

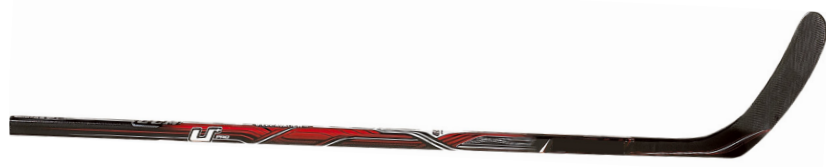
Build Your Skills

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

