



# SHOOTING DRILLS

## LEGEND

»» Shot	———— Skate
Stop	~~~~ Skate With Puck
► Direction	•••• Pass
✂ No Arrowhead	⌒ Backwards Skating
)) Pivot	⌒ Backwards Skating With Puck
	Lateral Skating
	— Goalie Padslide
	— Goalie Butterflyslide

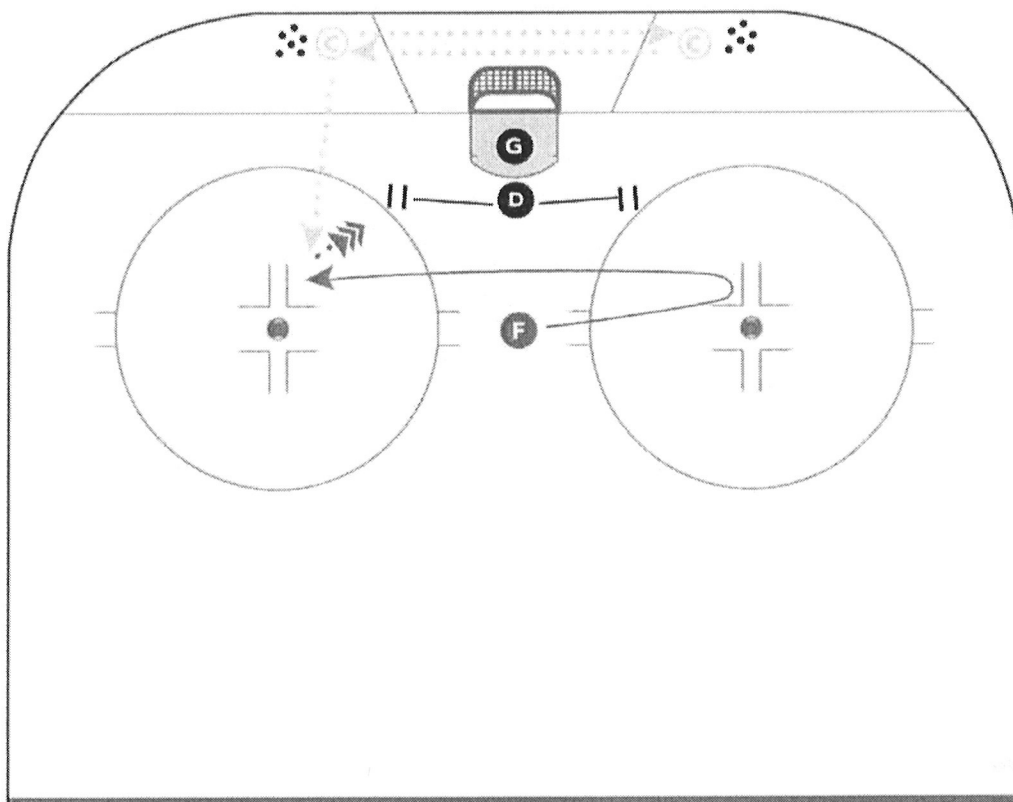
# LOW 1 VS 1

**Category:** Shooting

**Team:** Boston Bruins

- Description:**
- Drill starts with 1 **D** and 1 **F** net-front
  - 2 coaches or 2 players behind net, 4-6 feet width outside each post
  - The two coaches remain stationary as they pass the puck back and forth
  - At their discretion, they will try to pass the puck to the **F** battling for position in the slot
  - **D** defends passes with focus on body positioning, facing the puck and good stick position

Note: Keep play below the face-off dots

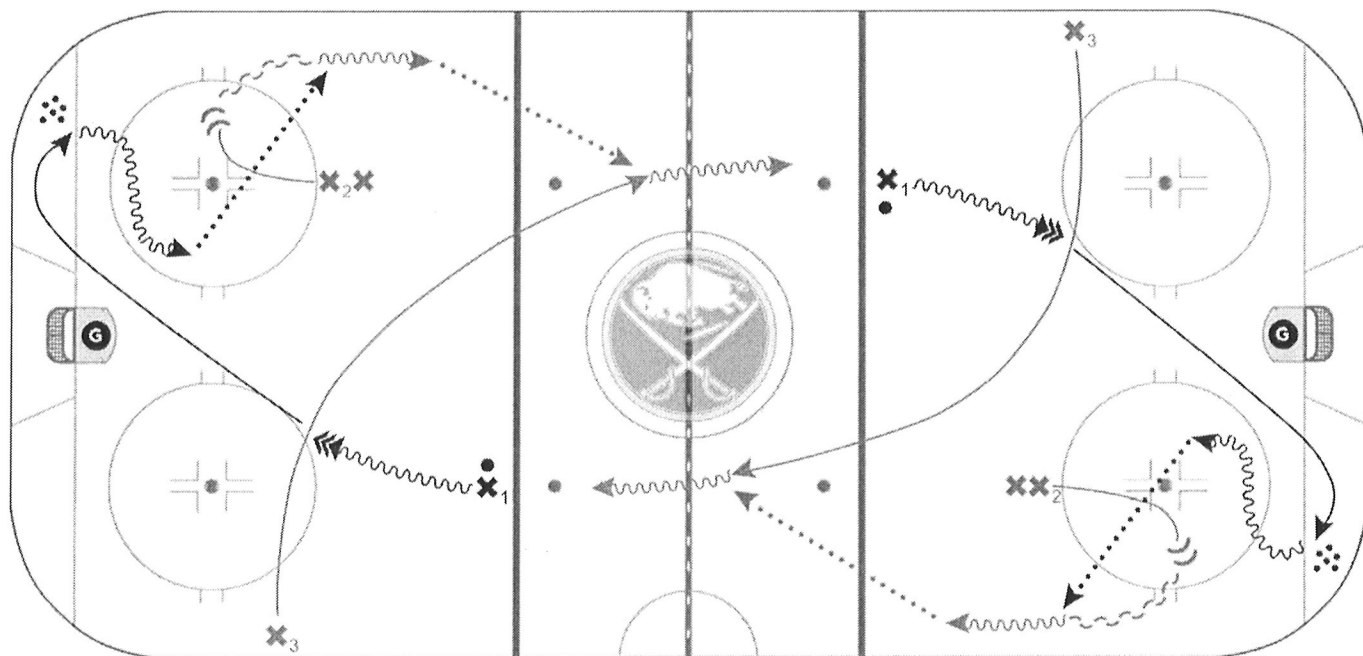


# SLASHER

**Category:** Shooting

**Team:** Buffalo Sabres

- Description:**
- Shooter **X1** starts drill at either end
  - After the first shot, **X1** picks up a puck from the corner and hits **X2** who has opened up along the half wall
  - At the same time, **X3** breaks across the ice and receives a pass, going down for a shot on net
  - Continuous drill, line progression — move to the line in front of you

