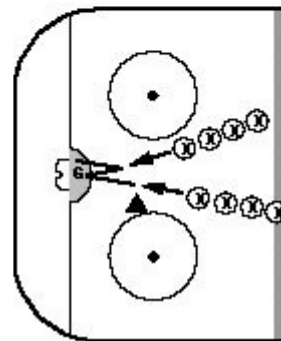


## Improve your scoring on rebounds

By Greg Siller



Drill 1

Besides scoring from a direct shot on net, rebounds are another great way to put the biscuit in the basket. Look to improve your scoring by up to 25% when you become effective at capitalizing on rebounds.

### Follow the leader

One way to pick up more goals is to get in the habit of driving towards the net after your initial shot to take advantage of a possible rebound. The average goaltender allows many rebounds, especially from low shots. If you follow in quickly and position yourself correctly, these rebounds can be turned into additional scoring opportunities. Study the goaltender to see how the rebounds come out from his pads, stick, blocker, chest and skates. This information is important because it gives you clues as to where to position yourself following a shot from any particular location. If you are not in position for a shot and have no one to pass to, keep your shot low (knee level or below) so that you or your teammates around the net can jump on any rebounds. Avoid the bad habit of shooting and then watching to see what happens.

Timing, quickness, and strength to move into position in front of the net are essential factors in obtaining rebounds. With limited space and defensive coverage by the opponents in the slot, you must be strong on your skates, work your way to the puck, anticipate the shot from your teammate (if your teammate is the shooter), obtain the rebound, and shoot the puck.

Sometimes a player can anticipate where a rebound might go, but the two keys to obtaining rebounds are to position aggressively in the scoring area (based on the trajectory of the original shot) and to focus on puck

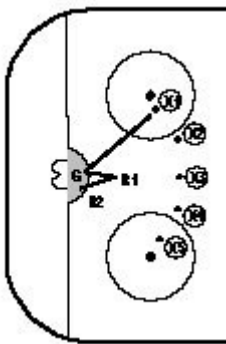
movement while keeping your stick on the playing surface. If your stick is initially tied up by an opposing defenseman, use your skates to control the rebound, get your stick free, and then put the shot on goal. The determination to drive the rebound home is the mark of a great scorer and should be a main feature in all rebound drills.

### Two for one

Two drills that focus on rebounds are (1) following in on your own shot/a teammate's shot, and (2) positioning yourself near the net while your teammates shoot.

For the first drill, position players in two lines near the center red line. At the whistle, have one shooter skate in on net with the puck. When the shooter is about 15 feet from the net (marked with a pylon), have the player shoot at the goaltender (pads or stick area). After the shot, he (or she) should follow in for the rebound. For this drill, the goaltender should purposefully make an effort to deflect rebounds out to the slot (as opposed to the corners) to help the shooters practice getting rebounds.

Repeat this drill with a teammate following in 5-to-10 feet behind and to the side of the initial shooter. Once the shooter takes the shot, the trailer should drive in for the rebound. Players should alternate lines so they get practice both as a shooter and as a trailer getting the rebound.



For the second drill, place five players (X1-X5) in a semi-circle, about 15 to 40 feet from the net, depending on the type of shot used. Place two players (R1 and R2) in front of/off to the side of the net, depending on the location of the shooter. R1 and R2 will need to reposition themselves for each shot depending upon where the shot is coming from. Have the players shoot, one at a time, and let R1 and R2 work to get the rebounds to put the puck in the net. Rotate the players after five shots so that each player gets an opportunity to shoot and to get the rebounds.

The initial shot and subsequent rebound provides teams with two opportunities to score. Take advantage of this one-two punch and increase your scoring potential during each practice and game!

Drill 2

California.

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