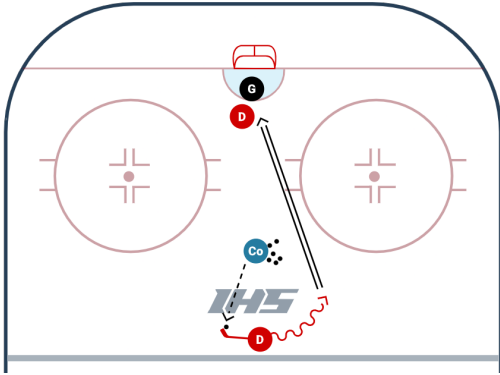# Deceptive Point Shooting Progression

Notes / Coaching Points

Description

Getting shots through from the point is extremely important. It can be the difference between a wasted scoring opportunity or breakaway for the other team!

Here are 3 Different Shots for a defenceman to practice with a simple set up. The goal of this progression is to get comfortable with quickly getting the puck to an open shooting lane and not just keeping your head down and shooting right into an attacking player.

Shooting Progression # 1

- Setup: Show the coach your forehand. The coach will slide the puck to your backhand. Collect the puck with your backhand, keep your head up, move the puck to your forehand, explode to create space and get a quick shot off.
- Shot 1: Quick forehand shot.
- Shot 2: Forehand shot but aim to create more space and distance from the coach.

Shooting Progression # 2

- Setup: Coach will pass to your forehand. Collect the puck and keep your head up.
- Shot 1: Quick shot that is pulled around the coach.
- Shot 2: Fake your forehand pull and escape to your forehand side to deliver the shot on net.

Shooting Progression # 3

- Setup: Show the coach your forehand. The coach will slide the puck to your backhand. Collect the puck with your backhand, keep your head up, move the puck to your forehand.
- Shot 1: Quick forehand shot (same as Progression # 1, Shot 1).
- Shot 2: Fake the forehand shot, escape and set up a slapshot.

Progression Variations

1. Add additional obstacles that the players need to shoot around.
2. If you do not have a player or coach to pass the puck, the defense can retrieve a puck from a pile of pucks and backpedal to the point and then begin the progression.

Notes / Coaching Points

3. You can add a forward breaking to the net that the D must try to pass to for a deflection.
4. Add a forward in front of the net that can work on tips.
5. Players can also work on learning how to Change Their Shot Angle to add additional deception in their shot.

Notes / Coaching Points

Description