



Master the Goal-Scoring Model

Put it all together — a hard goalie is S.A.D.; break one of the 3 S's, and stack them for a "Great Green."

3 KEY TALKING POINTS SPEAK THE SAME LANGUAGE

- **"A hard goalie is S.A.D."**
Square, Angle, Depth — break one and it's a green shot.
- **"Great Green = move the goalie TWICE."**
Two quick passes before the shot on the power play or an odd-man rush.
- **"Don't be too cute."**
A shot on net beats no shot — a screened low shot can still be green.

KEY TAKEAWAYS THE BIG IDEAS

- Offense: raise your GREEN %. Defense: give up only RED.
- Shots to seek, in order: Great Green → Green → Yellow → chaos at the net.
- Off the puck: be ready, stick on the ice, screen, and drive the net with a purpose.
- Track each team's green % game to game — is it climbing?

2 DRILLS TEACH IT ON THE ICE

- **Double-Movement Reps**
3v2 in the O-zone; require two quick east–west puck movements before the shot. Count how often the goalie is beaten while moving.
- **Net-Drive Timing**
On every point or wall shot, a forward times a drive to the net for a rebound or tip. Reward arriving as the shot is released.

CONSTRAINT / SMALL-AREA GAME MAKE IT COMPETITIVE

S.A.D.-Breaker 3v3

Goals count only if the shooter broke a goalie 'S' — a screen, a lateral move, or a quick release. Track each team's green % across the game.