

ONLINE  KEY TRAINING

21 SECRETS TO **RED LIGHT** HEAVEN

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This e-Report is intended to increase your hockey IQ, generate more scoring chances and give you the ability to score more goals.

It's something that shouldn't be read once and then never looked at again. You need to continually remind yourself of the best practices the top point producers use game in and game out.

These are habits that are acquired over a long period of time. The more you revisit the material, the more they get ingrained in your brain. You need to visualize yourself successfully executing each of the tips in games. The more you do this, the greater the probability of it actually happening in a game.

I've broken the tips into two categories,

Physical

Brain Candies

Physical tips include things you need to practice regularly. More specifically, you need to be physically practicing each of the secrets in games, practices and at home.

Brain Candies are nuggets that you have to remind yourself to concentrate on each in games and practices. You have to start thinking like a goal scorer in order to be a goal scorer. The difference between missing a scoring opportunity and converting those opportunities into Grade A Chances is so minuet. Once you focus on the little things, big things will begin to happen.

So here we go. I've listed both categories of tips and then will explain each one in greater detail.

Best of luck and here's to your success!!



Physical Tips

- When Under Duress In Front Of Net, Shoot Puck Hard Toward Net
- Become A Defensive Specialist
- Effort
- Become A "Dishin Magician"
- Exhale Before You Shoot
- Improve Your Stick Handling And See A Whole New Game
- Acceleration
- 2 on 1's Shoot Low Far Pad Once In A While
- Force The Goalie To Move Before You Shoot
- Where To Shoot When The Goalie Is Down
- Quick Release
- Don't be ½ a Hockey Player

Brain Candy

- Adjust Your Scope
- Focus On The Process And The Results Will Take Care Of Themselves
- Visualize Scoring Goals
- Think One Step Ahead
- Develop A Short Memory
- Look At Defenseman's Feet
- Play IN Offensive Zone More
- Use Defensive Players As Screens
- Always Be A Scoring Threat



Physical Tips Breakdown

1

When Under Duress In Front Of Net, Shoot Puck Hard Toward Net

- Scoring goals is not easy and the area in-between the dots and top of circles is always congested. Most of the time, when you have the time, you want to shoot for a specific part of the net, depending on what the goalie is giving you.
- In front of the net, there's a good chance a player will be draped all over you. Bear down, with a strong stick blade and just get the puck to the net as quickly and as hard as you can.
- Most of the time you don't know where it's going, but you know it's on net. More pucks to the net, means more opportunity to score, even if you don't know where it's going. Every puck directed toward the net has a 50-50 chance of tickling the twine, so shoot, shoot and shoot some more.

**2**

Become A Defensive Specialist

- There is a misconception that offensive players don't have to play defense. This may be true at the youth levels, but when you climb the hockey ladder, you have to be able to play in each end of the ice and not be a defensive liability.
- One of the best offensive players in the world, Pavel Datsyuk, not only is electrifying when the puck is on his stick, but he's one of the best defensive forwards in the world. He's at the top of the list year after year for takeaways. When you don't have the puck, you have to work even harder to get it back.

Physical Tips Breakdown

3 Effort

- Most players want to generate more offense and score more goals, but few work hard enough to put themselves in a position to do so. It's all about winning races to pucks and battles along the boards. Effort beats talent most nights. Become the hardest worker on the ice every shift and watch your scoring opportunities increase.

4 Become A "Dishin' Magician"

- Scoring chances are hard to come by as you climb the hockey ladder. Players' need to string together 3, 4 or maybe 5 passes in a row in order to earn a scoring opportunity. One missed pass, either given or received, stops forward progress in its tracks.
- Become a perfect passer – Make it easy for your teammates to make the next play, by putting the puck in a position that they can keep forward progress and possession of the puck to penetrate the offensive zone for a shot on goal.

**DONT PUT IN 1/2 OF THE
EFFORT UNLESS
YOU'RE OKAY WITH 1/2 OF
THE RESULTS**



Physical Tips Breakdown

5 Exhale Before You Shoot

- I remember reading years ago, that athletes competing in the Olympic Biathlon, which combines cross-country skiing and rifle shooting, are masters at relaxation techniques to improve shooting accuracy. They are so in tune with their body that they fire each shot when exhaling and in-between heart beats. Studies have indicated that athletes perform best when in a relaxed state, also referred to as being "In The Zone."
- One training technique I was taught as a player was to exhale as I released my shot. I first started in practices when we were doing shooting drills and was amazed at how quickly I picked it up. In a very short time period, it became automatic, where I just naturally exhaled when taking shots.



