



INTERNATIONAL  
COACHING  
SYMPOSIUM  
CZECHIA  
Prague

# 2024 IIHF INTERNATIONAL COACHING SYMPOSIUM

---

**MAY 18-20**

---



INTERNATIONAL  
ICE HOCKEY  
FEDERATION



ICE HOCKEY  
WORLD  
CHAMPIONSHIP  
CZECHIA  
Prague - Ostrava



Join at  
**slido.com**

**#ICS24**



# The Stride Formation/The Foundation to Shooting

Tim Turk





# Tim Turk



## NHL Shooting & Scoring Coach



# Building a Foundation

## The Stride Formation Release

*(Righties – right leg back & Lefties – left leg back)*





The Stride Formation sets a players' body alignment, posture level, hips and shoulder positions.



The Stride Formation sets a players' body alignment, posture level, hips and shoulder positions.



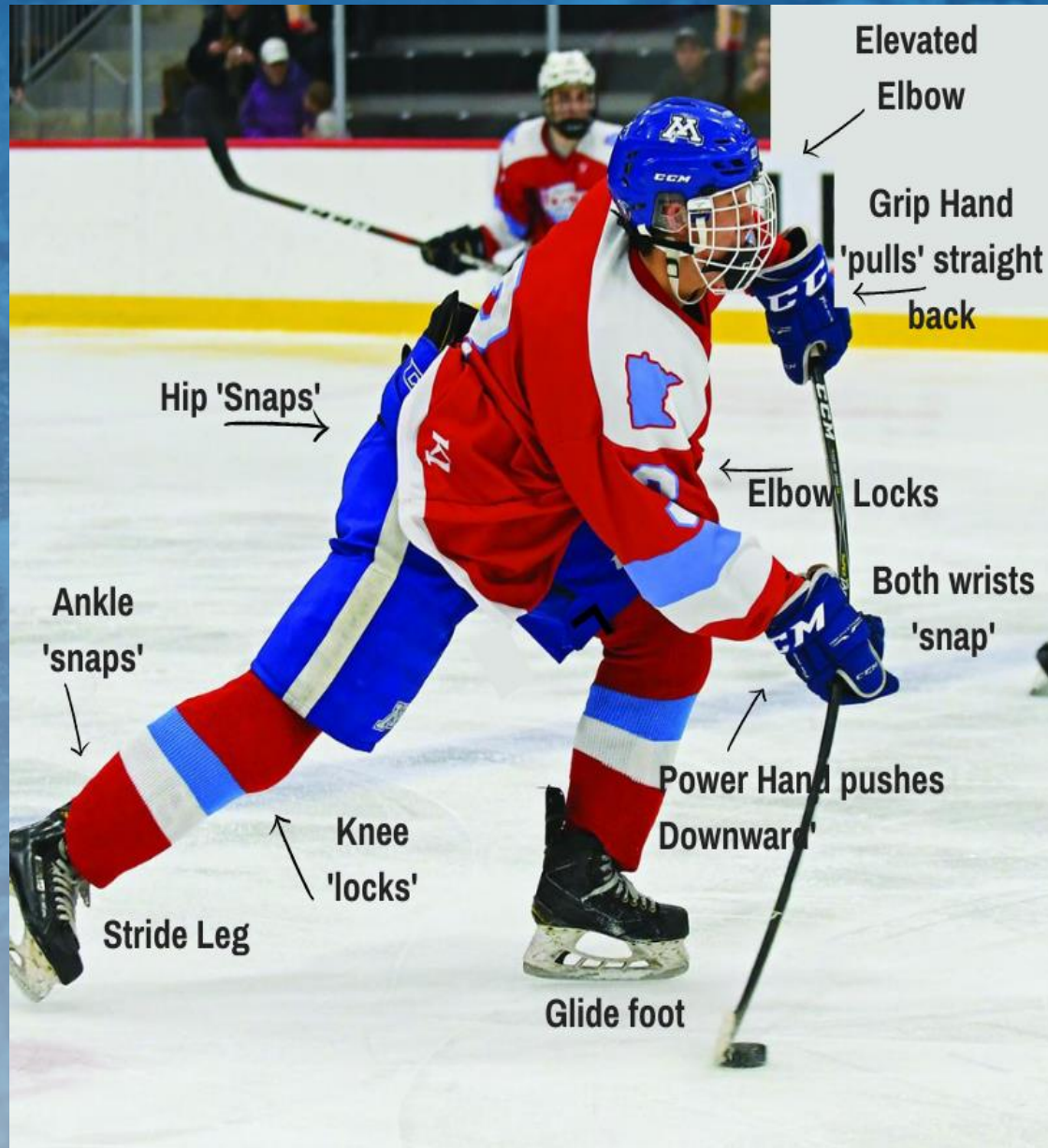


# Shooting Technique

- ▶ **Grip Hand (Top Hand)** Should pull back giving the puck it's velocity/speed.
- ▶ **Grip Arm Elbow** Should be elevated to expand the range of motion.
- ▶ **Power Hand (Bottom Hand)** Should push forward in a downward trajectory.
- ▶ **Power Arm** Should fully extend and lock out at the elbow.
- ▶ **Locking Body Joints = Power** (elbows & knees)
- ▶ **Snapping Body Joints = Quickness/Speed** (wrists, ankles & hips)
- ▶ **Hand Speed = Puck Speed**



