



TECHNICAL

Shooting II



REVISED 2/19

OBJECTIVES

- To describe various shots
- To describe proper shooting areas of the net
- To describe various ways of attacking the net

SHOOTING

This section should perhaps be entitled “Goal Scoring,” since that is the reason for shooting. For most players (except goalies), scoring a goal has to be the emotional peak of any hockey game. Even fluke goals make the scorer feel good.

Coaches usually find that they have little trouble getting their players to practice shooting (especially the slap shot), but to get them to practice specific shots or goal-scoring maneuvers often poses some problems. However, solving these problems will pay big dividends in terms of goals scored.

Consider the following statement by Valeri Kharlamov, the great Russian player: “When one

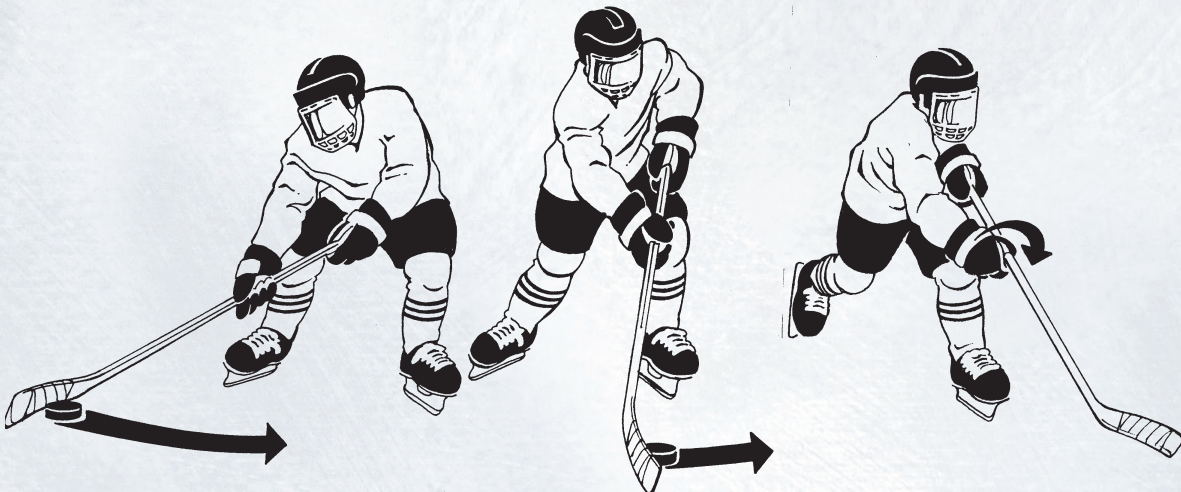
shoots, there are three things needed for a successful shot: precision, power and suddenness.”

The goal scorer needs to bring with him or her certain skills to assure his or her success. Puck control and stickhandling skills are important and work well against goalies and defensemen.

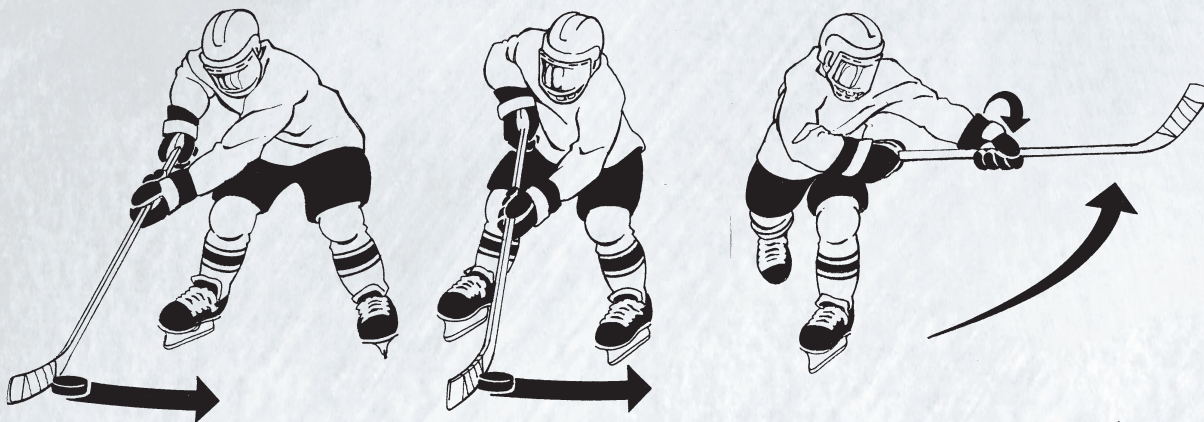
The potential goal scorer’s repertoire should consist of the following types of shots:

- Wrist Shot — forehand and backhand
- Snap Shot
- Flip Shot
- Slap Shot
- Tip-in or Deflection

