

The Goal-Scoring Mental Model

PUTTING IT ALL TOGETHER

THE BIG IDEA

It all comes down to shot distribution. About 70% of shots are RED — and only ~3% go in.

A GREEN shot is almost ten times more likely to score. Shoot more green, and force the other team into red.

THE “GREAT GREEN” SHOT

Make the goalie move TWICE before you shoot.

Two quick passes before the shot, and the goalie can never get Square, find their Angle, and set their Depth in time.

Hard in tight 5-on-5 — hunt it on the power play and odd-man rushes.

— UNDERSTAND THE GOALIE · S.A.D.

Square to the shooter — covers the most net.

Angle between the puck and the net.

Depth out the right distance for the play.

Make the goalie NOT S.A.D. — then shoot.

— THE BOTTOM LINE — TWO RULES

Shoot GREEN, force RED.

Don't be too cute.

A shot on net beats no shot at all.

— BEAT A S.A.D. GOALIE — HUNT THESE

Green — take away a SEE, SECOND, or SET.

Yellow — get to the slot, the middle.

Great Green — move the goalie twice.

Chaos — bodies at and driving the net.

— THE NUMBERS

• A typical game: 25% green, 5% yellow, 70% red shots.

• Efficiency: green $\approx$ 21.6% vs. red $\approx$ 2.6%.

• Power plays run ~40% green — and produce more goals.

More green shots = more goals. Every level.

IN THE GAME

AS THE PASSER

- Be a threat — sell the shot.
- Read the goalie: pass or shoot.
- Make them commit, then choose.

AS THE SHOOTER

- Shoot from the slot, not the point.
- Make the goalie move first.
- Quick release on a green light.

WITHOUT THE PUCK

- Get to the soft spots.
- Screen the goalie's eyes.
- Drive the net for chaos.

Video Messages

ONE CUE PER CLIP

1 Know the Situation (S.A.D.)

A S.A.D. goalie — Square, Angle, Depth — covers almost the whole net. Read whether they're set; the moment they're NOT S.A.D., shoot.

2 Be a Threat

When you make defenders believe you're a scoring threat, they pay attention to you and forget your teammates. Drive deep, pull the goalie to the post, then pass to the open far side.

3 Read the Goalie

If a goalie thinks you might pass across to another attacker, they may cheat. Read the goalie, know your options, and take what they give you.

4 Get to the Soft Spots

Move to soft spots, often between the forward and the D. You're less likely to be covered, you get more passes — then shoot quick.

TAKE IT TO THE ICE

WHAT TO THINK — EVERY SHIFT

"Is the goalie S.A.D.? If not — shoot. If so — move them first."

REPS TO GET — THIS WEEK

- Shoot from the slot, not the perimeter.
- Get to soft spots off the puck.
- Make the goalie move before shooting.
- Drive the net for chaos & rebounds.

YOUR NEXT 3 GAMES

Game 1: Msg #____

Game 2: Msg #____

Game 3: Msg #____