



*“One universal attribute of great goal scorers is their unshakable desire and courage to score...they are willing to put their bodies on the line to make it happen on rebounds particularly”*

## **OFFENSIVE ZONE – SCORING ON REBOUNDS -6 STEPS**

More goals than you think are scored on rebounds and there could be a lot more. We should think about playing the “shoot - get the rebound” play just like other systems such as the offensive triangle or the 3 on 2, or the 2 on 1 plays. The big difference is that the pass to your team mate will come off the goalie’s equipment, their player or our player!

The rebound play can be a most effective tactic because in many cases after making the initial save the goalie is either down, or off balance, or not as ready for the next shot as he was for the first one. And of course, your first shot may go in.

### **FIVE BASIC STEPS:**

#### **STEP 1: SOMEONE SHOULD SCREEN THEIR GOALIE FEARLESSLY**

Their goalie can’t easily stop what he can’t see. If their goalie can only partially see the puck he has a better chance of missing it or not controlling the rebound properly. So particularly if the puck gets back to our defenceman for a shot from their blue line at least one forward should anticipate the shot, screen their goalie at the top of his crease just on the white ice, face the shot and risk the puck hitting him which does not happen very often.

Many times coming entering their zone 2 on 2, 3 on 2, 3 on 3, 4 on 3, if no good passing play develops one forward should always go to the net to screen and not hang around for a pass when he’s covered to the side of or just around their goalie. What good does that do? Create a screen for your team mate.

While you are screening the goalie and as the shot is coming, try to deflect it into the net.

If your defenceman shoots the puck high almost past your ear while you are screening the goalie tell him to keep it down next time or no one will be stupid enough to screen the goalie in the future! He will.

If one opposition defenceman and/or forward line up to block a shot from say our defenceman, our forwards should recognize this and one or two of them should position outside our defenceman’s shooting lane to the net, stick on ice for a deflection towards the net from a hard pass from our defenceman. Our player can be low a few feet away from the net or higher 10 feet away. This tactic often produces a rebound as it makes their goalie move laterally, usually, trying to get to where the puck is headed.



## STEP 2: DON'T MISS THE NET ON THE SHOT

Even if you have to aim a little more to the centre of the net, give yourself a margin for error a little bit on either side of your target. For example, if there are 12 inches between the goalie's pad and the goal post aim for just at the edge of his pad so if you miss one way by a little you will create a great rebound, and if you miss the other you will score, instead of aiming just inside the post and missing the net maybe ½ the time.

This is particularly true when we come down wide by the boards and their D is playing contain letting you shoot. Shoot at his pads for a so-called "pillow shot", and have our other forward in position, ready for the rebound.

## STEP 3: SHOOT QUICKLY TO WHERE THE GOALIE IS MOST LIKELY TO GIVE A JUICY REBOUND IF YOU DON'T SCORE

One of the most important skills goalies are taught is rebound control. So, let's see what types of shots are the most difficult for a goalie to control the rebound on, and then plan to **shoot the puck at their goalie's greatest weaknesses**:

- **High Shots Are Usually Easier For Goalies** - with a goalie in the normal crouched position, stick on the ice, with a slightly open five hole (low between the legs), any shot **above the goalie's knees** taken from the top of their circle and back to their blue line should be fairly easily handled if he sees the puck and if the puck is not deflected
  - If it's high on the glove side the chances are the puck will be caught
  - If it's high on the blocker side it will likely be deflected into the corner
  - If it's high on the chest pad, it should be smothered easily
  - Even if it's high elsewhere and is just blocked the rebound will probably just drop down at the goalie's skates and be covered for a whistle.

So, unless you are closer than the top of the circle don't shoot the puck above the goalie's knees unless there is someone screening the goalie so he can't see the shot.

- **Very Low Shots Are Usually Harder For Goalies** - with a goalie in the normal crouched position, stick on the ice, with a slightly open five hole (low between the legs), any shot **way below the goalie's knees** taken from the top of their circle and back to their blue line, or even closer in should be hard to handle and could produce a juicy rebound
  - If the shot is right straight at the five hole in the air the goalie must close his pads quickly or play the puck with his glove as he is going down into the butterfly (on his knees with legs out to the sides). The puck will



probably just drop in front of him if he can't control it on his body and be fairly easily covered for a whistle

- If the shot is low but about a foot in the air on the outside of the goalie's pads on either side, the puck should bounce right straight back out for a great rebound chance unless the goalie can kick the puck into the corner or cause the puck to softly drop in front of him by backing into the net as the puck hits his pads
- If the shot is low but about a foot in the air at either corner, the goalie must kick out his pads or skate to stop the puck and deflect the puck into the corner. This is quite difficult to do and could easily turn into a goalie's most feared result other than a goal ... the weak side rebound when he's down or off balance
- If the shot is on the ice right at him, the goalie might use his stick to stop the puck but a good rebound should result
- If the shot is on the ice at either corner, the goalie might use his stick or skate to stop the puck but a good rebound should result

**STEP 4: ANTICIPATE THE SHOT COMING FROM YOUR TEAM MATE, AND AS THE SHOT IS BEING TAKEN, GO HARD TO THE FRONT OF THE NET, SCREEN AT THE TOP OF HIS CREASE JUST ON THE WHITE ICE AND FACE THE SHOT FOR A DEFLECTION**

Don't let their defenceman or forward stop you from getting to where you want to go – fight through his interference and keep your stick on the ice ready to shoot. Stay low, legs flexed and apart for greater strength and balance.

**STEP 5: OUTNUMBER THEM AROUND THE NET FIGHTING FOR THE REBOUND. SOME TEAMS EVEN BRING A SPEEDY DEFENCEMAN DOWN LOW AS WELL SOMETIMES TO MAKE THIS HAPPEN – HIGH RISK BUT CAN BE EFFECTIVE**

**STEP 6: STOP AND STAY IN FRONT OF THEIR NET FIGHTING FOR THE PUCK UNTIL THE PUCK IS EITHER IN THE NET OR UNTIL IT IS CLEARED. DON'T JUST GLIDE BY STABBING AT THE PUCK LOOKING FOR THE EASY REBOUND**

And don't forget wrap arounds as a source of rebounds, because they usually produce one in tight. When you see your teammate wrapping the puck around go hard to the net for the rebound.