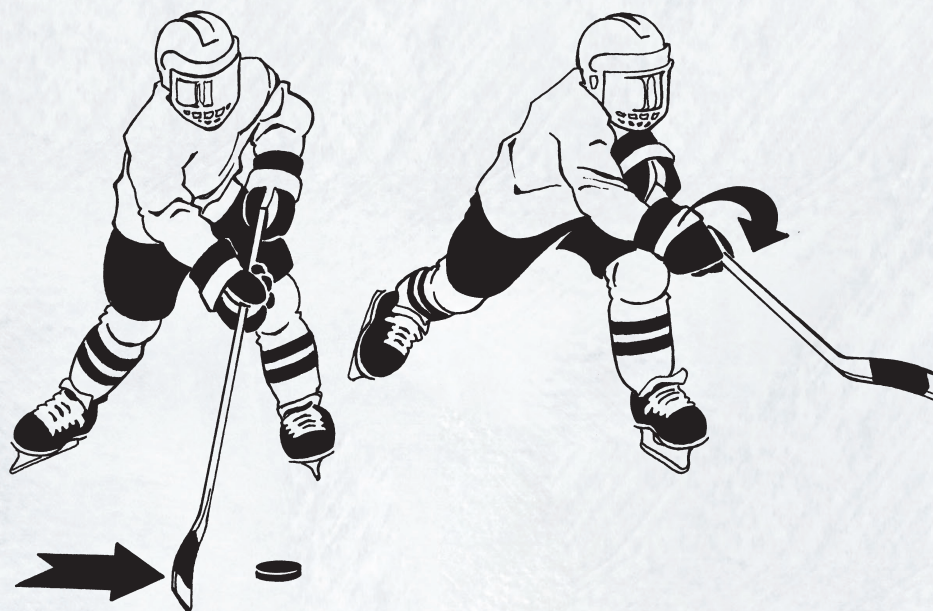
FOREHAND WRIST (OR SWEEP) SHOT



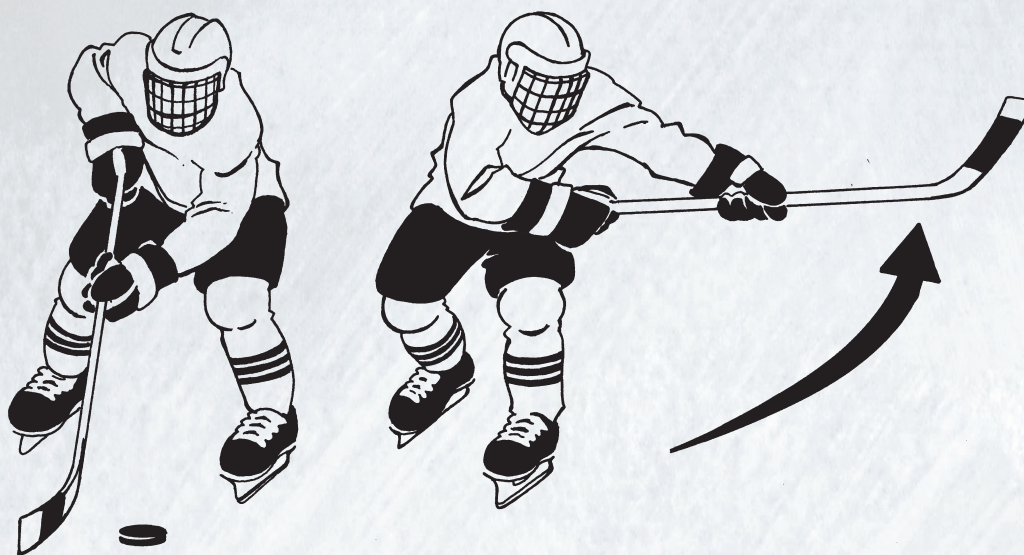
BACKHAND WRIST (OR SWEEP) SHOT



FOREHAND SNAP SHOT



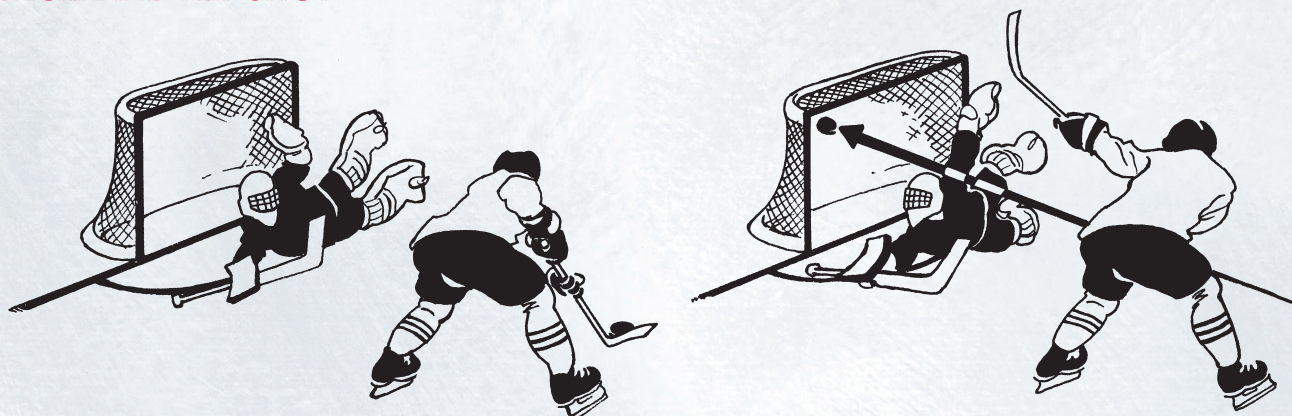
BACKHAND SNAP SHOT



FOREHAND FLIP SHOT



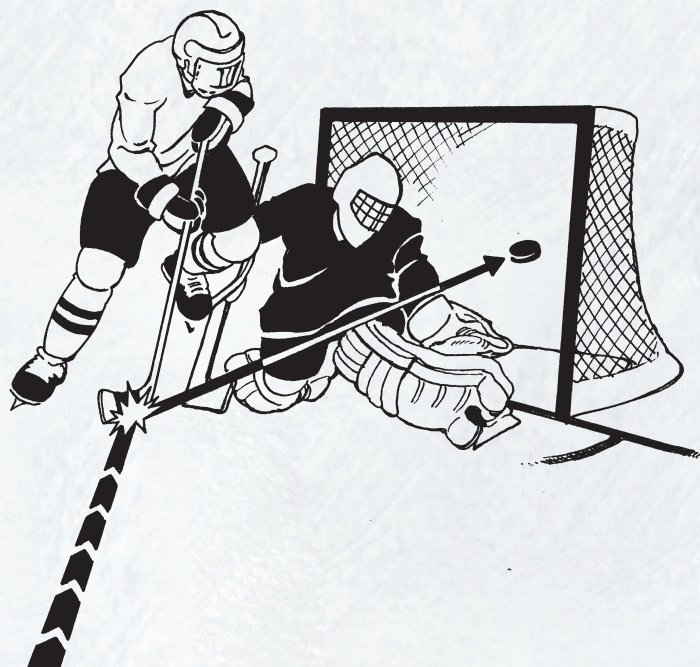
BACKHAND FLIP SHOT



SLAP SHOT



TIP-IN OR DEFLECTION



KEY ELEMENTS FOR SHOOTING

Wrist Shot

- shot begins with the puck at the side of the body and behind the back foot
- blade of the stick cupped over the puck
- weight transfer to the front skate
- The height of the follow through with the stick will dictate the height of the shot.
- puck movement from the heel to the top of the blade

Backhand Wrist Shot

- shot begins with the puck at the side of the body and behind the back foot
- blade of the stick cupped over the puck
- weight transfer to the front skate
- The height of the follow through with the stick will dictate the height of the shot.
- puck movement from the heel to the toe of the blade

Snap Shot (Forehand and Backhand)