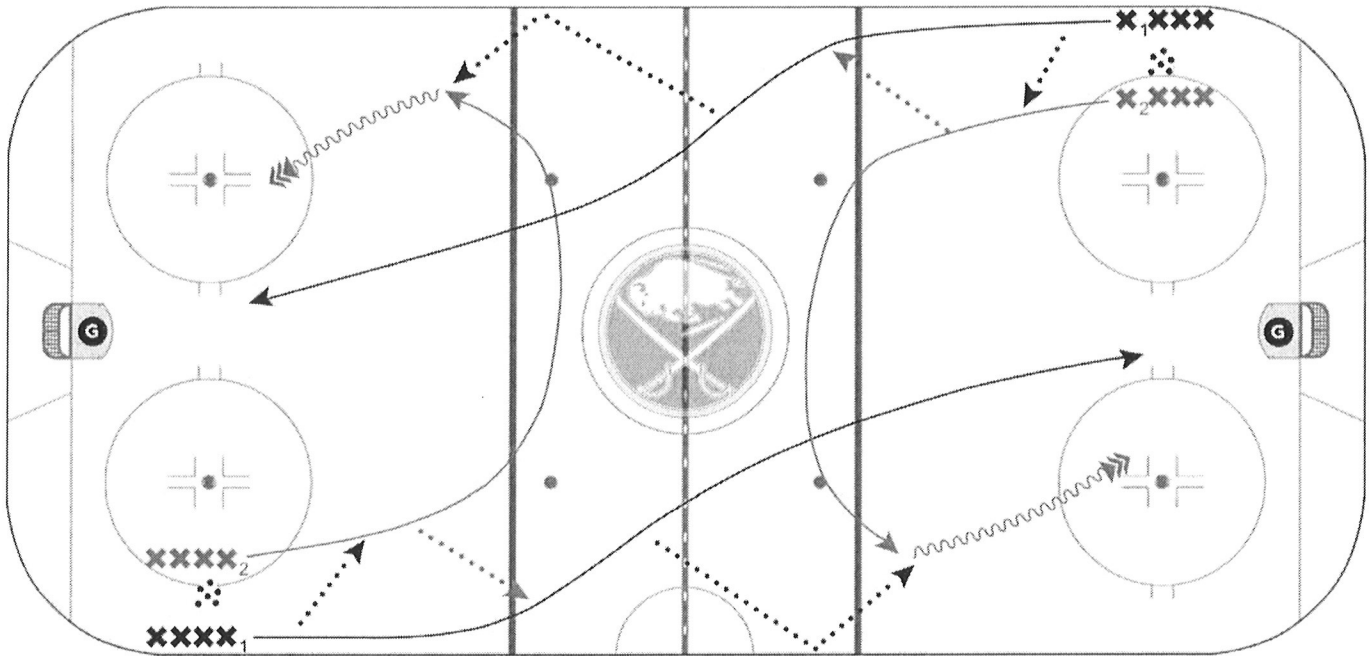


# THE CHIPPER

**Category:** Shooting

**Team:** Buffalo Sabres

- Description:**
- Both sides leave at same time on whistle
  - **X1** and **X2** leave together with a give and go
  - **X1** chips puck to **X2** from the opposite end line
  - **X2** skates in and shoots, **X1** drives the net, middle lane for a rebound

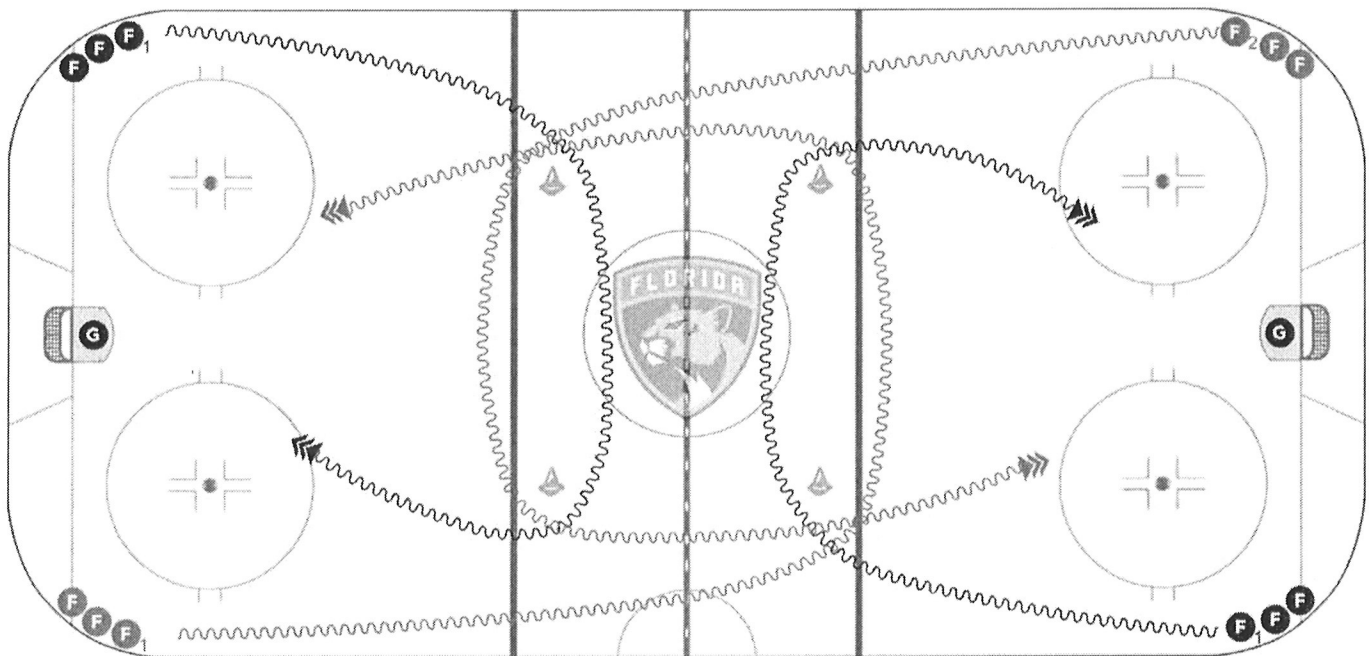


# HIGH — LOW SHOOTING

**Category:** Shooting

**Team:** Florida Panthers

- Description:**
- All 4 players leave on the whistle
  - **F 1s** skates hard with puck around the low cones
  - **F 2s** skates hard with puck around the high cones
  - Alternate sides