6 Improve Your Stick Handling And See A Whole New Game

- Every player wants to improve their strength of shot and shooting accuracy. Practicing shooting is a very important aspect of the development process. What players don't understand is to really improve your scoring chances; you have to improve your stick handling.
- If you can't move the puck into a shooting position quickly, either to the forehand or backhand, you'll never get the shot released. Improve your stick handling and you'll generate way more scoring opportunities. By also developing sick stick skills, the bonus most people don't know, is that your eyes will be up more often, to see open teammates and open areas of the net to shoot at.

Physical Tips Breakdown

7 Acceleration

- Most moves & fakes generally have 4 parts. The first part of a move starts with a shuffle stride dribble. Part two is the move or fake. Part three is separation laterally; expansion of reach, and the fourth part is the acceleration around the player.
- Too often, players don't accelerate hard enough to gain inside position on the defending player. Once you make the move wide, you have to turn on the after burners, get that defenseman to turn and hopefully start chasing you. This only will happen if you've created some separation by your explosive acceleration.



8 2 on 1's Shoot Low Far Pad Once In A While

- Many times as a forward, you'll find yourself in a 2 on 1 situation, where the defenseman is in perfect position, taking away the cross-ice pass. The goalie isn't giving you much either, so what do you do? Shoot low and for the far pad. If properly executed, the puck will end up coming right to your line-mate driving to the net.
- The goalie can't control the rebound when the puck is shot to the far pad from the side of the net. It works best if you elevate the puck a few inches.
- Last tip, if you're the player driving for the net, have your stick blade on the ice and ready to direct the puck back to the net. If your stick is up in the air, you won't have time to react to the puck and will miss a great scoring opportunity.



Physical Tips Breakdown

9 Force The Goalie To Move Before You Shoot

- When you find yourself entering the offensive zone, prior to unloading your canon, to increase your chances to score, try to get the goalie to move. How you do this is by changing the angle of the puck prior to shooting. You do this by pushing laterally as you pull the puck in toward your body and then releasing your shot.
- You can use the pull-in move or pullback move to execute this pattern. As you pull the puck toward your body, it changes the angle of the shot, making the goalie move slightly. When you can get the goalie moving, you gain a competitive advantage.



10 Where To Shoot When The Goalie Is Down

- New York Islander great, Bryan Trottier gave this tip regarding shooting when the goalie is down. In 1279 games, Mr. Trottier scored 524 goals, 901 assists for a grand total of 1425 points in his career, so I think his advise is pretty solid.
- When the goalie is down, he always tried to shoot for the ears. With the bulking chest protector goalies wear, they have difficulty getting their glove or blocker close to their ears. He said there is always open space there to shoot at. Give it a try!!



Physical Tips Breakdown

11 Quick Release

- The older you get and the higher levels you play, the less time and space you have to get a shot off. When shooting both on and off ice, start having a more focused approach to releasing shots as quickly as you can.
- Get the puck into a shooting position, either on the backhand or forehand as quickly as possible. Release the shot equally as fast. Start paying closer attention to this more regularly and you should increase the amount of rubber you are currently getting to the net.

12 Don't Be 1/2 a Hockey Player

- Players don't practice nearly enough using the backhand side of the body. Receiving passes on the backhand, making tape-to-tape backhand passes and shooting on the backhand are all critical elements to the game of hockey.
- Most players need considerable improvement in these areas, but don't make it a priority to get better, resulting in them being 1/2 a hockey player. Start focusing more on doing drills on the backhand side of the body. Regularly dribbling, passing, and shooting from the backhand will develop range of motion and make you much more effective in all areas of the rink.



Brain Candy Tips Breakdown

13 Adjust Your Scop

- It's been stated numerous times by high end point producers, that they don't see the goalie prior to shooting they only see net. Begin focusing on looking at a portion of the net before you release your shot. Pay attention to where the shot is consistently going based on what you were looking at.
- If you are looking at a spot and regularly shoot over the crossbar, adjust your scope a little lower. This scope adjustment changes from day to day and can be based on how you are feeling for that particular practice or game.
- Are you high energy, totally intense or struggling to find your stride and everything seems difficult? That will affect how much energy and strength you put forth for each shot, and can change the trajectory of the puck.



14 Focus On The Process And Results Will Take Care Of Themselves

- I haven't met a hockey player that doesn't like to score a goal. Let's face it scoring goals is fun!! The problem lines in the fact that so many players put too much emphasis on scoring, and when it doesn't happen, they are consumed with frustration and negativity.
- My former Ottawa Senators coach Jacques Martin constantly said "focus on the process and the results will take care of themselves."

Brain Candy Tips Breakdown

- When you aren't getting scoring chances, that's when you have to start worrying. If you are consistently generating scoring chances game after game, the puck will eventually find its way to the back of the net. Get pucks to the net!!!

