

Coaches' Clipboard - Scoring Goals

By: Roger Neilson

The most exciting part of hockey is scoring goals. These days, even goaltenders are getting into the act. Certainly, skill is the key. If you have a quick release, a variety of shots and good balance, you should be able to fill the net. However, even a lesser-skilled player can be a top scorer. Here are some good points to remember:

1. **TIP-INS** – Stand directly in the line of the shot. Try to deflect the puck as it goes by you rather than in front of you.
2. **REBOUNDS** – Always head to the net when a teammate is shooting. Be a 'garbage collector'. Be the first one to the puck on a breakaway attempt by a teammate. Always expect a rebound, even from your own shot.
3. **SCREENS** – Shoot through a defenseman, using him as a screen.
4. **SHOOT OFTEN** – Top goal scorers such as SAKIC, IGINLA, SUNDIN and SHANAHAN shoot often from all angles.
5. **SHOOT QUICKLY** – A quick release often catches a goalkeeper before he can get his angle.
6. **5-HOLE** – Often, the best place to aim is the 5-hole. If your aim is bad, you'll probably 'pick' a corner and be a hero. For sure, your shot should be on the net and may result in a rebound if it doesn't go in.
7. **2-1's** – You should always get a shot on goal on a 2-1. Unless your teammate is wide open, look to shoot. A shot and rebound usually results in a better scoring opportunity than a pass.
8. **GOALKEEPER'S WEAKNESSES** – Know the opposing goalkeeper's weaknesses. For example: weaker stick side, vulnerable high, kicks out big rebounds, drops pucks at his feet, slow on wraparounds, big 5-hole, etc.
9. **POINT SHOTS** – The best shot from the point is about a foot high in the middle of the net. This gives the forwards the best opportunity to screen, tip or get a rebound.

To be a good scorer, you have to be hungry for goals. Skill is important but often determination, grittiness and smarts can push you to the top.

Summary

1. Shoot often
2. Quick release
3. Use the 5-hole
4. Look for screens, tips, rebounds
5. Know the goalkeeper's weaknesses
6. Be determined

Notes:

- see the 'Give & Go' and 'Screen & Tip' drills attached
- add diagrams (if possible) to show: 5-hole, screen, driving for rebound, quick release

TEXT FOR DIAGRAMS

Give and Go

- F1 passes to F2 and drives to the net for a pass and shot on goal.
- F2 goes to the back of the line.

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- F1 continues to far corner and gets available for a pass from F3.
- GIVE AND GO drill continues

Screen and Tip

- F1 pass to D1 and skates hard around circle to the front of the net.
- D1 passes to D2 – shot ON NET.
- Drill is repeated from other side.
- FORWARDS switch sides each time.