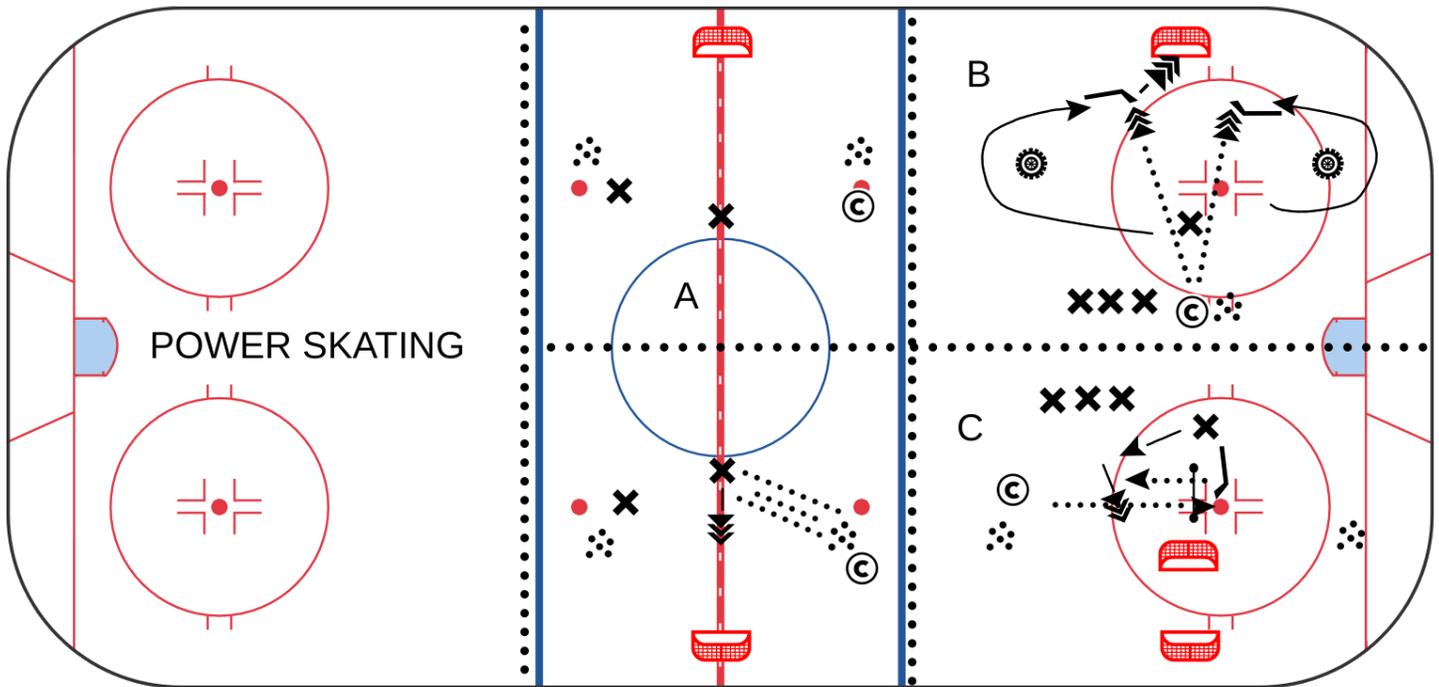




BDMHA Core Skills #3 - Shooting and Scoring



Description

- **STATION A - Stationary Shooting** - Players will shoot (3) pucks from each side. Shooter gets into shooting position facing Passing player without puck. Passer makes pass, shooter passes back and passer passes again (3 passes). Shooter catches puck and shoots right away, no stickhandle. Emphasis on good shooting position, legs loaded up for good weight transfer and catch/release shots. Repeat (3x) each side.
- **STATION B - Netfront Tips and Rebounds** - Players will TIP (4) pucks (2 each side). Players start in middle, and skate around a tire and go to net with their stick on the ice in front of their body. Shooter pass/shoots for the players stick and they redirect/tip puck on the Goalie and STOP in front of the net until puck is finished (goal or save). Then they repeat to the other side. Emphasis on skating to the net and strong sticks, no reaching and STOPPING IN FRONT OF NET each time.
- **STATION C - Taps and Bumps into Shooting Lane shots** - Player will shoot (2x) and switch sides for next repetition. Player gets into shooting position behind dangler and mini-net. Coach will pass the puck under the dangler to player. Shooter taps or bumps puck under the dangler into a clear shooting lane and shoot quickly, NO stickhandling. Emphasis on bumping pucks into a good shooting spot and being in good shooting position (loaded up) to shoot quickly.