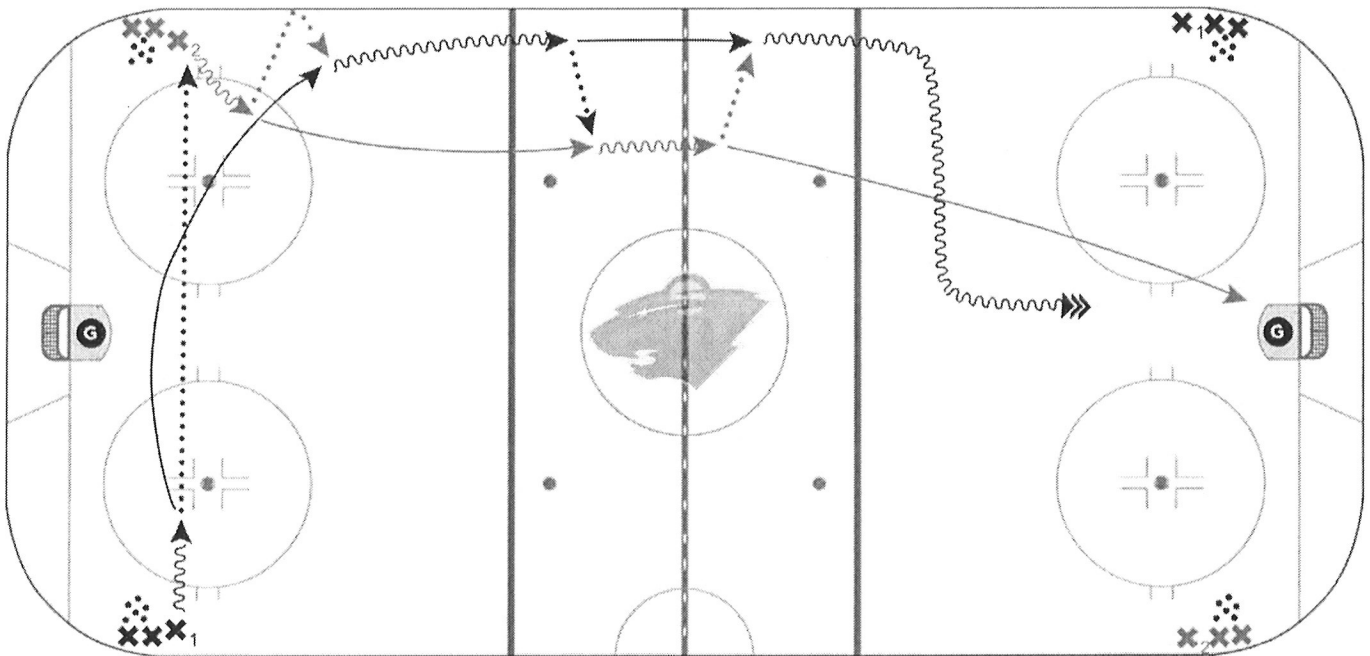


# 4 CORNER RUSH — MIDDLE LANE DRIVE

**Category:** Shooting

**Team:** Minnesota Wild

- Description:**
- **X1** starts with puck and makes a pass across ice to **X2**
  - **X2** steps off boards and chips to **X1**, they exchange passes through neutral zone and **X1** ends up with puck
  - Once they pass the blue line, **X1** cuts across ice, taking the middle line and shoots hard on net
  - **X2** drives post for rebound
  - Both sides go at same time

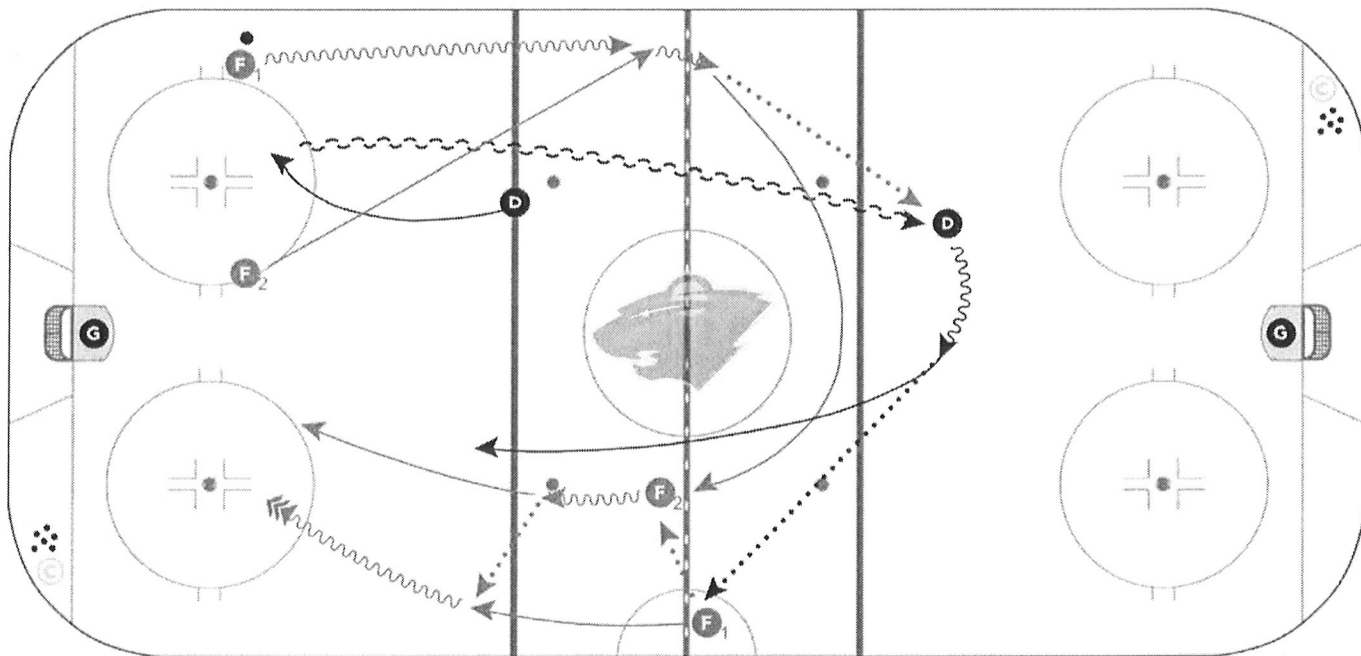


# TRACKING SHOTS

**Category:** Shooting

**Team:** Minnesota Wild

- Description:**
- Two forwards will go from opposite corners at the same time, with **D** waiting at blue (only one side shown)
  - On whistle, **D** gaps down on forwards and retreats backwards as if taking a rush
  - **F 1** will start with puck and skate down ice as **F 2** begins to track and create a turnover at the red line
  - Once turnover happens, both tracking FWDs will stay in motion and move to support positions across the ice
  - **D** will move puck up to either F, and they will go down for a shot on goal
  - After shot, either F will pick up a puck from corner, while other goes the net front and pass to **D** at the point for a quick low shot

