



## **SKILLS PLUS HOCKEY TRAINING TIP**

Training your individual skills and tactics  
the best way to become a leader on the ice!

### **HOCKEY TRAINING SKILLS TIP #2 The Penalty Shot**

There is a lot to think about and practice to improve one's readiness to score on a penalty shot. A player should practice the following:

- You should have two or three different ways you like to shoot to score (pick at least one shot and one deke). Practice these different shots often so you become very confident with them.
- Skate to the net in a controlled moderate speed (not too fast and not too slow). You could speed-up or slow down a little bit to disrupt the goalie's positioning.
- Always have your head-up while skating to the net. You want to see what part(s) of the net the goalie is giving you to shoot at.
- If you can stickhandle while maintaining control of the puck, then it is more difficult for the goalie to guess what you are going to do.
- You could try to freeze the goalie by using a head fake or shot fake. It often disrupts the goalie's positioning and gives you more time and space to score.

A simple drill to practice the penalty shot with friends or on your own:

- Set-up five pucks 10 meters away from the net
- Practice five penalty shots in a row with no break in between shots
- Have a competition to see how many goals you can score. If you score on three of the shots, you win. If the goalie saves three shots, he wins. If you are practicing with friends, see if you can score more goals than the other players.
- If you do not have a goalie, then use a net with target openings. Try to score on the same opening with each of the five shots. See how many times in a row you can successfully make the shot. Rotate net openings often.

**Eric Calder - President**  
BA & Diploma in Business Administration (WLU)

Eric played professional hockey for 14 years. Among his career highlights is winning the Memorial Cup Championship, playing with the Washington Capitals in the NHL and being the MVP for the Canadian National Junior Team at the World Junior Championships. He is an NCCP High Performance Certified Coach with over 15 years of professional coaching experience, lectures in the Theory of Coaching at Wilfrid Laurier University and is one of the most sought after instructors in Waterloo Region!

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- ▶ Full Day All Levels Camp at RIM
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  - Full Day Rep Advanced
  - 1/2 Day Rep Advanced
  - 1/2 Day Rep 3-on-3



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