

SHOOTING TECHNIQUE

Ages 8 through 12



Bob Mancini
USA Hockey



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BLUE PUCK 8U



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KEY FACTORS IN SHOOTING TECHNIQUE

CHOOSING THE PROPER STICK



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KEY COMPONENTS OF YOUTH, JUNIOR & INTERMEDIATE STICKS

 **SHAFT WIDTH**

 **HEIGHT**

 **CURVE**

 **LOFT**

 **TOE**

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STICK LEVERAGE: FLEX



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IMPACT of TECHNOLOGY

Strength of the stick allows for off foot shooting

➤ Shaft Strength

↙ *Allows for greater lean (leverage)*

↙ *Allows for greater whip (flex)*

➤ Blade Strength

↙ *Allows blade to be used as a flexible part of the stick*

↙ *Allows effective change to the placement of puck on blade*

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YOU CAN'T SCORE IF YOU DON'T LEARN HOW TO SHOOT

➤ **STAY TRUE TO THE COMMON THEMES**

✓ **STICK GRIP/KNEE BEND**

✓ **SPLIT VISION/EYES UP**

✓ **PUCK POSITION/CUP THE PUCK**

✓ **WEIGHT TRANSFER/ROTATION**

✓ **DRIVE BOTTOM HAND/PUSH-PULL**

✓ **FOLLOW THROUGH/HIT THE NET.**

✓ **MAKE IT FUN/HAVE A MANTRA!**

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SKILL PROGRESSION EMPHASIS

➤ 8U

✓ WRIST SHOT

➤ 9U

✓ BACKHAND SHOT

➤ 10U

✓ SNAP SHOT (Strong Foot)

➤ 11U

✓ SNAP SHOT (Off Foot)

➤ 12U

✓ SLAP SHOT

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WRIST SHOT 8U



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BACKHAND SHOT 9U



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WRIST SHOT 8U/BACKHAND 9U

- **SLIDE** hand down the shaft
- **GUIDE** puck from back of the blade
- **SHIFT** your weight
- **ROLL** your wrists
- ***SLIDE...GUIDE...SHIFT...ROLL!***

- ***HIT THE NET!***

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SNAP SHOT 10U



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SNAP SHOT OFF-FOOT 11U



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SNAP SHOT

(Same for Strong and Off Foot)

- **HANDS** away & behind your body
- **PULL** the puck toward your body
- **DRIVE** your lower hand into the ice
- **SNAP** your wrists
- ***HANDS...PULL...DRIVE...SNAP!***
- ***HIT THE NET!***

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SNAP SHOT (OFF FOOT)



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SLAP SHOT 12U



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SLAP SHOT

- **SPOT** the puck behind front foot
- **SLIDE** hand down the shaft
- **ROTATE** your trunk
- **SLAP** the ice behind the puck
- ***SPOT...SLIDE...ROTATE...SLAP!***

- ***HIT THE NET!***

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SLAP SHOT



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**Repetition...Repetition...Repetition...Repetition
...Repetition...Repetition...Repetition...Repetition!**

➤ **Repetition at 8u**

➤ *Simple activity*

➤ **Repetition at 10u**

➤ *Turning oral direction into practice*

➤ **Repetition at 12u**

➤ *Perfect practice makes perfect*



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START SIMPLY



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BUILD SLOWLY



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CREATE OBJECT LESSONS



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OFF-ICE...START SIMPLY



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OFF-ICE...BUILD SLOWLY



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OFF-ICE...OBJECT LESSON



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KEY ELEMENTS FOR SUCCESS

➤ AGE APPROPRIATE SCORING TIPS

- **Player/Puck Vision**
- **Release/Camouflage**
- **Angle/Speed/Depth/Lateral Movement**
- **Camouflage**
- **Percentage Shots/Handedness**
- **Hit The Net!**

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THANK YOU!

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