

# 3 OFF-ICE SHOOTING TIPS

---



Time:

Station:

## Tip # 1: Learn Different Shooting Techniques

Players are scoring in so many different ways in today's game. Below are shooting techniques that players can learn and practice at home:

- [Wrist Shot](#)
- [Backhand Shot](#)
- [Snap Shot](#)
- [Two Touch Shot](#)
- [Pull & Change Shot Angle](#)
- [Slap Shot](#)
- [View All Shooting Videos](#)

## Tip # 2: Shoot Under Pressure

Try to create a situation where you are shooting under pressure so you need to shoot quickly. The reason for this is that the game of hockey is extremely fast and players that can develop a quick release have a greater chance at getting a shot off and scoring a goal.

This tip might be a little harder to practice at home by yourself. If you are alone, you can try to imagine someone is trying to block your shot so you need to shoot quickly. You can also try to shoot through chairs, tires and other objects. If you have a family member, friend or teammate around you can have them use a stick and try to create some "pressure" so it is more challenging to get a shot off.

## Tip # 3: Shoot With Different Puck Positions & Net Angles

It is very rare that a player will get a shot off that is perfectly in the slot, with perfect puck position and lots of time to shoot.

Therefore, it is very helpful for players to practice shooting the puck quickly when the puck is in their feet, when it is out wide, and in different areas. It is also extremely important to practice shooting from different angles. It is very easy to hit the net when you are shooting head on, with all of the time in the world, but most of the time in a game you will not have a great angle to shoot from so it is helpful to practice more game-like situations.