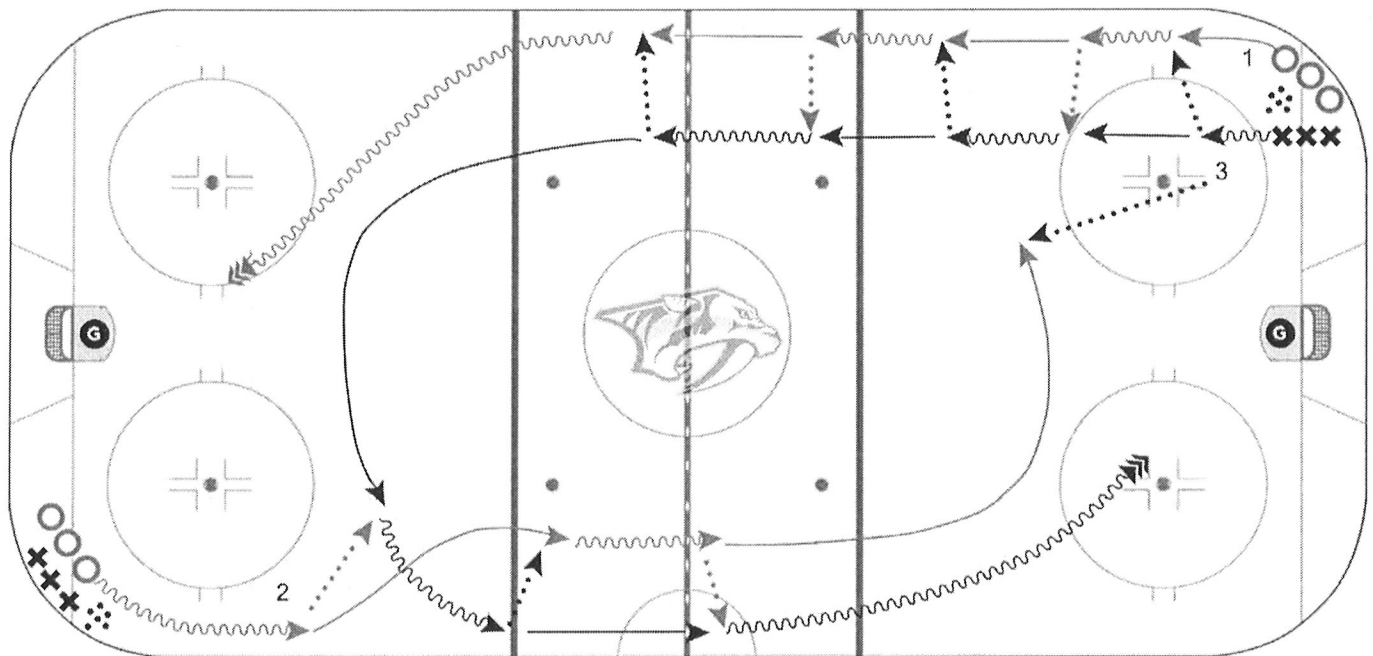


# FLUSH SHOOTING

**Category:** Shooting

**Team:** Nashville Predators

- Description:**
- First two players start from one corner, quick passes to far blueline then outside player goes in for a shot
  - Inside player continues on and gets a pass from opposite corner
  - Player who makes pass follows up and becomes inside, while outside player goes down for shot

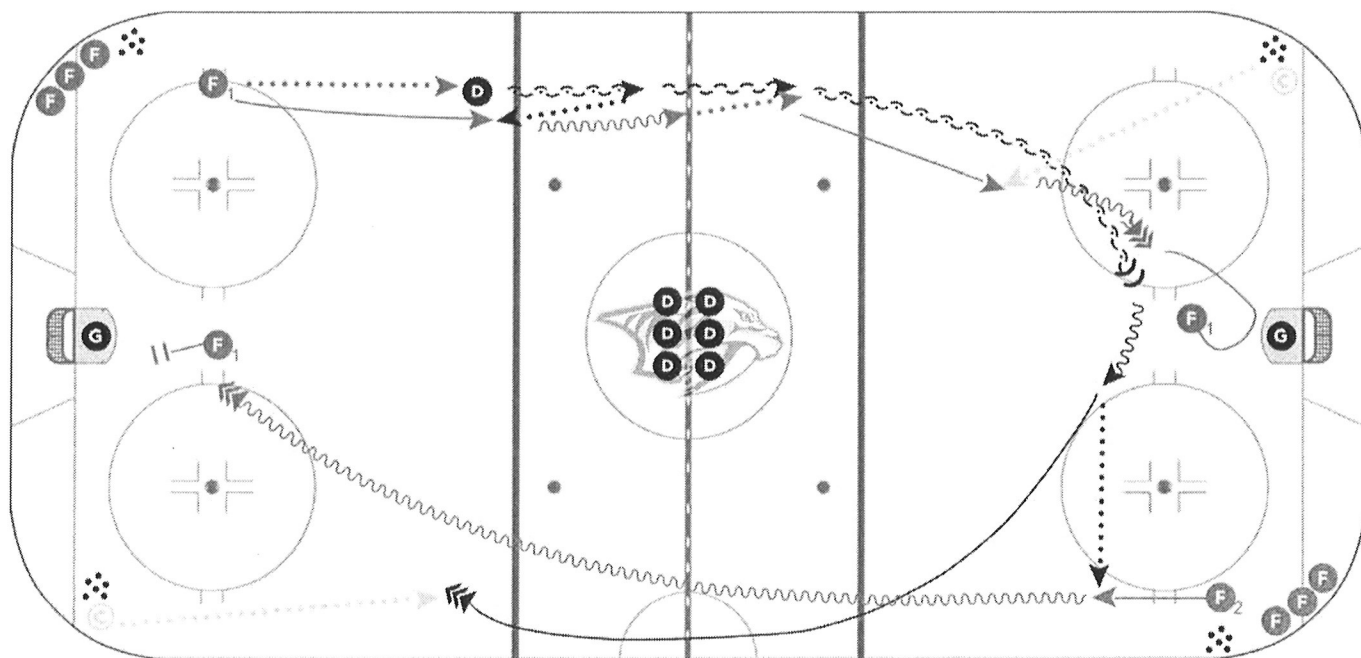


# TT SHOOTING

**Category:** Shooting

**Team:** Nashville Predators

- Description:**
- Runs from opposite corners simultaneously
  - **F 1** & **D** give and go up the ice. **D** opens up inside blue line and gives flat pass to **F 2** in opposite line. **D** follows up play to OZ
  - **F 1** gets pass from coach for shot on goal then stops in slot for rebound
  - **F 2** goes down for shot on goalie, stops in front/takes goalies eyes away
  - **D** gets pass from coach for quick point shot with **F 1**/**F 2** at net looking for tips/rebounds



