



CALGARY ROYALS

"Character is what a player does when nobody is looking".

What does it take?

- *Shoot pucks every 2nd day, minimum of 200 each time.*
- *Eat Right, Rest Right, Avoid Alcohol (as you give up 14 days in the gym each time you drink!).*
- *Ask for help whenever you need it.*
- *Be "ULTRA-COMPETITIVE" when you train and build.*

Puck Skills Program

Shooting for Success:

The difference between good players and elite players is based solely on the way they practice. As an athlete you need to understand the difference between PRACTICE and DELIBERATE PRACTICE. Deliberate practice involves: Shooting with a focus, high level of repetitions and make it challenging and fun!

Calgary Royals Shooting Qualities:

- *We shoot with variation (Belly forward, belly side, one foot, two feet).*
- *We shoot from in front of their feet on all wrists and snaps without weight transfer.*
- *We look at the net always.*
- *We flex the stick as hard as possible each time as velocity matters.*
- *We quick release as fast as possible.*
- *We are deceptive and can set different angles with the shaft of the stick.*
- *Our release point is lethal off of the pull and the push.*



Game Plan:

Find a smooth surface of concrete, or purchase a sheet of bath board. Move the surface around to create different shot selection. D-men should be working from farther out and simulating shooting situations as distances need to be relative to their position. Use tape or skate laces on your net to provide various targets. If you don't have a net use an outdoor rink, or baseball backstop.

Rest every 20 shots, unless you are using the shooting as a work out focused on muscular endurance. If so, shoot deliberately for 45 seconds and then rest. Make sure you are fully rested before you start your next set.

Shoot with variety:

- 1) Off pass from partner**
- 2) Off of your front foot**
- 3) Off of your back foot**
- 4) On your forehand**
- 5) On your backhand**
- 6) Push the puck and release**
- 7) Pull the puck and release**
- 8) Create shooting games (high, low, left, right).**
- 9) Hands reversed shooting**
- 10) One handed shooting**

If a partner is available (parent, sibling, or friend), have your partner drop pucks around your body for quick release work and get them to feed you 1-timers. With 1-timers get your partner to pass the puck in various locations (front foot, back foot, in the wheel house) and shoot 1-timers from various locations and distances around the net.

When shooting always attempt to look at the target on release and change your target constantly. Maintain good head position with eyes up, as this improves shooting posture and power.

Puck Handling for Success:

Hands of Gold Sequence

Players need a golf ball, tennis ball, and puck (or smart ball). They can work on a garage floor, basement floor or bath board.

Part 1: Feet are static and cannot turn or move. Players handle the first object for 20 seconds, utilizing all 4 quadrants (front right, front left, back left, back right). Work on wide and narrow sequences within each quadrant. The blade of your stick needs to be very dynamic (tilting and adjusting constantly). Players are encouraged to look up and down. After 20 seconds switch to object #2, and then after another 20 seconds switch to object #3. Rest completely after you've stick handled all 3 objects before you start your next set. Repeat this for 10 sets. Within one week players will notice an improvement in their dexterity and fine motor skills. Continue Part 1 for two weeks.

Part 2: Exact same set-up, but players now step over and step back as they work on this sequence. Movement creates more of a challenge and is a significant progression. Repeat for 10 sets. Continue Part 2 until you're comfortable (usually takes at least a week).

Part 3: Active movement in all directions. Players repeat but now walk in any direction (forward, backward and side to side). Repeat for 10 sets.

Ladder Sequences

A ladder can be taped on your floor, outdoor rink, or you can purchase a training ladder. Handle the hockey ball while working on quick feet sequences (2-in, 2-in-2-out, lcky shuffle, look online for additional options and demonstrations) and use both your forehand and backhand. Be creative and add new components each time you practice. Electrical tape or Duck tape works well to build your ladder.



1-vs-1 Keep-away Games

Play keep away with a partner in a small area. Work on reading pressure, adapting with creativity and using body position for puck protection.

Add an Object

Add a chair or table and stickhandle around it while being as creative as possible.

Food For Thought:

“There is no such word as try, you either do or you don’t.”

“The best players in the world are the best because they get out of their comfort zone and they never quit. To do what you’ve never done, you must try what you’ve never tried.”

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“Never Enough”

