

**USA Hockey Shooting/Scoring Stations & Goalie Time - 30 mins**

Stations should be started without goalies. Goalies can be added as individual goalie coaching/warm-up is completed.

**1- Rebound Scoring**

[https://youtu.be/p7ymiRyB5Ak?list=FL2-MMDkU\\_ncmlTY8qRds-RA&t=292](https://youtu.be/p7ymiRyB5Ak?list=FL2-MMDkU_ncmlTY8qRds-RA&t=292)

[https://www.youtube.com/watch?v=RrnZE0z\\_nM8](https://www.youtube.com/watch?v=RrnZE0z_nM8)

Coach or player shoots puck off pad or tires. Shooter (S) collects rebound and scores over pad. If puck is tight to pad the player must pull the rebound away to create a scoring angle. Rep 1: Face shooter and spin around to find rebound. Rep 2: Face the net and react quickly to rebounds.

**2- Shovel & Backhand Quick Stick**

Best video I could find, simplify it like the diagram

<https://www.youtube.com/watch?v=yzIF2yXRQ8Y>

Shovel: Players are on their strong sides; ie:

Lefties on left. L breaks to the net and receives pass from X. L shoots off pass. BH Quick Stick: Players on their off sides; ie: Righties on right. R breaks to net and receives pass from X on the backhand. R quickly catches pass, shifts to forehand and puts puck under the crossbar. Hand speed is critical.

**3- Pull, Push, Quick Deke**

[https://youtu.be/p7ymiRyB5Ak?list=FL2-MMDkU\\_ncmlTY8qRds-RA&t=115](https://youtu.be/p7ymiRyB5Ak?list=FL2-MMDkU_ncmlTY8qRds-RA&t=115)

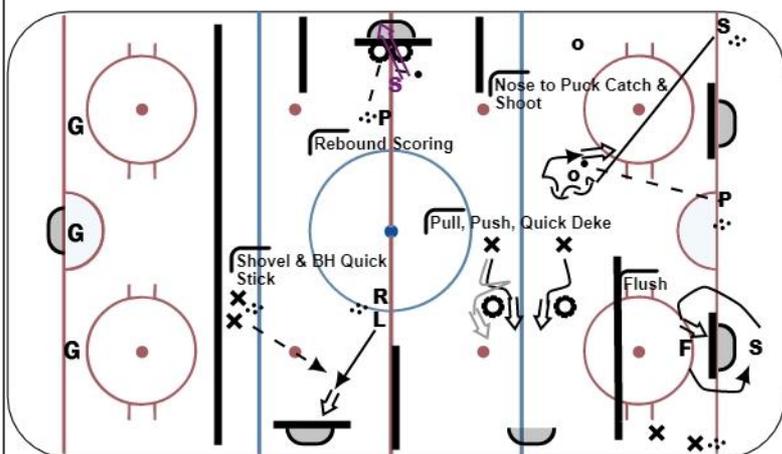
**Pull:** Players approach tire holding puck to the forehand side of the body, wide of the tire. Just prior to the tire, step to the side while pulling puck across the tire and shooting just as the goal comes into line with the puck.

**Push:** Players approach tire holding puck on the forehand in a shooting position. Just before the tire, push puck on the forehand to the forehand side and shoot just as the puck comes into line with the goal.

**Quick Deke:** Players approach tire with puck in front of body. Make a quick fake and cut to either forehand or backhand side. Shoot as quickly as possible using the tire as a screen.

**4- Flush**

<https://youtu.be/p7ymiRyB5Ak?list=FL2->



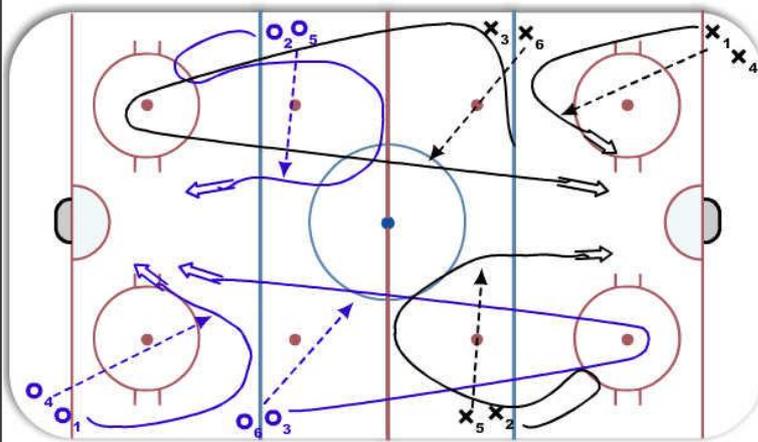
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Video demonstrates the skill NOT the drill. Start stationary. X passes to S (shooter) behind net. F (flusher) chooses a direction to chase S; F is done. S must stay low to net and try to score. Can play one shot and one rebound. Best drill to add goalie.

