

Individual Goal-Scoring Tips

YOU VS. THE GOALIE

THE BIG IDEA

When it's you against the goalie, details decide the goal — not a harder shot.

See the net the way the puck sees it, shoot only on a green light, and make the goalie MOVE before you let it go.

WHEN YOU'RE TWO · 2-ON-1

Use misinformation — sell one thing, then do another.

SELL THE SHOT

Goalie stays square to you → pass across the Slot Line.

THEY CHEAT TO THE PASS

Shoot the opening they just gave you.

The further you move the goalie, the harder the cross-pass is to save.

WHEN TO SHOOT

- 1 You can see white mesh (inside the house).
- 2 The goalie is deep in their net.
- 3 You can't see the goalie's eyes.
- 4 The goalie isn't SET.

TWO RULES THAT CARRY IT

Make the goalie MOVE.

Shoot on a green light.

MAKE SOMETHING FROM NOTHING

Arm & body opens as they slide for momentum.

Five-hole splits as the pads slide apart.

Far post opens after a quick move sideways.

Hold it to the far side, then read the goalie.

THE PUCK EYE

Your eyes sit a couple of feet above the puck, so the net looks wide open from up there. But the shot leaves from the puck's lower angle — where the goalie covers far more than you think.

Learn to see the net the way the puck does, and you stop firing into the goalie's chest.

IN THE GAME

AS THE SHOOTER

- Shoot the white mesh, not the pads.
- Make the goalie move first.
- Quick release beats a hard shot.

AS THE PASSER

- Watch the goalie AND your teammate.
- Sell the shot so they can't cheat.
- Pass across the Slot Line.

AS THE RECEIVER

- Get open in soft areas.
- Time it — don't stand still.
- Catch and shoot quick, any angle.

Video Messages

ONE CUE PER CLIP

1 Fake Shot & Pass

Use misinformation to create better chances on a numerical advantage — a 2-on-0, 2-on-1, or 3-on-2. Sell the shot, then slide it across for a tip-in.

2 Make the Goalie Commit

The further to one side you move a goalie, the harder it is for them to save a pass across the Slot Line. Drive in, then pass or shoot.

3 Fake Shot & “Push Out”

Make a believable fake so the goalie moves first. Puck even with or behind your skates, plant the outside leg, then push your hands out and shoot quicker.

4 Change the Angle — “Pull In”

Keep the puck even with your skates so the goalie lines up, then pull it in and release from a mid-body position — a beat ahead of where they’re set.

TAKE IT TO THE ICE

WHAT TO THINK — EVERY SHIFT

“Do I have a green light? If not, make the goalie MOVE first.”

REPS TO GET — THIS WEEK

- Fake shot & push-out.
- Catch-and-shoot from all angles.
- Change the angle (pull in).
- Get to soft areas off the puck.

YOUR NEXT 3 GAMES

Game 1: Msg #____

Game 2: Msg #____

Game 3: Msg #____