- The blade of the stick is brought back slightly behind the puck.
- The blade of the stick is snapped through the puck toward the target, striking the ice just behind the puck.
- push - pull hard wrist action
- weight transfer in the direction of the shot

Flip Shot (Forehand and Backhand)

- initial puck position in front of the body
- quick wrist snap that results in blade rotation from straight to an open position
- exaggerated upward movement of the blade

Slap Shot

- stick drawn back and upward
- weight transfers to the front
- The blade of the stick strikes the ice just behind the puck.
- puck contact in the middle of the blade

SHOOTING ON THE NET

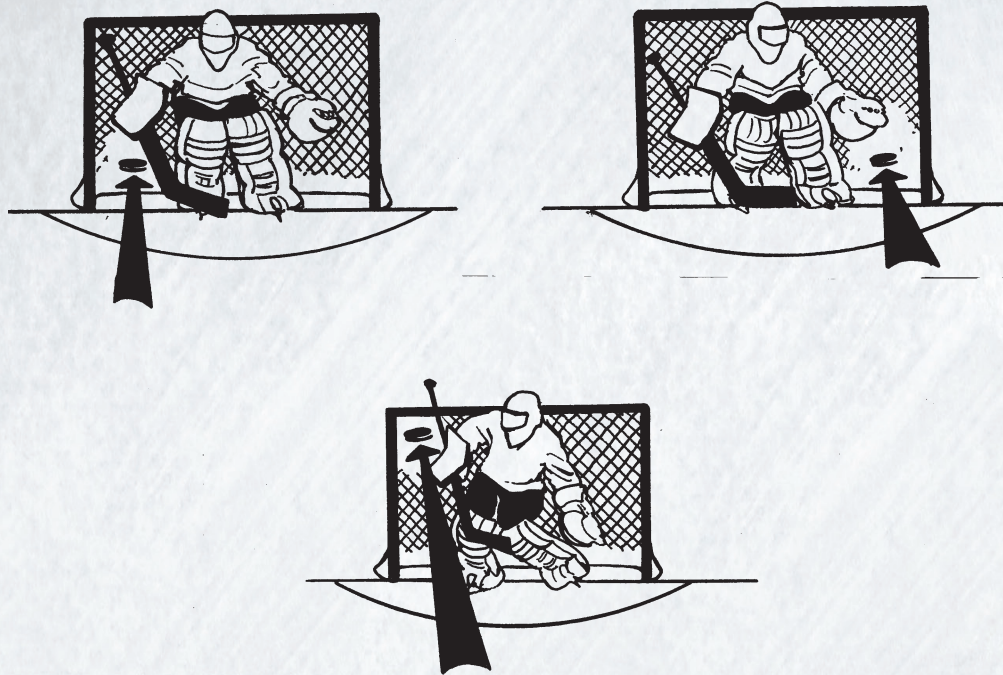
For a moment, let us consider the opponent — the goalie. The goalie is perhaps the most dedicated to his or her position of all of the players on the ice. Most goalies consider a goal scored against him or her as a personal violation; they do not give up easily. Goalies have one thing in mind: get as much equipment as possible in front of the shot.

