Shooting

Want to improve your shot? Shoot 100 pucks per day—or at least shoot for shooting 100 pucks per day! No matter how many shots you actually take, practicing your shot is one of the easiest things you can do off-ice. Be sure to shoot off a shooting pad or use your “outdoor” stick, and be careful not to hit anything (cars, windows, passersby). If accuracy is an issue, look into a backstop, cage or shooting tarp.

*“You miss 100% of the shots you never take.” — Wayne Gretzky*

Accuracy… How can my son develop a more accurate shot? He seems to use the goalie as a target, and we all know it’s not going to go through his body.

Practicing any sport that involves shooting—from archery to basketball to hockey—benefits from having a target. With hockey, of course, your target is anywhere the goalie is not (and can’t reach in time). Since the four corners and five hole are the most likely spots to score, those are generally the targets your son can practice on from home. All you need to do is make simple modifications to your net such as adding:

• Pockets such as EZ Goal 4 Corner Netting Targets

• Hanging targets such as X-Targets

• A “goalie” tarp such as the Ultimate Goalie