# HARTLEY

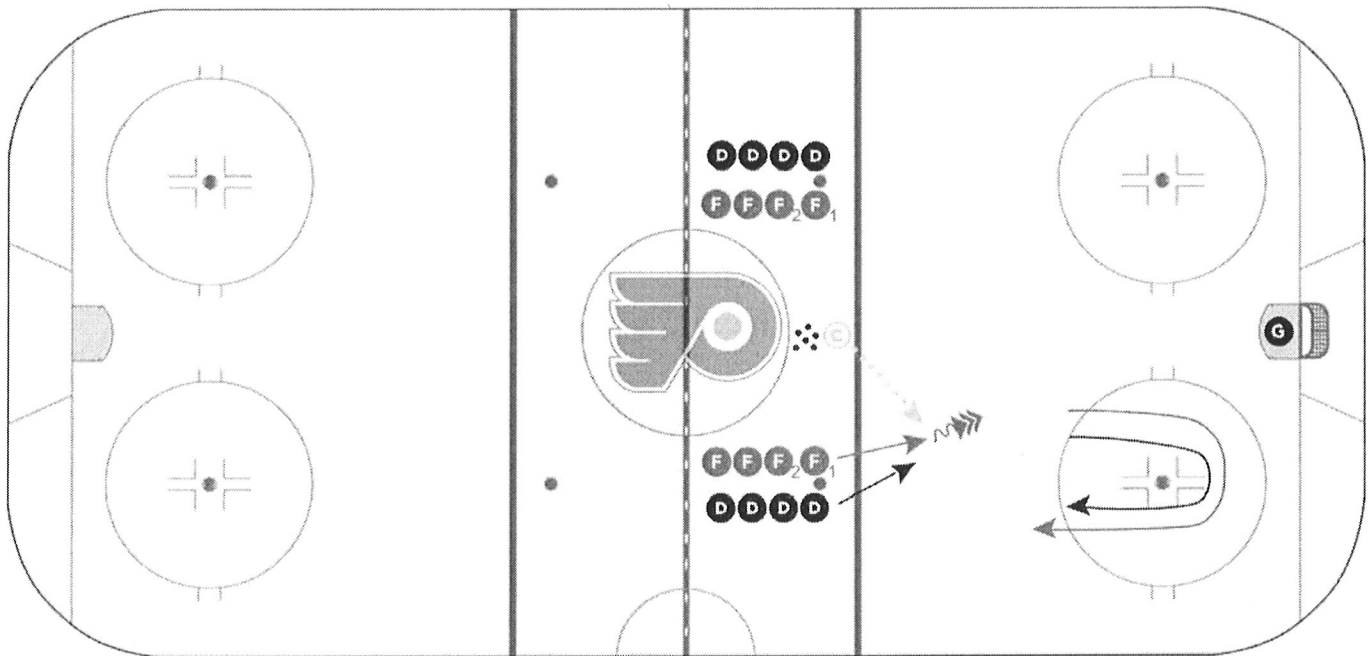
**Category:** Shooting

**Team:** Philadelphia Flyers

- Description:**
- Coach pass a puck to forward in line, **F 1** goes down for a quick shot
  - **D** back side pressure on **F 1**
  - Both regroup with coach for another puck and **F 2** join
  - Every player comes from the same side of the ice

**Sequence**

1. 1 vs 0 D backside pressure
2. 2 vs 1
3. 3 vs 2
4. 3 vs 3
5. 5 vs 5

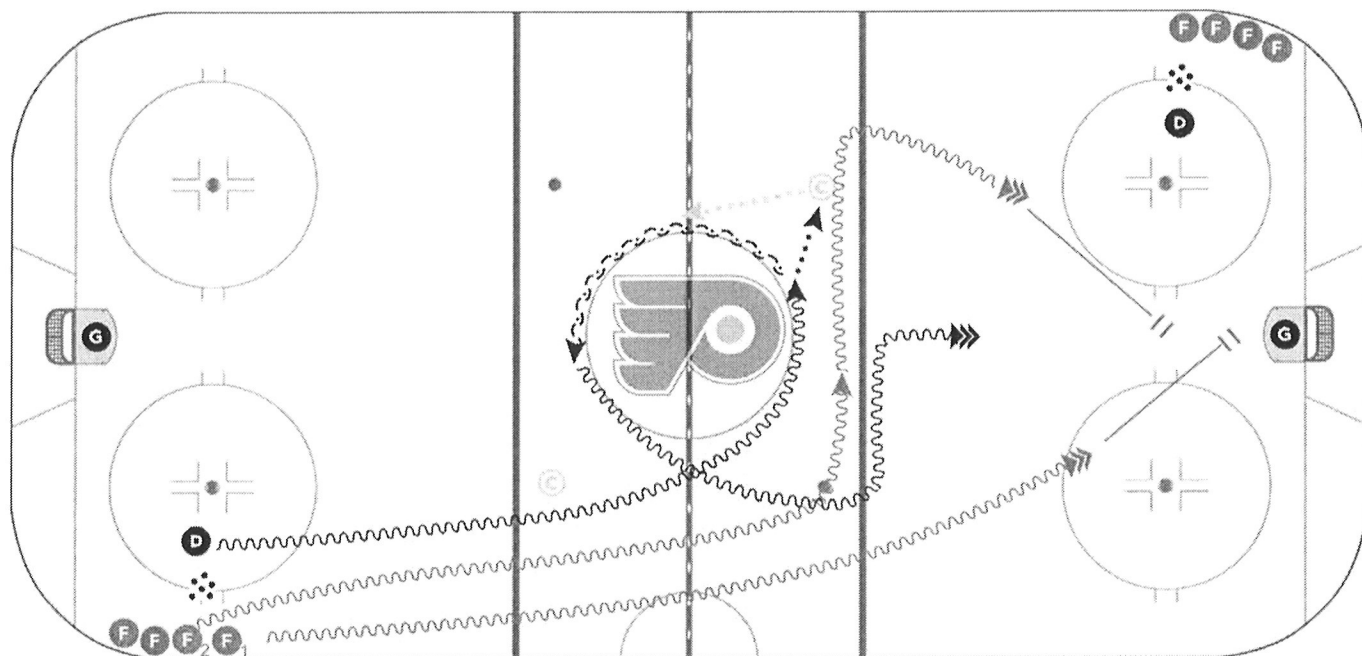


# 2+1 3 SHOTS WARM-UP

**Category:** Shooting

**Team:** Philadelphia Flyers

- Description:**
- **F1** go straight down for a shot, stop at the net
  - **F2** straight line and follow far face-off dots, turn for a wide shot
  - **D** pivot around the middle circle, give and go with coach, walk the blue line for a shot from the middle
  - Both FWDs are at the net
  - Go on the whistle