While it is important for a goalie to be quick and able to react to the offensive play (shot or maneuver), most good goalies take away scoring area from the attacker by playing in an appropriate position or playing the angle. It seems logical for the attacker to study where the weakest point of the goalie is and attempt to score through that point.

Understandably the four corners of the net are the most difficult points for the goalie to cover. Usually, the low stick side of the goalie is the weakest point.



The next best place to shoot is often debated. Some say low glove side, while others may encourage high stick side. Often, the goalie's position does not allow the attacker to choose the low corner, thus the choice becomes low or high on the side to which the goalie allows shooting space.



It is safe to assume that goalies are weaker on the stick side than the glove side, and weaker on the ice than up high. It should also be expected that the catching glove is the most effective weapon for goalies. Finally, most goalies prefer that the attacker make the first move. Let us consider what the attacker needs to do to score a goal.

While accuracy and power are important in goal scoring, they are perhaps secondary to the surprise of a quick or sudden shot. Statistics do not record a puck going through a pad (although some goalies will swear it had to) but hundreds of pucks go by goalies because "I didn't think he was going to shoot," or "I never saw it."

If the attacker can do something to make the goalie move just before the shot, the attacker will have a better opportunity to score. It is important for attackers to understand that the goalie focuses most of his or her attention on the puck. Therefore, movement of the puck will cause at least some movement of the goalie's eyes, and possibly the goalie's body.

It is also worthwhile to study the goalie, both in warm-up and throughout the game, to see if he or she has obvious weaknesses or plays in such a way as to encourage the attacker to try an unusual shot. An example of this might be a goalie who holds his or her hand extremely low. This might encourage the attacker to shoot a quick high shot to the glove side – a shot that would not normally be the best selection.

Shooting when the goalie does not expect the shot is perhaps the most potent weapon for the attacker. Thus, players must learn to:

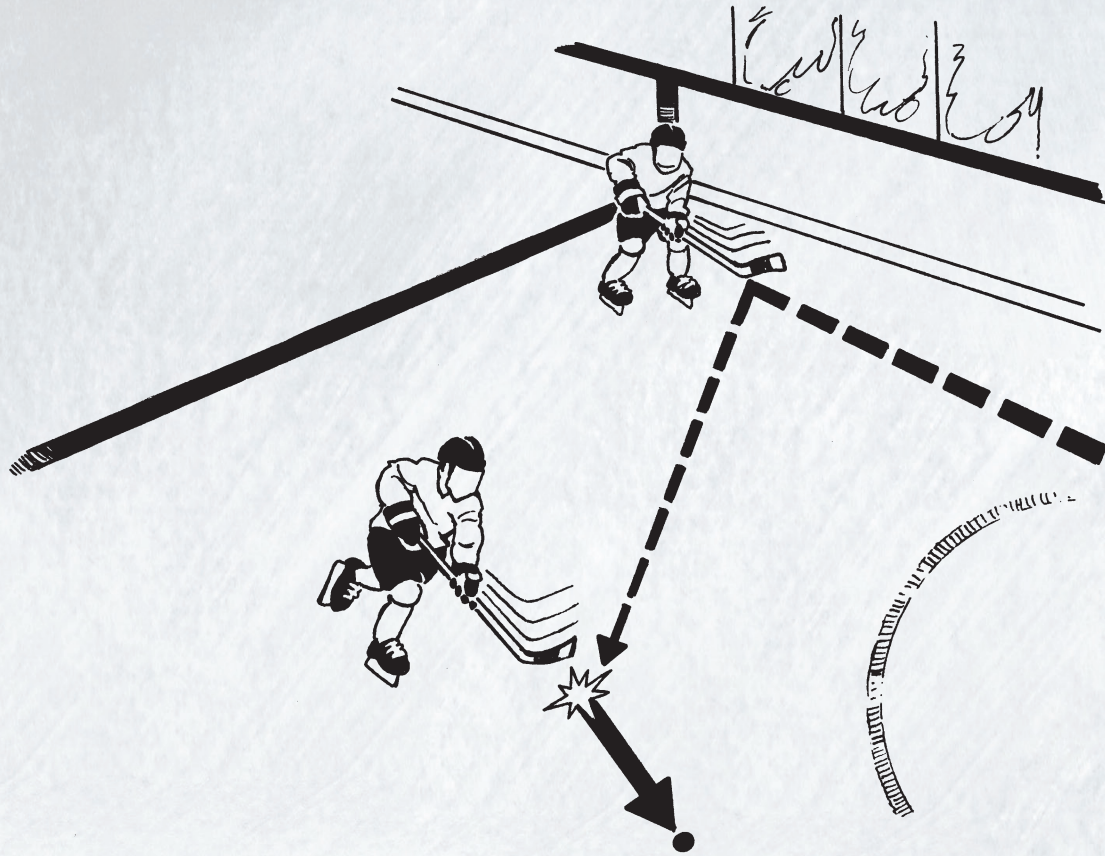
1. Shoot while continuing to elude defenders (in stride)



