



*“It’s not just where you shoot to or from that matters”*

## OFFENSIVE ZONE – THE SCIENCE OF SCORING

Here are 2 handouts I have found useful to send to your players or post in the dressing room before practice:

(1) Shammy – insert the Science of Scoring diagram provided with the TIPS in this section plus the following:

(2) WANT TO SCORE MORE GOALS?

In a study of NHL goals scored, 76% of all NHL goals reviewed gave the goalie **less than ½ a second to set his depth and angle and to track the incoming shot – no double clutch/hesitation**

So, make the goalie move Side – To - Side or Up - Down:

- Shot ready receiving passes
- Shot – rebound/crash the net
- Passes across ice/one touch release
- Passes from behind their net/one touch release
- Carrying the puck to the middle/quick release
- Deflecting shots
- Screening and shots through screens