUE
ON 2 ON 1

AT OTHER END ROLES
ARE REVERSED

PROGRESSION / OPTIONS:



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Coach: Jean Voillancourt

Team: St. Cloud State University (WCHA)

Country: US team, Canadian coach

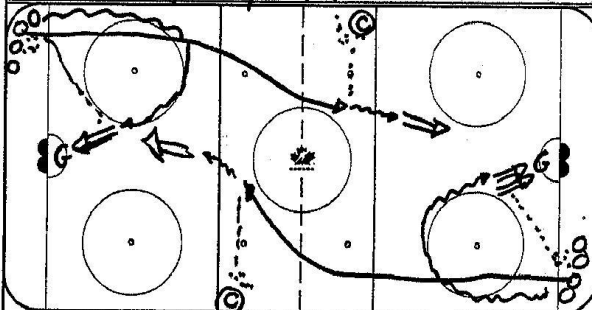
DRILL THEME: SHOOTING

LEGEND	⊙	Coach	~>	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
		Stop	~>	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure

⊗ OFFENSIVE

○ DEFENSIVE

DRILL NAME: Husky Pride

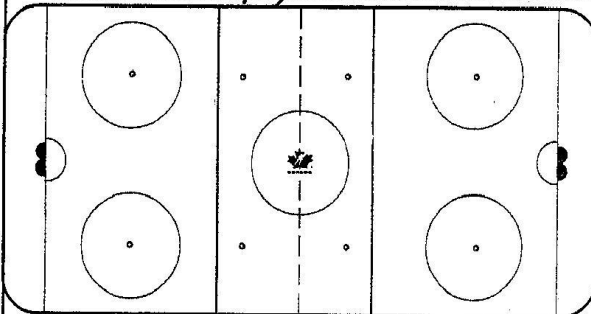


KEY TEACHING POINTS:

- emphasize speed in all aspects
- be hungry to score, play rebounds
- good drill to use as a "high success" before a tough game/series

DRILL DESCRIPTION:

- on the whistle, 1st player in line skates around circle and shoots, gets second pass from corner and shoots again. Stays in front of net for a screen.
- 2nd player in line skates down the ice, receives a pass and shoots, while player screens net



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

- add a defenseman to clear the front of the net

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Coach: RON CHATELAIN

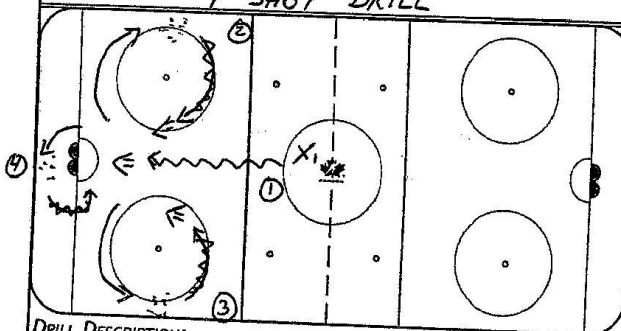
Team: HAMILTON REPS - MIDGET AAA

Country: CANADA

DRILL THEME: SHOOTING

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	✱	Pucks	—	Defensive Pressure
	○	OFFENSIVE	○	DEFENSIVE

DRILL NAME: 4 SHOT DRILL

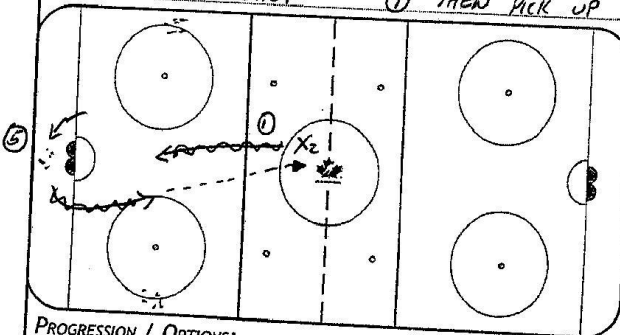


KEY TEACHING POINTS:

- SPEED, QUICKNESS
- HEAD UP
- KEEP FEET MOVING!
- SNAP SHOTS

DRILL DESCRIPTION:

1. X1 STARTS WITH A PUCK FROM CENTER - BREAKAWAY AND SHOT FROM HASH MARKS
2. AFTER SHOT CURL TO SIDE BOARDS FOR A LOOSE PUCK AND A SECOND SHOT
3. AFTER 2ND SHOT CURL TO OTHER SIDE BOARDS FOR ANOTHER LOOSE PUCK AND A 3RD SHOT - 4. THEN PICK UP A PUCK BEHIND THE NET FOR A



ADDITIONAL TEACHING POINTS:

- JAM
- 5. AFTER THE 4TH SHOT (JAM) X1 PICKS UP ANOTHER PUCK BEHIND THE NET AND PASSES TO X2, NEW PLAYER AT CENTER, WHO REPEATS THE DRILL.