2. Shoot off either leg



3. Shoot off the pass (receive a pass and shoot in one action)



4. Shoot from the middle of a skating or stickhandling maneuver



5. Shoot while being checked or closely defended



It is equally important that players learn to camouflage their intended actions (e.g. faking a pass, then shooting or faking a shot, then passing).

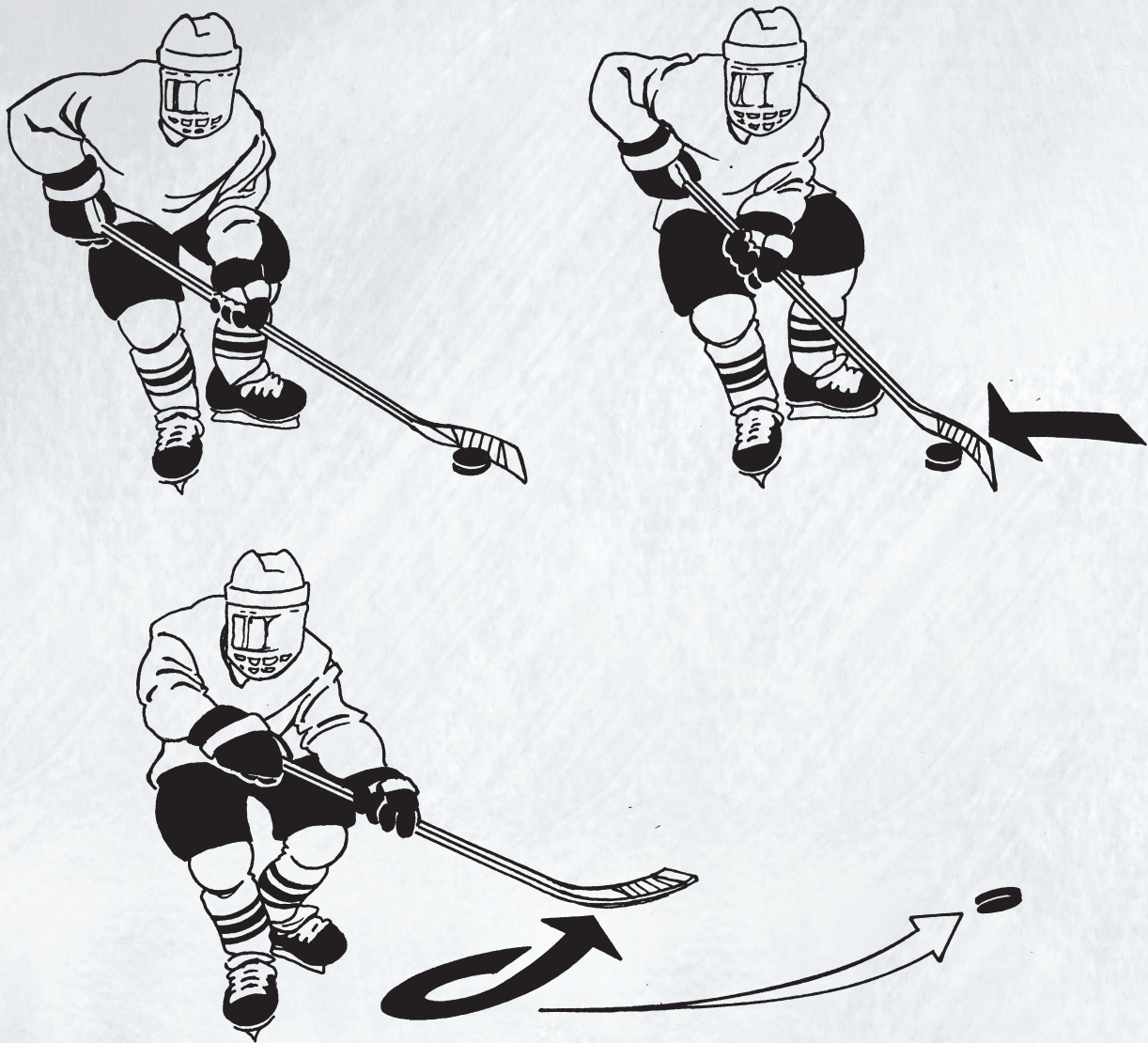
While the attacker must be prepared to shoot immediately when a good opportunity presents itself, the best shot is from in front of the goal, 12 to 15 feet from the goal line. Thus, faking and other preparatory moves must occur 20 to 25 feet up ice.

