

B Goal Scoring Stations – Sw

Swedish Ice Hockey Association

Drill Tip 1 – Goal Scoring Stations!

New series of articles with tips on good drills. This one is about utilizing the whole ice through station training!

Objective/execution

Practice different types of shots, shoot unannounced (without advertising) and with accuracy. About five minutes per station.

Note! Quality on each shot and finish off the play on loose pucks.

The NINE scoring holes on the Butterfly Goalie.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140409101517189>

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. Shoot by imaginary defenseman by drawing the puck laterally (to the side)

- Protect the puck
- Quick shot forehand and backhand
- Continue on to the goal cage

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140429102245865>

B. One-timer (direct shot) from stationary position

- Practice getting the shot away as quickly as possible
- Accuracy and power
- Be able to get the puck on goal even if the pass is not perfect

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C. One-timer (direct shot) while moving

- Imaginary game situation with defenseman against you
- Get open on the play by using both depth and width
- Two pucks, finish off the play (shoot), next player the same thing

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D. Short wind-up/release (hence the sticks on the ice)

- Deliver the pucks with focus and accuracy

- Sharp shooter/sniper

- competition with one another.

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E. Rebound pucks against bench or something similar

- S2 should quickly take the puck laterally/sideward and put it up high

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