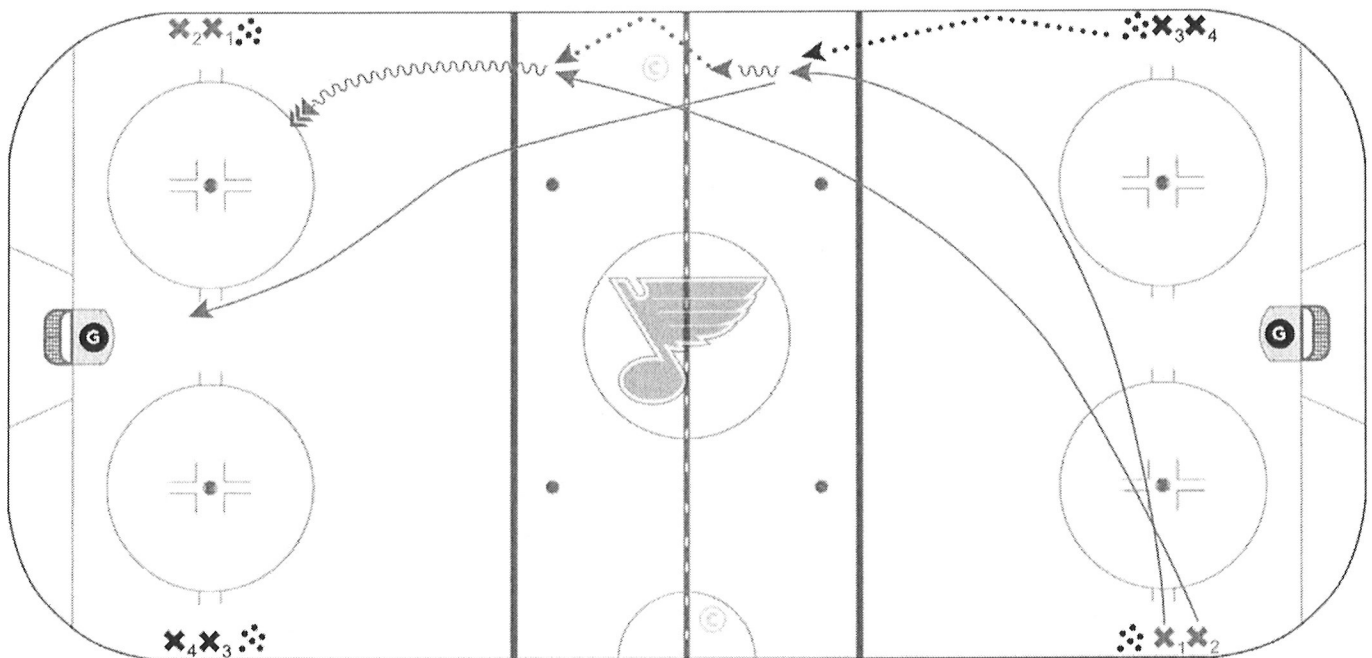
# PROGRESSION SHOOTING DRILL — PART 1

**Category:** Shooting

**Team:** St. Louis Blues

**Description:** **Progression: Chip Chip**

- Both sides go on the whistle
- On whistle, both **X1** & **X2** leave across ice with **X1** receiving indirect chip pass off boards from **X3**
- **X1** now with puck approaches coach & chips off boards to **X2**
- **X2** receives puck off boards & continues for a shot with **X1** driving net



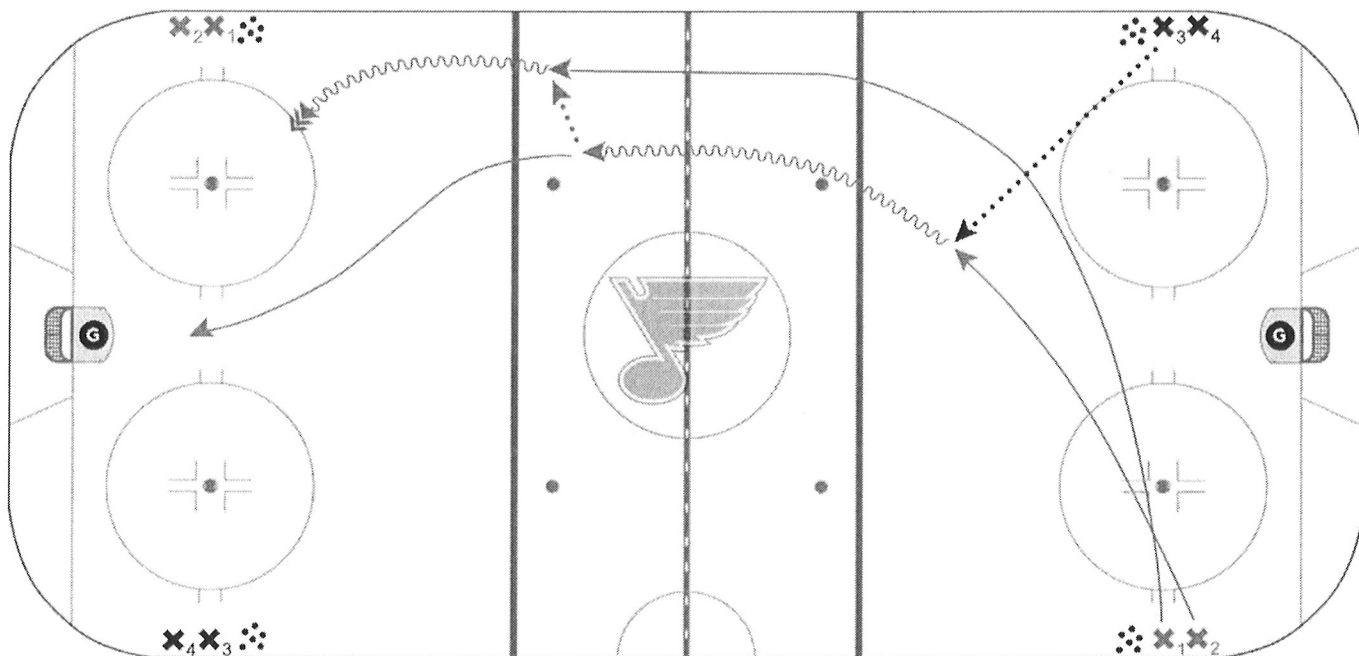
# PROGRESSION SHOOTING DRILL — PART 2

**Category:** Shooting

**Team:** St. Louis Blues

**Description:** **Progression: Progression Kick Out**

- Both sides go on the whistle
- On whistle, both **X1** & **X2** leave across ice with **X2** receiving from **X3** in the middle
- **X2** now with puck approaches blue line & kicks out puck to **X1**
- **X1** receives puck & continues for a shot with **X2** driving net