In order to get the most power into a shot, a player must use his or her body. This is best accomplished by striding off the foot nearest the puck and onto the foot away from the puck as the shot is made. This is called shooting “in stride.” However, as mentioned

above, don’t lose a shooting opportunity simply because you are not “in stride.”

Shooting drills should include obstacles (cones, sticks, other players) to be avoided as the attacker maneuvers for the shot. Shooting drills that require quick reaction to multiple pucks are beneficial for both shooters and goaltenders.

Many players have developed the skill of moving the puck just before shooting, thus causing the goalie to move at least his or her eyes. When carrying the puck at the side of the body, draw both hands and the puck sideways toward the body six to eight inches, then release the shot with a quick wrist or snap shot.



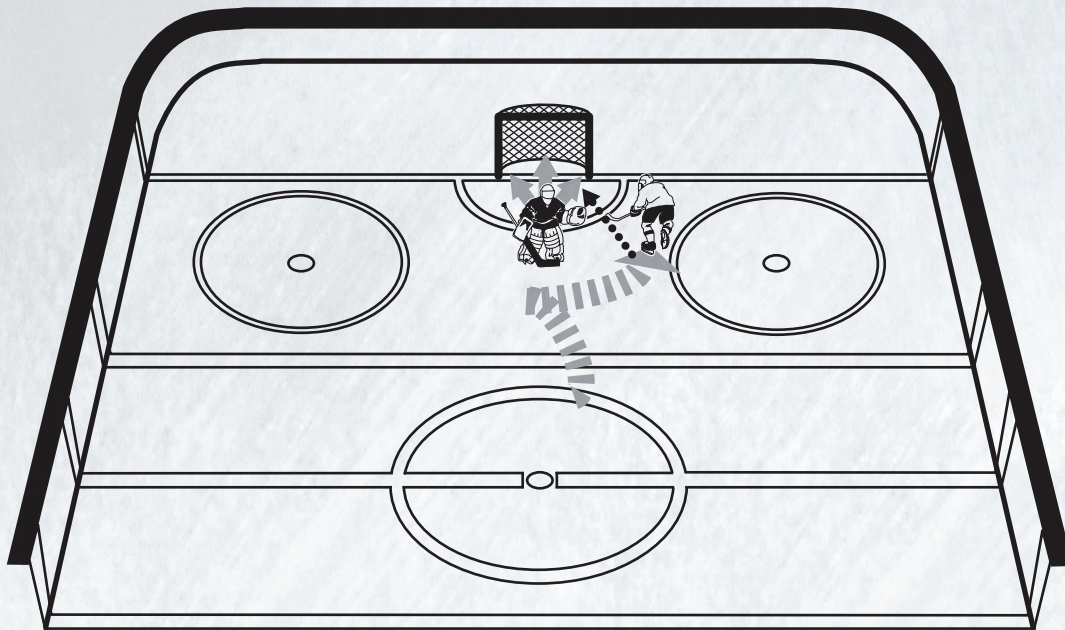
As on a defenseman, a one-on-one attack on the goalie is more successful if the attacker can make the goalie move laterally. A shot to the side from which the goalie is moving is a difficult shot to stop.

Should a player shoot or deke? If the opportunity to shoot is good, players should take advantage with a quick shot. Deking provides more opportunities for error by the offensive player as well as decreases the angles needed to be covered by the goalie. Nonetheless, a properly-executed deception by the attacker can fake out the goalie and produce a beautiful, exciting play.

When a player chooses to deke, the goalie should be some distance out of the goal and should have the shooting angles cut down severely, thus making the chance of a successful shot minimal.

Two things are of great importance to the attacker:

1. Keep cool. Don't get excited and rush the play.
2. Maintain as much speed as possible while maintaining good control of the puck.