15 Visualize Scoring Goals

- Visualization is a powerful way to improve your hockey skills and effectiveness on the ice. Have you ever imagined scoring an over-time goal, or making an incredible defensive play to preserve the victory? That is visualization. It's nothing more than playing a movie in your mind of you doing something well and the best part is, you write the script and you are the star.
- Many top athletes practice visualization and support the benefit they get from putting the time into regularly doing it. Your brain is incapable of distinguishing between something that actually did happen and something you created in your mind.
- The more vivid the movie you create, meaning getting down to the last detail, the more the brain believes that it's already happened. Thinking it often, down to the smallest component, gets you closer to actually doing it.



Brain Candy Tips Breakdown

16 Think One Step Ahead

- This tip is one that is not easily mastered and must have regular attention to develop. Wayne Gretzky was known as a player who always knew where the puck was going to be next and knew what he was going to do with it before he got it. This is something that can be developed.
- In practices and games, if you think you are going to get the puck, look for options before you get the puck. Scan the ice; what's your next play, where is the puck going? Most players make puck decisions after they get the puck. The best players know what they are going to do with it prior to getting it.



17 Develop A Short Memory

- A lot of players over analyze their game performances and get stuck in a pool of negative thoughts a lot longer than is needed. If things don't go well for you in a game, you have to develop a short memory. Identify a few things that you did well and a couple things you want to improve on. The areas you want to improve on, you need to have a plan of action on how you will fix the error or deficiency.
- For example, let's say you missed 2 backhand shots because you weren't able to elevate the puck quickly enough. Your action plan is to spend 20 minutes shooting in-tight backhands shoots in your garage or basement 3 of the next 5 days.

Brain Candy Tips Breakdown

- You can't change the past; only work toward building a better future. You played the game, analyzed the game, and developed a plan of action regarding areas that need attention so you are continuously improving. Then it's time to move on and start preparing for your next practice or game.

18 Look At Defenseman's Feet

- You may have heard a coach say to you, "Stay Out Of The Defenseman's Stick Zone." This is the area where the d-man can get his stick on the puck, and poke it away. The next time you are in a 1 on 1 situation, look at his feet. Then determine which side you're going to try to go around the player.
- When you're 4-6 feet away, fake to the opposite direction you want to go. Once you see the defenseman feet start stepping on toward the direction you faked too, explode laterally the other way and accelerate around the player. There is no time to recover, since his momentum is going the wrong way. The key here is to sell the fake!!



Brain Candy Tips Breakdown

19 Play IN Offensive Zone More

- Hockey is one of the most demanding sports a person can play. It's lightning fast, physical and a whole lot of hard work. The area of the ice that is most demanding is in the defensive zone. This is where it's meat and potatoes, do whatever it takes to keep the puck out of your net.
- If you get pinned in the D-Zone for a period of time, your energy stores are depleted; lactic acid builds in your legs and can affect your performance for the next few shifts. Your mind knows what you want to do, but your legs just aren't working like your accustomed to. You just don't have the jump.
- One tip is to play in the offensive zone as much as possible. This is fun hockey and easy minutes. Have the mindset that if you can get the other team tired and exhausted on a shift in the offensive zone, that's when mistakes happen and scoring opportunities appear.



Brain Candy Tips Breakdown

20 Use Defensive Players As Screens

- As a youth player, most goals are scored close to the net, where players are on a breakaway or beating a defenseman wide. Players think they have to be close to the net in order to shoot the puck.
- As you get older, it's harder to get close to the net for a shot. The defensemen are much better, more mobile and harder to get around. Players need to start gaining confidence in shooting at the top of the circles. Top of the circles down, is the prime shooting area. If you can get there, it's time to unload the canon.
- In most cases, there will be a defenseman in front of you, and that's perfect. Use them to your advantage. Shoot outside or through their legs. The goalie will have a delay in tracking the puck. If it doesn't go in, because of the delay, the goalie probably has to make a reactive save faster than anticipated and may not be able to control the rebound, giving a second opportunity to you or one of your teammates.



Brain Candy Tips Breakdown

21 Always Be A Scoring Threat

- If you want to generate more offense and score more goals, you must work to be a scoring threat as much as you can. What I mean by this is try to always be in areas that, if you got the puck, you can get a shot on net.
- So often, players take themselves out of scoring areas because of being lazy. They might be darting into a hole in front of the net, not get the puck and continue behind the goal line. Instead of, putting on the breaks and back peddling into a different spot in hopes of getting the puck this time.
- Top point producers spend the majority of their time, when not battling for the puck, in scoring areas, resulting in always being a scoring threat.



FINAL THOUGHT

Remember, the art of scoring goals is very strategic. As you can see from the above list, there are a lot of things you need to be thinking about and doing, in order to give yourself the best opportunity to generate more quality offensive chances and score more goals.

Regularly revisit the tips and continuously try to implement the suggestions into your games and practices. It takes time and regular attention in order for the tips to become automatic. Best of Luck and go kick some ass.