PROGRESSION / OPTIONS:

PLACE A D-MAN IN THE HIGH SLOT AND PLAY X2 IN 4 1on1 SITUATIONS.



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Coach: Jon Goyens

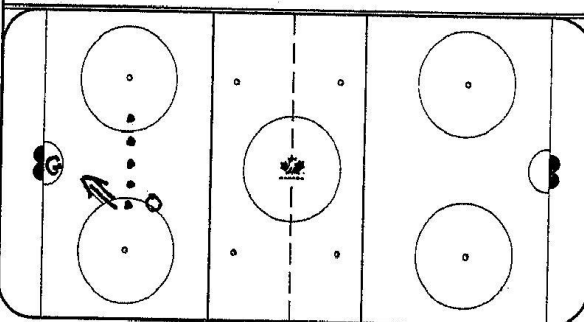
Team: Atom "AAA" Montreal Metro

Country: Canada

DRILL THEME: SHOOTING

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon	→	Lateral Movement
	●	Pucks	→	Defensive Pressure
		○ OFFENSIVE	○ DEFENSIVE	

DRILL NAME:

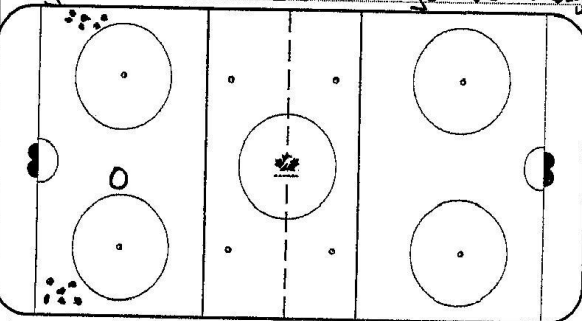


KEY TEACHING POINTS:

Knowing where the net is at all times. Releasing a quick shot in a prime shooting area. Hitting the net with shot

DRILL DESCRIPTION:

Player lines up in front of pucks facing the opposite way. Back to goalie. When the coach whistles the player spins and shoots. Then he moves the next puck and so on. Everytime player moves to the next puck he must set up again with back to goalie. Players must avoid big back swing.



ADDITIONAL TEACHING POINTS:

Receiving and shooting all in one motion.

PROGRESSION / OPTIONS:

Passes coming the shooter with his back to the goalie.



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Coach: SCOTT PHILP.

Team: NORTH DELTA ATOM.

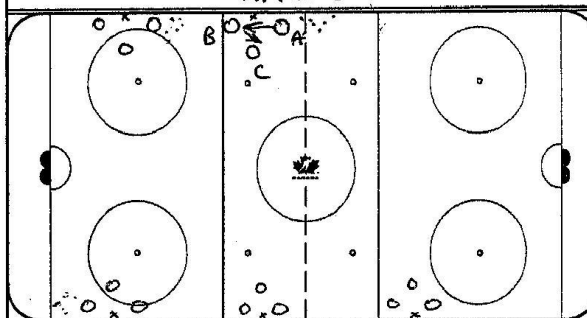
Country: CANADA

Drill Theme: SHOOTING

LEGEND	
○	Coach
●	Forwards
△	Defenders
G	Goalie
—	Stop
X	Pylon
⬮	Pucks
→	Puck Carrying
⇒	Shooting
→	Pass
→	Drop Pass
→	Backward Skate
→	Lateral Movement
→	Defensive Pressure

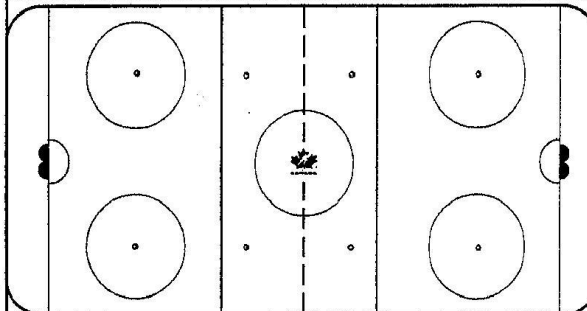
⓪ OFFENSIVE ○ DEFENSIVE

Drill Name: 1ST TIMERS.



Key Teaching Points: GOOD PASSES.
PLAYER "B" MUST "SET" PUCK
UP FOR SHOOTER.
SHOOTER MUST LOOK FOR
TARGET AND TRY TO GET
HEAD UP.

Drill Description: BREAK TEAM INTO GROUPS OF THREE. PLACE A TARGET
ON THE BOARDS (PAPER PLATE) IN VARIOUS LOCATIONS AROUND THE RINK
"A" PASSES TO "B", "B" PASSES TO "C" WHO 1 TIMES THE SHOT TRYING
TO HIT THE TARGET. EACH PLAYER TAKES APPROX. 10 SHOTS THEN
ROTATE POSITIONS.



Additional Teaching Points:

Progression / Options:



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