Let us consider the attack from three points:

1. head-on in front of the goal
2. the forehand side
3. the backhand side

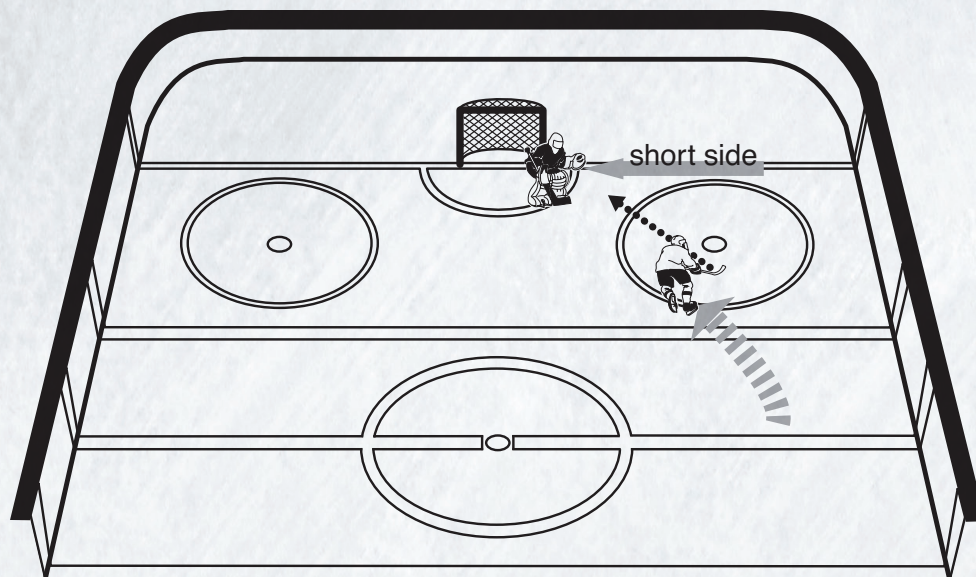
Differing opinions exist about where the attacker should carry the puck when planning to deke the goalie — in front of the body or to the forehand side? By carrying the puck in front, the player can quickly move to either side, but must move the puck to shoot. By carrying the puck on the side, the player is ready to shoot at all times during the attack on the goal, but his or her move is limited to one direction — across his or her body. Coaches should encourage their players to try both methods, but eventually settle on one style and practice that method.

Front Attack on Goal

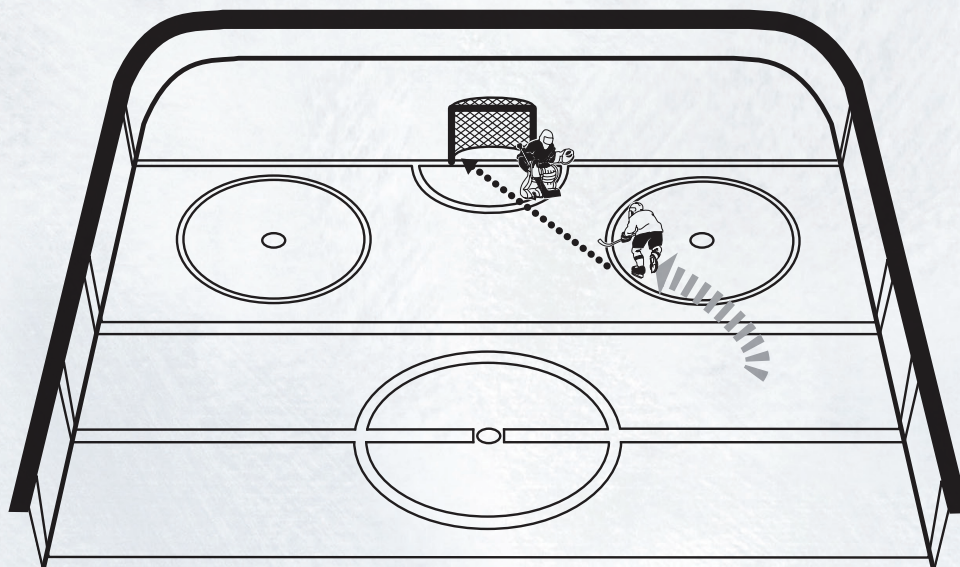
By moving the puck, the attacker should make the goalie adjust his or her position laterally in the goal. Be sure to maintain the speed of the attack. Faking one direction, shifting quickly to the other side and shooting can be effective, but may also give the goaltender the best opportunity to react and stop the shot. Faking and going to the same side, or a double fake, is likely to be a more effective attack. Faking a shot, pulling back and then quickly shooting will often unbalance a goalie and provide an opening for the puck. From the front, the attacker usually makes his or her move on a diagonal line toward the side of the net. One way a goalie will try to stop this attack is to throw his or her legs back to the post (stacking his or her pads). In these cases, the sharp rising flip shot is perhaps the most effective. Once again, the importance of slow, deliberate faking and quick movements must not be minimized.

