AGES 14+

DRYLAND SHOOTING

Around a hundred and ten shots, every one of them aimed. A stick, a ball, a target.

Open it on your phone

30-40 MINUTES	A STICK, A BALL, A TARGET AND A CONE	TWO OR THREE TIMES A WEEK

Volume only helps if every shot has a target and a reason, so tape your target into four quarters, call the quarter out loud before each shot and keep score. Stand about fifteen feet back and mark the spot. Pick a target with nothing breakable behind it — plywood or a net, never a window and never a fence with a path behind it. Use a ball on concrete, or a puck only if you have a smooth board and a net. Old stick, taped blade, and five or six balls down so you are not walking after every shot — never into the road after one. Keep this off the day before a game. Where a cue says puck, read ball.

WARM UP

One time through.

1. **Arm circles and band pull-apart** — *15 each way*
   Big slow circles both directions, then pull a light band apart at chest height. Skip the band pull-apart if you don't have a band.
2. **World's greatest stretch** — *4 each side*
   Step into a long lunge, back knee off the floor, both hands inside the front foot. Drop the inside elbow toward the front ankle, then rotate and reach that arm to the ceiling.
3. **Quick narrow dribble** — *2 × 20 sec*
   Hands a little closer. Tiny, fast touches only a few inches wide. Soft hands: let the ball sit on the blade instead of batting it.

THE SHOTS

Call the quarter before each one.

4. **Wrist shots** — *40 shots*
   Puck in the middle of the blade, weight moving from your back leg to your front leg. Follow through at the target, rolling the blade closed. First eight in slow motion. Then follow through low for a low shot and high for a high one — that is the whole of aiming.
5. **Backhand shots** — *20 shots*
   Puck toward the heel of the blade. Pull it across and lift with a sweeping follow-through. Aim high, since that's where goalies struggle with backhands. Second, while the hands are fresh.
6. **Snap shots off the dribble** — *25 shots*
   Two quick stickhandles, then release without a big wind-up. Change where you shoot from: in front, beside, even behind your feet. The release is the point here, not the power.

MOVE, THEN SHOOT

Finish every move with a shot. Short of gas? Cut shots above, not this.

7. **Puck protection pull-back** — *8 each side*
   Pull the ball back to your hip, turning your body between it and an imaginary defender. Top hand stays out away from your body, then push the ball forward and go. Pull it back, turn, then shoot as you push it forward.
8. **Moves combo** — *5 each way*
   Put a cone out as the defender. Fake one way, toe drag the other, pull it back and finish past the cone. Smooth first, then fast. A shoe or a water bottle is the defender. Beat it, then shoot in the same motion.

PASSING

Hard and flat, then soft on the catch.

9. **Passing off a rebounder or wall** — *3 × 20 passes*
   Pass hard and flat at the rebounder, or a wall if you don't have one. Cushion the pass as it comes back: let the blade give a little as it arrives. Shoot the last five of each round back instead of catching them.

FINISH

10. **Wrist and forearm stretch** — *30 sec each*
    Arm straight out, fingers up, gently pull the hand back. Then fingers down and repeat.
11. **Doorway chest stretch** — *30 sec each*
    Forearm on the door frame at shoulder height, step through and turn away.

Built for healthy players by Rink Ready. It adds to what your coach does, it does not replace it. If a movement hurts — not hard, hurts — stop it and ask someone who knows the player.

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