

WHAT THIS LESSON COVERED

Scoring more isn't about shooting more — it's about shooting smarter, better shots.

This lesson tied the whole program together. Your player learned that the biggest key to scoring is the type of shots they take — not how many. Easy “red” shots from far out almost never go in, while smart “green” shots are about ten times more likely to score. The goal is to make the goalie move out of position first, then shoot — and to choose a good shot on net over a fancy play that goes nowhere.

QUESTIONS FOR THE CAR RIDE HOME

1 “What was this week’s lesson about?”

Why you’re asking: Letting them teach it back is the best way to see what really stuck.

2 “Did you take any smart ‘green’ shots today, or mostly easy ones from far out?”

Why you’re asking: It gets them thinking about shot quality, not just shooting to shoot.

3 “What could you do next game to get a better shot?”

Why you’re asking: A forward-looking goal keeps them thinking like a scorer.

IF THEY'RE NOT SURE — THAT'S OKAY

If they don't have an answer yet, that's completely okay. Encourage them to watch this week's lesson again before the next game — and remind them that every game is a fresh chance to get a little better. Getting a little better each time out is the whole goal.