

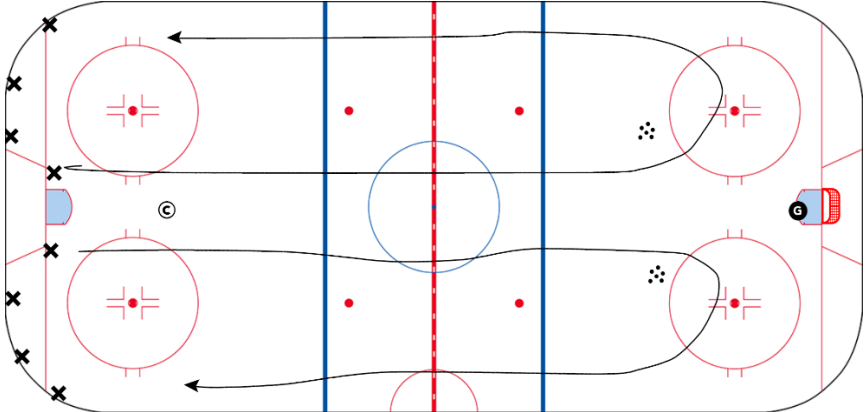


HOCKEY CALGARY

RHC 2021 Skill Development – Skill Session 4 – Shooting

Team: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Practice Objectives: \_\_\_\_\_

DRILL: Butterfly Pattern Skills – With Shots (repeat or pick up where you left off)	COACH: All	TIME: 5-10 Mins (shorter than last week)
GOALIE PURPOSE: Warmup Shots		<a href="#"><u>VIDEO 1</u></a> – <a href="#"><u>VIDEO 2</u></a>
<p>DESCRIPTION: Players line up in two lines at one end. Coach demonstrates a skill; players emulate this skill moving down ice. At far end, players pick up a puck and get a shot. They then swing to corner and execute the skill again back to the line. See various videos (not all skills in videos should be done, judge your group based on their skill level)</p> <ul style="list-style-type: none"> <li>• Inside edge (progression – add jump)</li> <li>• Outside edge</li> <li>• Bubbles</li> <li>• Heel to heel</li> <li>• Toe turns at each line (remember to alternate directions)</li> <li>• Crossovers</li> <li>• Pivots/transition (ex. Forward to red line, backward to blue, forward to far blue, backwards to red, etc.)</li> <li>• Backwards skating</li> </ul> <p>Progression: Add Pucks</p>		
<p>KEY TEACHING &amp; EXECUTION POINTS:</p> <ul style="list-style-type: none"> <li>• Slow deliberate and mechanical executions</li> <li>• Focus on technique and mechanics</li> </ul>		



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DRILL: Seymour Crossover Warm-up	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Warm up shots		
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> <li>Part 1 (in Black) - X1 with puck - constant crossovers (no resting on edges) - pass across, receive pass in middle - shot</li> <li>Part 2 (in Green) - X1 and X2, X1 with puck - pass across - X2 supports under - pass to X1 on wall - 2on0</li> </ul> <p>Players leave from opposite corners.</p>		
<p>KEY TEACHING &amp; EXECUTION POINTS:</p> <ul style="list-style-type: none"> <li>Pivot facing puck</li> <li>Communicate</li> <li>Constant crossovers</li> <li>Shoulder check</li> <li>Quick puck movement</li> </ul>		

DRILL: SCORING – 1 ON 0 ATTACK MOVES	COACH: All	TIME: 15 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		
<p>DESCRIPTION (SEE LINKS):</p> <ul style="list-style-type: none"> <li>#1 – BH Shot <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#2 – FH Shot <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#3 – Toe Drag <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#4 – Eberle Move <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#5 – Shot through Screen <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#6 – Puck off stick <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#7 – Chip BH-FH <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#8 - Change Puck Angle <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#9 - Pull in Push Out <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#10 – Spin to Forehand <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#11 – Puck Through Legs <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#12 - Puck Protect to Backhand <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> <li>#13 – Spinorama <ul style="list-style-type: none"> <li><a href="#">VIDEO</a></li> </ul> </li> </ul>	<p>You will not be able to get through all of these. This drill will be in every shooting session. Start with #1 and 2 and work your way.</p> <p>Regressions: repeat from session to session</p> <p>Progressions: advance to the other options from session to session</p>	