### 5- Nose to Puck Shooting

Form two lines with pucks. First player in either line skates forward to opposite cone, making constant eye contact with passer in opposite line. At cone, shooter hooks and curls to maintain eye contact. Shooter presents forehand, catches and shoots. Passer continues the drill as new shooter.

## 6 pass, 6 shot Goalie Warm-up - 10 mins



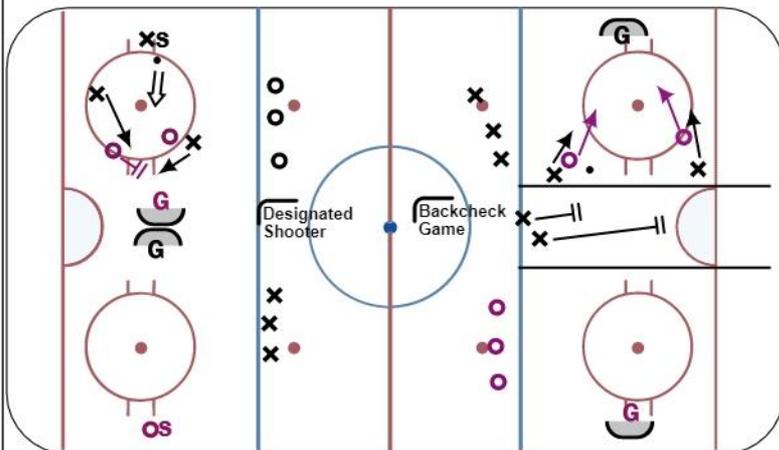
All lines leave at same time on whistle. Youngest skaters may need direction throughout drill.

Line 1: Arch to blueline, receive pass, catch and shoot.

Line 2: Skate to top of circle, tight turn, arch to redline, receive pass, skate & shoot.

Line 3: Skate to far dot, tight turn, return to original end, receive pass, skate & shoot.

## Designated Shooter & Back Check SAGs - 20 mins



### Designated Shooters Game - 10 min

<https://www.youtube.com/watch?v=LcaTF6mITEY>

Players play 2v2 and each team has a designated shooter on their team (like D men that makes it 3v2) that they have to pass to before they are on offense. The D must shoot or look for tips, redirections, and one-timers for forwards. Offensive D must either 1 touch or 2 touch the puck. Defensive forwards should not defend the point instead defending the opposing forwards who will be net front. On coach's whistle, D becomes forward, first player from line joins him/her at forward, second player is new D.

Variation: Place two D-men on each side, shooters must go D-to-D before shooting.

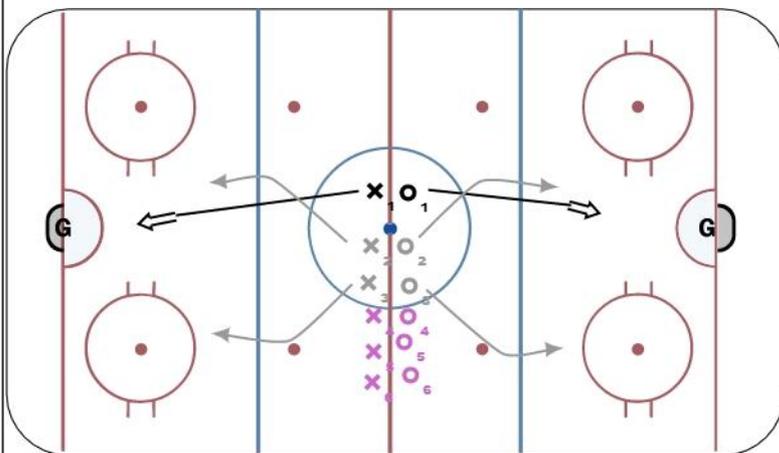
### Backcheck Game - 10 min

<https://www.youtube.com/watch?v=YqWHYJkPXzw>

Draw lines from crease to blue line to create a 'neutral zone.'

Players start by attacking 2v0 with 2 opposing players backchecking them. When the backcheckers gain possession of the puck, they breakout two players on their team, who are waiting in the neutral zone, to attack the other way. After the offensive players are stopped, they become the backcheckers. Shift goes offense, backcheck to defense, breakout your team and change.

## Half Ice Scoring Competition - 15 mins



### Scoring Comp -

Divide into two teams and place pucks in center circle. Play up 5, 7, or 10 goals.

Every round has the same progression. 1-on-goalie, 2-on-goalie, then 3-on-goalie. Next group cannot attack goalie until ALL players are onside. Each group will start with new puck.

Emphasis; reading goalie, attacking with teammates ready to catch and shoot, communication