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HockeyShot Essentials Guide

growthegame.com

HockeyShot.com

TAKE YOUR SKILLS TO THE NEXT LEVEL WITH OVER 200 SKILL-BUILDING PRODUCTS!
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Build Your Skills

AS YOU’LL SEE IN THIS GUIDE, HockeyShot has all kinds of great training aids for taking your ice hockey game to the next level. But most people want to start with the basics—the most obvious skills. When it comes to hockey, the first thing that comes to mind is shooting the puck. Then you might start thinking about stickhandling and passing, then finally improving skating and overall strength and agility. So, sticking with the obvious, the bare minimum you need for off-ice training is:

1. A hockey stick, preferably not your on-ice stick
2. A simulated ice surface such as a shooting pad or dryland flooring tiles
3. A puck, training puck or ball

Shooting pads work well if you have limited space as they are easy to move and store. If you’re lucky enough to have dedicated space such as a basement or unused garage, the HockeyShot Dryland Flooring Tiles let you create a slippery, smooth, custom surface area for training.
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
Durability… My 6-year-olds have been shooting at a homemade PVC net, but they’re starting to knock it over and put pucks through the netting. What type of net will take them through grade school to high school?

Shooting pucks outside offers various opportunities for peril—from lost pucks to broken windows to torn netting. Options are available to help with all these issues, including:

- **EZ Goal Pro Steel Folding Goal** with rip-resistant weatherized netting
- **EZ Goal Folding Backstop Puck Rebounder** to protect doors, windows and cars—and keep kids from chasing pucks down the street
- **The Snipers Edge Hockey Shooting Tarp** to protect your garage door or walls
**Speed…** How can my daughter increase her shot power? No matter how beautiful her shot is, the goalie always seems to get there first.

Accuracy is one thing—speed is another. The most beautiful top-shelf goal will go right into the goalie’s glove if it’s meandering its way to the net. Your daughter has two easy options for developing a rocket of a shot. First, measure the speed of your shot so you’re inspired to keep practicing and improving. Second, add weight through the puck and/or stick. Options include:

- SpeedTracX radar gun
- Demon Hot Shot radar puck
- Stick weights such as Complete Shot Stick Weight Training System
- Weighted stick such as the PowerBlade
- Weighted blade such as the Ultimate Hockey Training Blade
- Weighted pucks from 10 oz to 2 pounds

Another option is a training device such as the Shot Tec, which trains the muscle group responsible for shooting.

**Technique…** My shooting repertoire is pretty much limited to the wrist shot I learned as a Mite. How can I improve my wrist shot and learn more about backhand shots, slap shots and more?

While the wrist shot is probably the most common shot, it limits you in terms of where you can shoot from. You can perfect your wrist shot and learn many more from videos such as Brett & Bobby Hull’s Instructional Shooting & Scoring DVD. In addition, you can try a training device such as the Halo, which teaches proper mechanics in wrist shots along with crisp passing, muscle memory and wicked fast hands.
Passing

“YOU CANNOT SKATE AS FAST AS YOU CAN PASS.” Coaches say that all the time. And what they mean is, no matter how fast you skate with the puck, the puck travels faster on its own—after a nice, crisp, firm pass. (In fact, it probably moves faster than you can skate after a crummy pass.) Since passing is so key to a team sport like ice hockey, you can’t practice making accurate, well-timed passes enough. Fortunately, it’s easy to practice your passing off ice.

“A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be.” —Wayne Gretzky

Accuracy...I want to practice my passing at home, but I don’t have anyone to pass to because nobody in my family or neighborhood plays hockey. Any ideas?

What you need is a puck rebounder, which is basically a rubberband attached to a shooting pad. You have various options, some of which are attached to or come with a shooting pad. You can practice passing over and over—without chasing down pucks or listening to complaints from a pass recipient. Options include:

- Extreme Passing Kit: One-Timer Model
- Extreme Passing Kit: Bungee Cord Model
- One-Timer Passer, PassMaster, or X-Passer
Agility...How can my daughter practice catching passes—whether hard or soft, accurate or wild—without being at the rink all the time?

Ever heard a coach say, “It’s your job to make the good pass. It’s the other guy’s responsibility to catch it”? Obviously, though, you are often that other guy—and you have to catch the pass whether it’s a good one or not. So how can you practice everything from that beautiful tape-to-tape pass to the wild thing you need to dive for? Options include:

- Try any of the puck rebounders listed above (One-Timer Passer, PassMaster, etc.)
- Check out the AccuPass Puck Returner, which returns the puck at random angles
- Mr. Assist Speed Puck Trainer

Power...My son’s passes are super accurate but not hard enough to make their destination. How can he increase his passing strength?

Strong hands are key to passing, stickhandling and shooting—all the essentials of hockey except for skating. (And hey, you need strong hands to tie those skates!) To increase hand strength and make stronger passes, try:

- Stick weights such as Complete Shot Stick Weight Training System
- Weighted stick such as the PowerBlade
- Weighted blade such as the Ultimate Hockey Training Blade
- Weighted pucks from 10 oz to 2 pounds
Stickhandling

IN MOST ASPECTS OF SPORTS, HAND-EYE COORDINATION IS KEY. But with stickhandling, the key is to keep control of the puck while not looking at it—because that means your head is down and you’re in danger of getting checked. Plus, you need to be able to control the puck anywhere within your reach—not just when it’s right in front of you. Fortunately, stickhandling is one of the easiest things to practice off-ice. Remember, if you can’t keep control of the puck with your stickhandling, you have no hope of passing and scoring.

