



“Sometimes a short, relatively slow pass to a wide open team mate in the right place can give him the opportunity to really crank an accurate shot on net”

OFFENSIVE ZONE – ONE TIME SHOTS

Usually crisp sharp passes on the tape of your team mate’s stick are preferred but there are situations where soft touch or “shovel” passes in the offensive zone are more effective and will give us a good scoring chance.

The key to this play working is the quality of the pass and the timing of the shooter. The puck has to be in position as it gets close to the shooter so the shooter can easily adjust his position to shoot the puck. If the puck is passed a little too far away from the shooter, it’s worse than if it is passed a little too close to the shooter.

You should anticipate the pass coming and get into a one-time-shot-ready position with your body coiled and turned, your stick gripped firmly, your knees bent and legs apart and your stick off the ice to no higher than your waist, so all you have to do is to complete the shot.

This enables you to get the shot off more quickly than receiving the pass, putting the puck into a shot-ready position and shooting. While you are doing all that the goalie is coming out to block more and more of the angle and your chance of scoring is reduced.

Here are some “one timer” situations to try:

- Defence to defence on the power play after the puck has been moved around and they are now a little out of their box position and our defenceman without the puck has moved a little off their blue line into the deep slot wide open
- Drop pass in the deep slot when our player with the puck is also in the deep slot on a 2 on 2 or a 3 on 2
- Drop pass into the deep slot to our forward or trailing defenceman when our player with the puck has driven their defenceman wide on a 3 or 4 on 2
- Drop pass into the deep slot to our forward or trailing defenceman when you are being chased around their net on a 3 or 4 on 2
- Shovel pass a few feet to the side when their player is preventing you from shooting but a team mate would have a clear shot
- Back or side pass over their stick on a 2 on 1