



## Scoring Goals

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