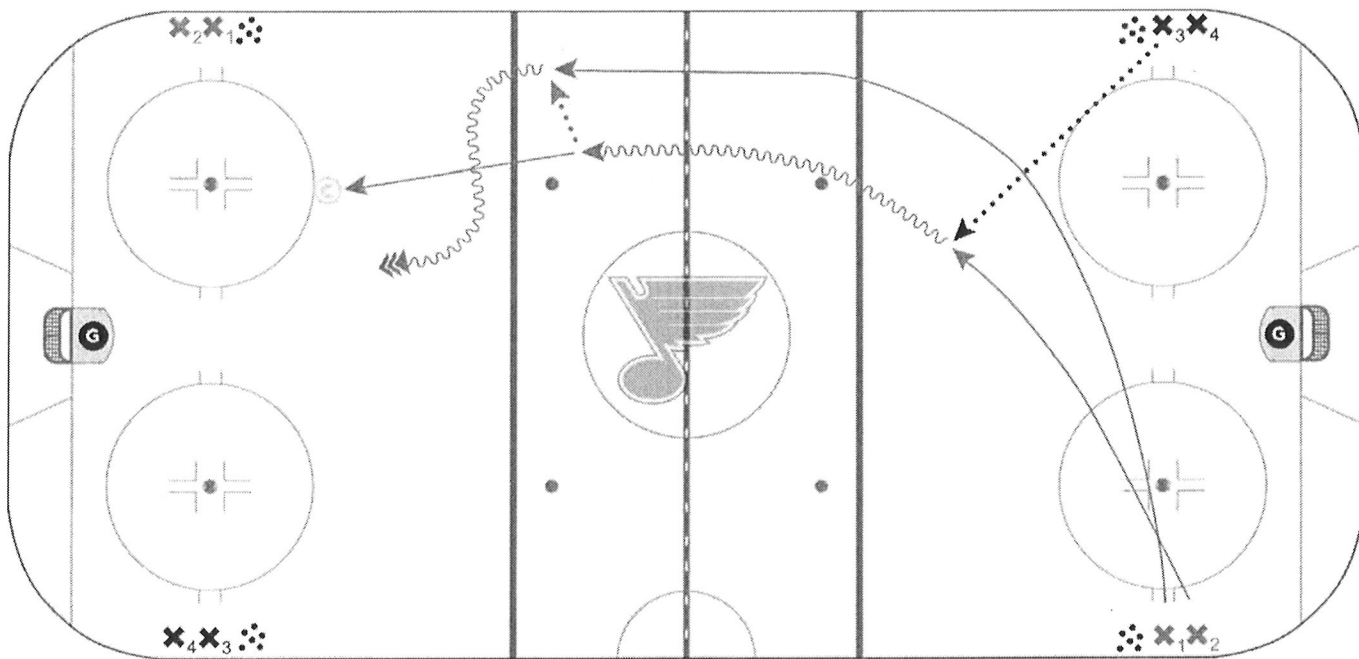
# PROGRESSION SHOOTING DRILL — PART 3

**Category:** Shooting

**Team:** St. Louis Blues

**Description:** **Progression: Progression Kick Out Cut Behind**

- Both sides go on the whistle
- On whistle, both **X1** & **X2** leave across ice with **X2** receiving from **X3** in the middle
- **X2** now with puck approaches blue line & kicks out puck to **X1**
- **X2** after pass drives coach back while **X1** cuts behind for a shot with **X2** continuing to drive net



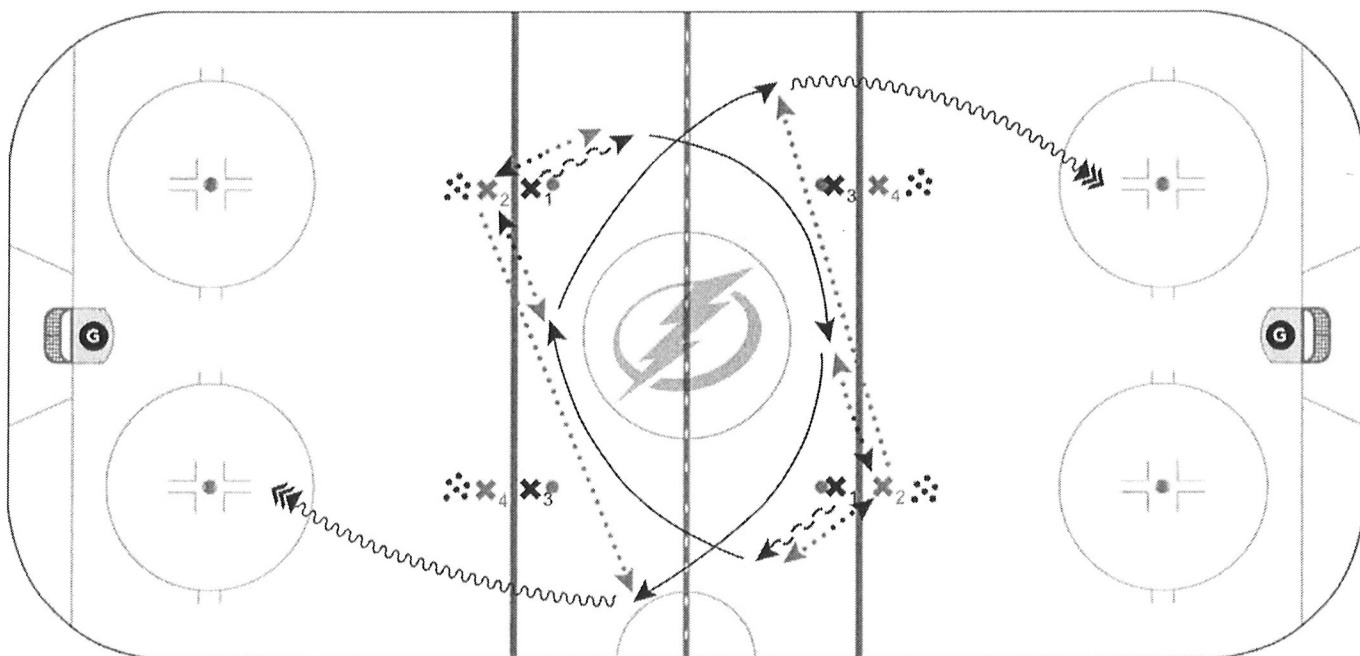
# DAVOS SHOOTING 1

**Category:** Shooting

**Team:** Tampa Bay Lightning

**Description:** **Part 1:**

- Diagonal opposite lines go at the same time
- **X1** starts backwards without a puck and gets a pass from **X2** and gives it back
- **X1** turns forwards and gets a pass from **X2** in the diagonal line and gives it back and continues skating in the outside lane towards the original end and receives a pass from **X2** in their original line for a shot