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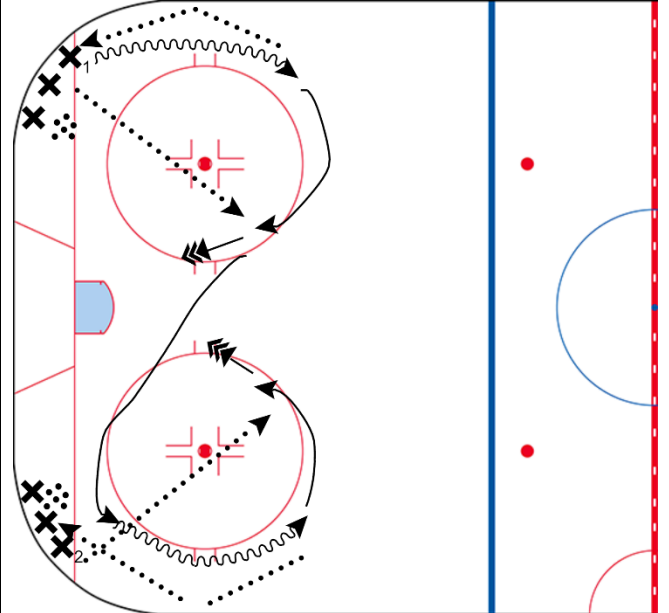
DRILL: Seymour Shooting Skills	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE:		
<p><b>DESCRIPTION:</b>          Player faces net. Coach passes puck off bumper (net on ice). Player finds puck and goes to SS for quick shot.</p> <p>(in green) Coach passes second puck off bumper, player picks up puck and goes to WS for quick BH shot (sweep or chop)</p> <p>(in red) after BH, player opens up for 1T.</p> <p>Coach will instruct shot type.</p>		
<p><b>KEY TEACHING &amp; EXECUTION POINTS:</b></p> <ul style="list-style-type: none"> <li>• Limit Dust</li> <li>• Quick shots</li> <li>• Focus on release</li> </ul>		

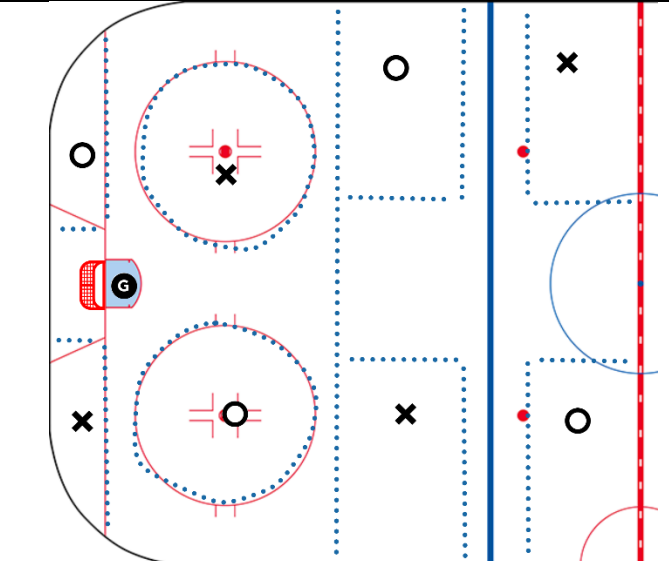
DRILL: SCORING – 2 PUCK NET DRIVE	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Rebound Control		<b>VIDEO</b>
<p><b>DESCRIPTION:</b>          Players start in corner with puck.          Players will take 2 shots on net. First one is a high drive around top of circle, finish with shot on net. Go back to corner to get a second puck and drive top of circle, delay and then attack down low shot.</p> <p>Remove net attack.</p>		
<p><b>KEY TEACHING &amp; EXECUTION POINTS:</b></p> <ul style="list-style-type: none"> <li>• Keep the feet moving</li> <li>• Quick puck retrieval and quick to net</li> <li>• Head up for shot selection</li> </ul>		



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DRILL: Cycle Shot Station (IF TIME)	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Rebound Control		
DESCRIPTION: X1 leaves up wall. Bumps puck to next player in line. Around the horn, receives pass, shot. Proceeds to opposite corner, picks up puck, bumps back, around the horn, receives pass from X2, shot. X2 starts next rep.		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"><li>• Communicate</li><li>• No dust</li><li>• No bellying out - receive puck on BH on SS</li><li>• 1 touch, then shot</li><li>• Crisp passes</li></ul>		

DRILL: Foosball	COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE:	WORK/REST RATIO:	
DESCRIPTION: Use Bingo Dabbers to mark areas.  Both teams trying to score. Players must stay in their zones and advance the puck to their teammates to try and score as well as defending when necessary.  Progression: Add multiple pucks		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"><li>• Use teammates</li></ul>		