“I don’t like my hockey sticks touching other sticks, and I don’t like them crossing one another, and I kind of have them hidden in the corner. I put baby powder on the ends. I think it’s essentially a matter of taking care of what takes care of you” —Wayne Gretzky

Practice... How do you practice stickhandling off-ice? Can you really get the feel of a puck on ice?

Stickhandling is one of the easiest skills to practice off-ice—because you have so many options. You can work on your strength, reflexes and agility inside or outside, on carpet, tile or a shooting surface. Options include:

- HockeyShot Shooting Pads
- Dryland Flooring Tiles
- SweetHands Stickhandling Hockey Trainer
- Extreme Passing Kit: One-Timer Model
- Attack Triangle
- Super Stickhandling Package, which includes a Green Biscuit, three FlyPucks, a Smart Hockey ball and a Swedish Wooden Ball
Anywhere, Anytime... I like to practice my stickhandling whenever I have time, whether I'm at home, in my dorm room, or in a parking lot between tournament games. Any recommendations for stickhandling pucks and balls on various surfaces?

HockeyShot offers plenty of options to give you the feel of a puck on various surfaces. (It’s up to you, of course, to see if the option you choose ends up scratching your mom’s wood floors or marking up her white tile. Options include:

- **Carpet:** Smart Hockey Training Balls, Swedish Stickhandling Wooden Balls or a new (never used on pavement) FlyPuck
- **Tile/Wood:** HockeyShot Dryland Puck, Smart Hockey Training Balls, Swedish Stickhandling Wooden Balls
- **Parking Lot/Driveway:** Green Biscuit, Smart Hockey Training Balls, Swedish Stickhandling Wooden Balls
- **Night:** Lit Biscuit

Agility... My son is a great stickhandler—when he’s alone. How can he practice stickhandling through traffic?

Try the SweetHands Stickhandling Hockey Trainer, on- or off-ice, or the Attack Triangle. Both offer obstacles to maneuver around. You can use these on any surface with almost any stickhandling ball or puck.
Skating

YOU CAN’T BE A GREAT ICE HOCKEY PLAYER without being a great skater. After all, hockey players move faster than players in any other team sport, according to the Exploratorium.edu. Speed, strength and technique all come into play when you’re working to be the first one to the puck, get through traffic to the net and stay on your feet. While nothing quite replicates the feel of blades on ice, you can practice and perfect many parts of skating off-ice.

“The top three worst things I’ve seen in hockey?
The invention of the trap. The invention of the morning skate. And the invention of the extremely ugly uniform.”
—Brett Hull

Speed...I’m short and often competing against guys who have a foot or more on me. How can I get to the puck first when their legs are so much longer?
The best way to increase your speed is to lengthen your stride and strengthen your legs. Both of these are easy to do at home with a Powerslide Hockey Slideboard. You can use these portable boards anywhere—and combine it with a shooting pad and hockey stick for a full hockey experience. Many types of slideboards are available for different needs.

Strength...How can I increase that first little burst of speed coming off the bench?
Training with skate weights helps add explosiveness while building speed and endurance. Options include:

- Trion Skate Weights
- Skate SLUG Training WeightsSkating
Dryland Training
ICE TIME IS SIMPLY TOO PRECIOUS to be used for conditioning. Fortunately, it’s easy to work on the speed, strength, stamina, agility and reaction time necessary for ice hockey while off-ice. And even more fortunately, various training aids make dryland training challenging and fun.

“If you train hard, you’ll not only be hard—you’ll be hard to best.”

—Herschel Walker

Stamina... My 7-year-old gets tired easily but he’s pretty young to go out running. Any ideas?
Many coaches say if you only have one training aid, it should be a jump rope. They’re inexpensive, appropriate for any age, portable and flexible enough for a workout of any intensity. Join your kids with your own jump rope to make it extra fun.

Agility... How can I improve my agility and balance off-ice? It seems like the best way to improve my skating is through more skating. Unless you have your own skating rink or year-round frozen pond, it’s hard to skate as much as you want or need to. But you can work on aspects of skating and your entire game with an Agility Dryland Training Set. The set includes speed hurdles for agility, reaction balls to increase reaction time, an agility ladder for quick feet drills, saucer cones for shuttle runs and slaloms and jump ropes for cardiovascular workouts.
Goaltending
SHORT OF SPENDING MORE THAN A GRAND on a puck shooting machine (to say nothing of the cost of shipping it!), can you really practice goaltending off-ice without players shooting and pucks flying? Well, first off, being goal requires phenomenal strength, endurance and flexibility, all of which can be developed off-ice with many of the options in this guide. Second, you can create a training environment for practicing saves that doesn’t put you in the line of fire.

“From the moment Primitive Man first lurched erect, he and those who came after him survived on the principle that when something hard and potentially painful comes at you at great velocity, you get the hell out of its path. Goalkeepers throw themselves into its path.”

—Jim Taylor

Coordination...My daughter is trying goalie for the first time this year. To get started practicing off-ice, what does she really need?
The two most basic things you need for practicing saves off-ice are a G1 Extreme Slide Board—Goaltender Model and a Reaction Ball. Tossing the ball against a wall or up in the air, then diving to save it on the slideboard helps with hand-eye coordination, reaction time, lateral speed, agility, coordination, balance and explosive power. The six-sided ball bounces and leaps unpredictably—like a puck coming from various directions—and repeated movements on the board train the core muscles to move together.
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