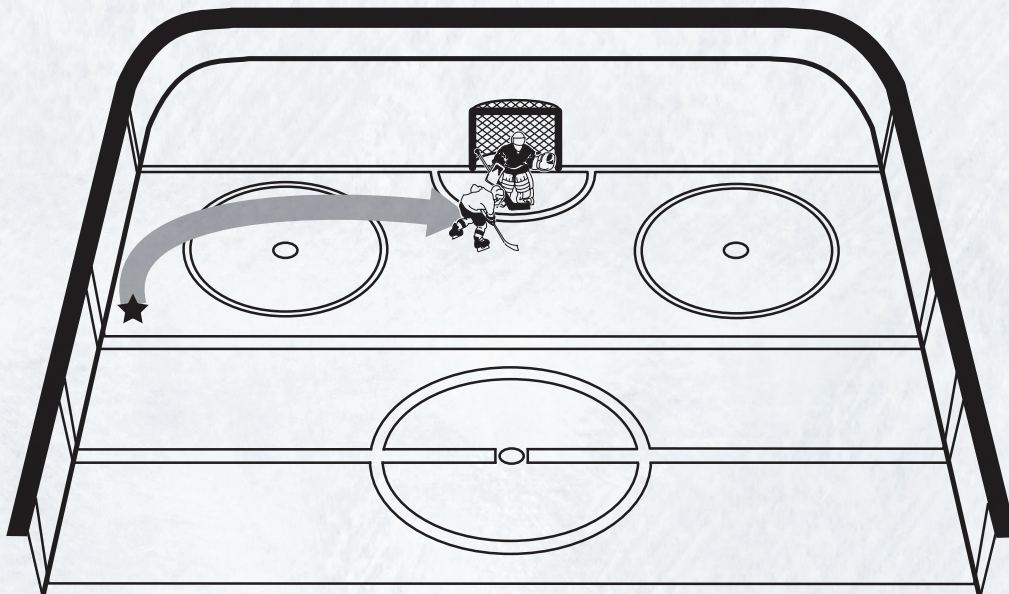
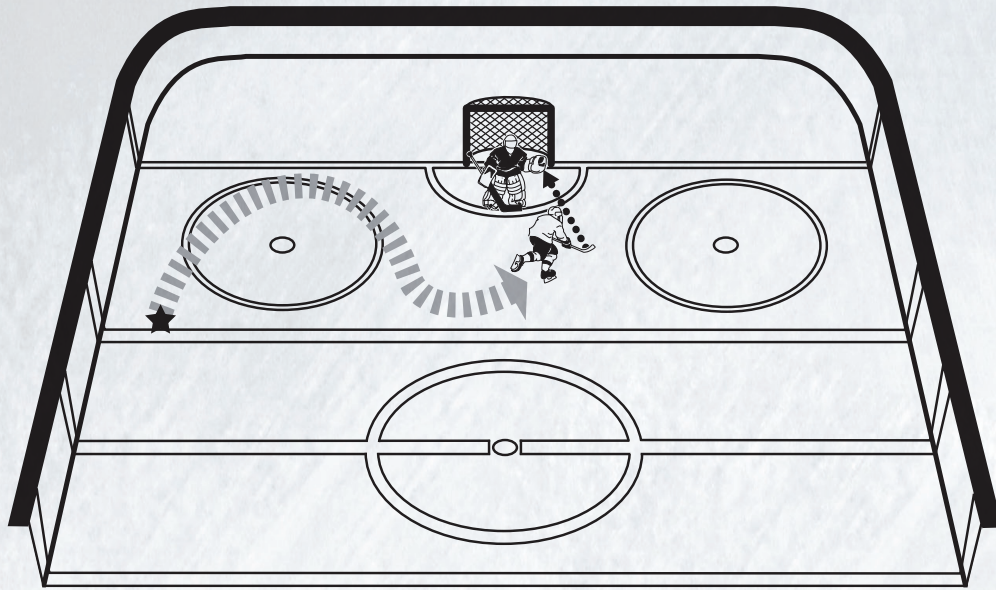
Side or Angle Approach to Goal

As the attacker comes on the angle, most goalies try to take away the “short side.” In this way, only a good shot to the far side of the goal will score. The attacker must try to fake or pull the goalie away from the post to increase the opening to score on the short side. The off wing is provided a unique opportunity because of the angle from which the shot can be taken. This is demonstrated in the diagram below.



If the goalie holds the near post, the attacker must move in front of the goal to get a good scoring opportunity. It is important to maintain speed and to protect the puck from a poke check by the goalie when cutting across the front of the net. Rather than skating a straight line across the front of the net, the attacker should make a “C” cut, holding the shot as long as possible in an attempt to get the goalie out of position or off-balance.





Many good goal scorers are players who tend to be around the net a lot. If the player is not the puck carrier, moving in front of the net with his or her stick on the ice will be a distraction for the goalie and defenders. By keeping the stick on the ice, he or she may deflect or tip in a shot. The time required to put his or her stick on the ice when trying to bat in a rebound may be the time that allows the goalie to get set for the shot or the defender to check the player.

LEARN MORE

Click on the following link(s) for more information on the topics covered in this chapter. *(Internet access is required).*

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