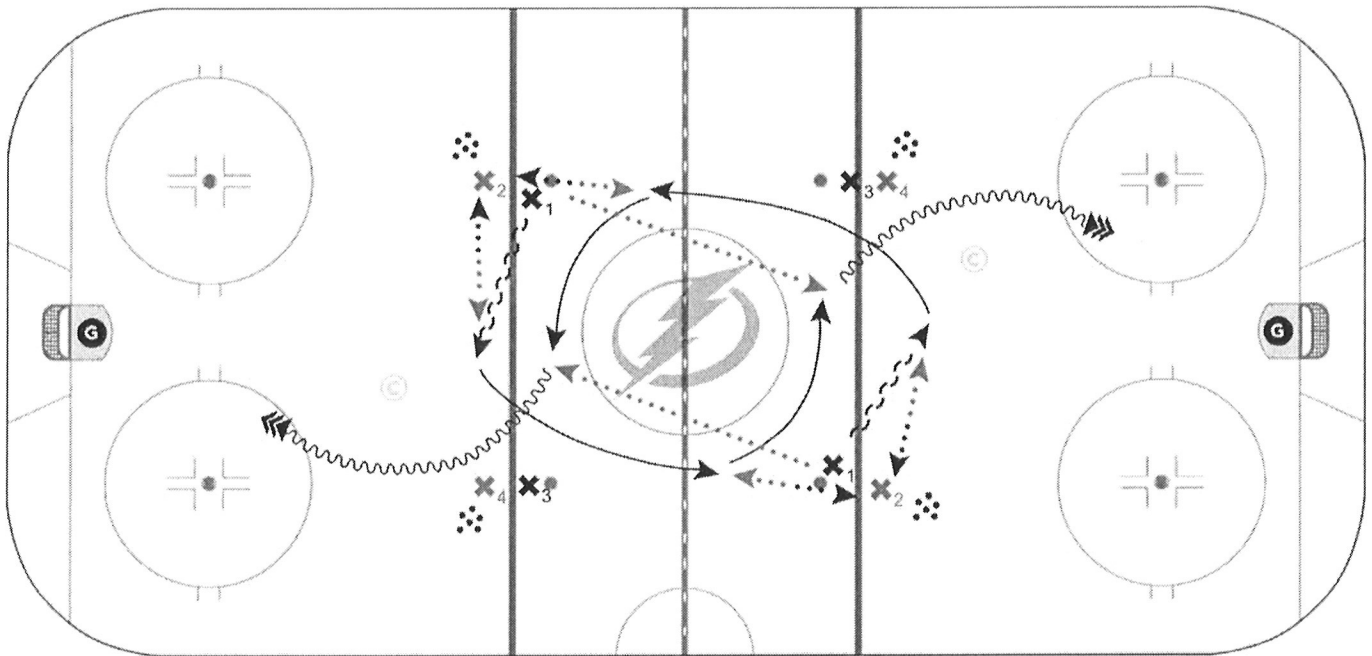
# DAVOS SHOOTING 2

**Category:** Shooting

**Team:** Tampa Bay Lightning

**Description:** **Part 2:**

- **X1** starts backwards across the blue line and gets a pass from **X2** and gives it back
- **X1** turns forwards and gets a pass from **X2** in the diagonal line and gives it back then slashes through the middle for a stretch pass goes around the coach and shoots



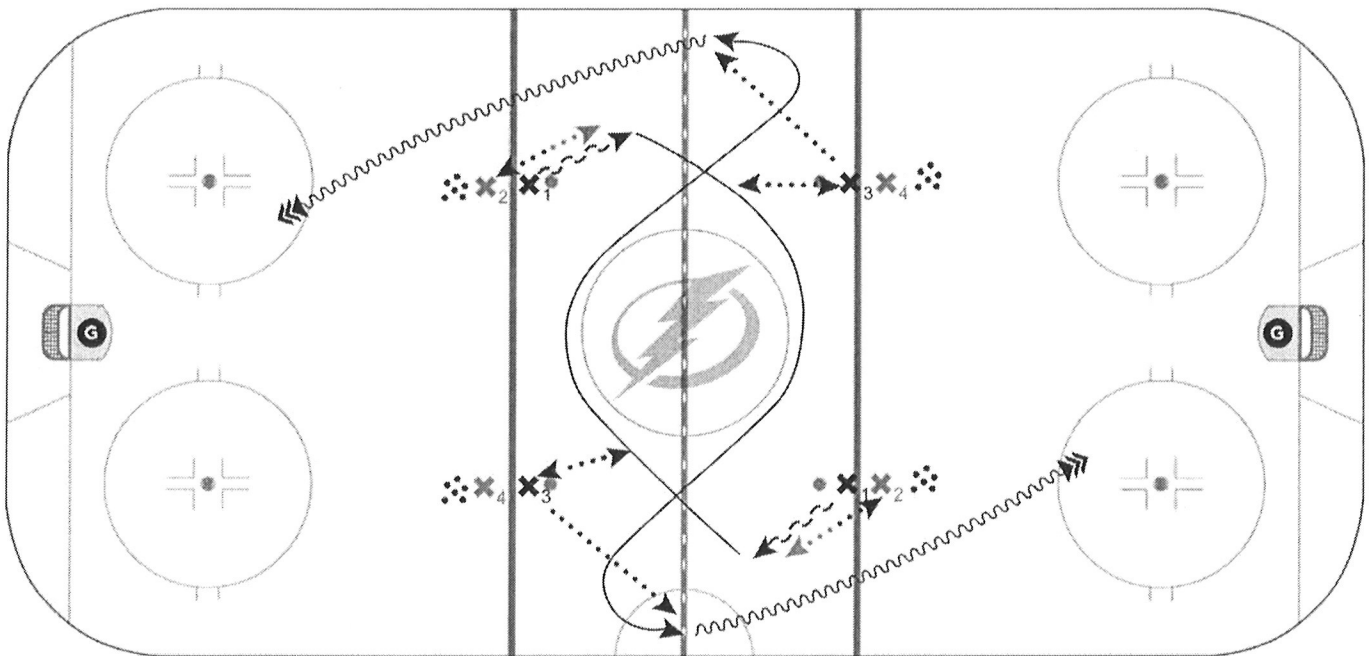
# DAVOS SHOOTING 3

**Category:** Shooting

**Team:** Tampa Bay Lightning

**Description:** **Part 3:**

- **X1** starts backwards and gets a pass from **X2** and gives back
- **X1** then turns forwards and sprints around the center circle and gets a pass from **X3** and gives it back, quickly opens up and pivots and gets the puck back from **X3** to go down for a shot



# 3 MAN

**Category:** Shooting

**Team:** Vancouver Canucks

- Description:**
- Both sides leave at the same time
  - **X1** skates with the puck down ice and shoots, skate behind the net and receive a pass from the coach
  - **X2** follows and delays timing so they can get a pass in middle from **X1**
  - **X3** also is timing their route across and check-up at the far blue line, **X2** carry the puck up the middle of ice and bumps out to **X3**
  - **X2** continues through with middle drive
  - **X3** has three options, shoot, or pass to **X2** or **X1**