**Lock = Power / Force**  
**Snap = Speed / Velocity**

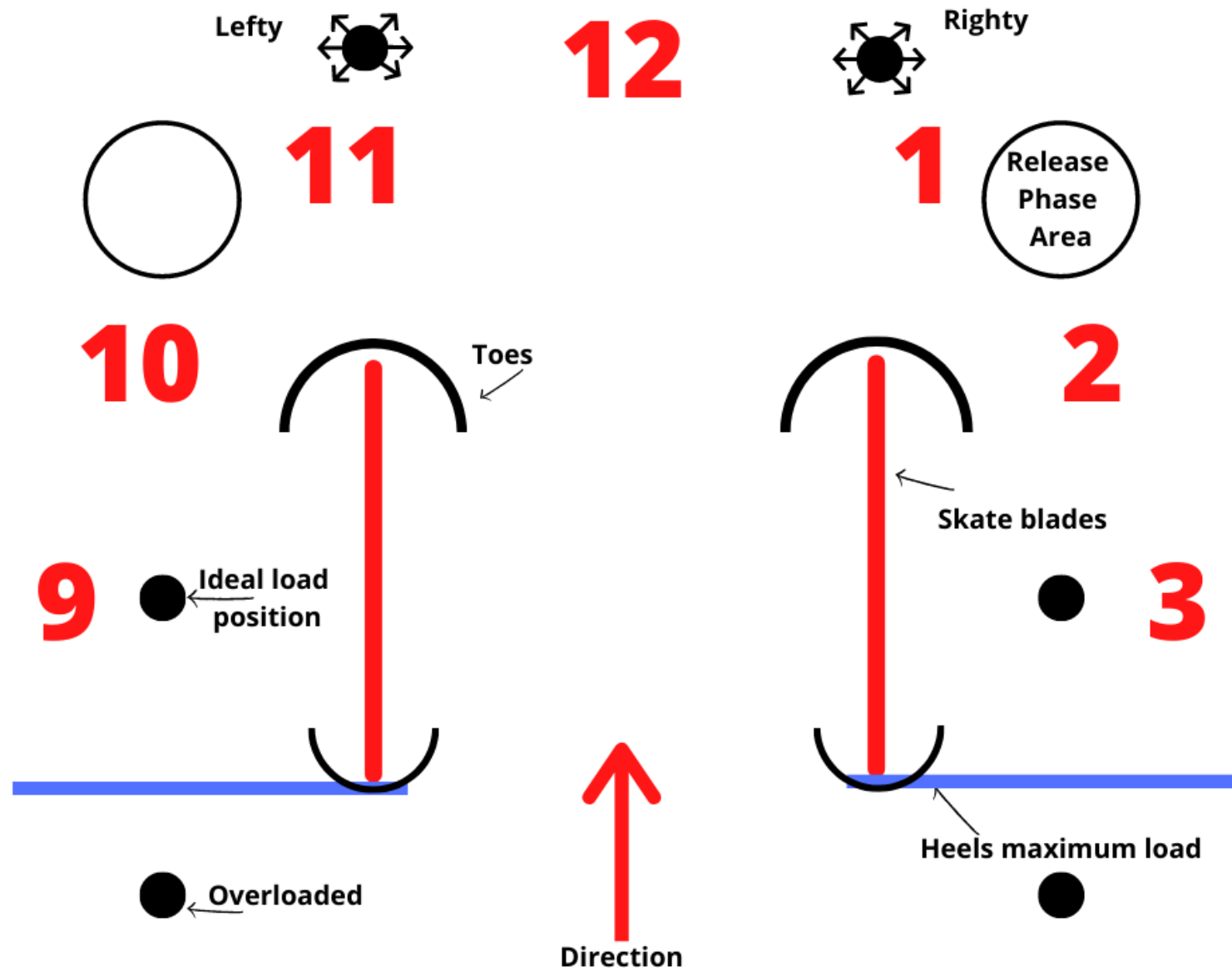




# The 4 Phases Prior to a Shot Release

- ▶ **Control Phase** - Where the puck is located while in motion.
- ▶ **Preparation Phase** - Recognizing the potential pass or shot target.
- ▶ **Loading Phase** - Positioning the puck, ready to release.
- ▶ **Release Phase** - Amount of time & space it takes to shoot.





**Puck Control, Preparation, Loading & Release Positions**

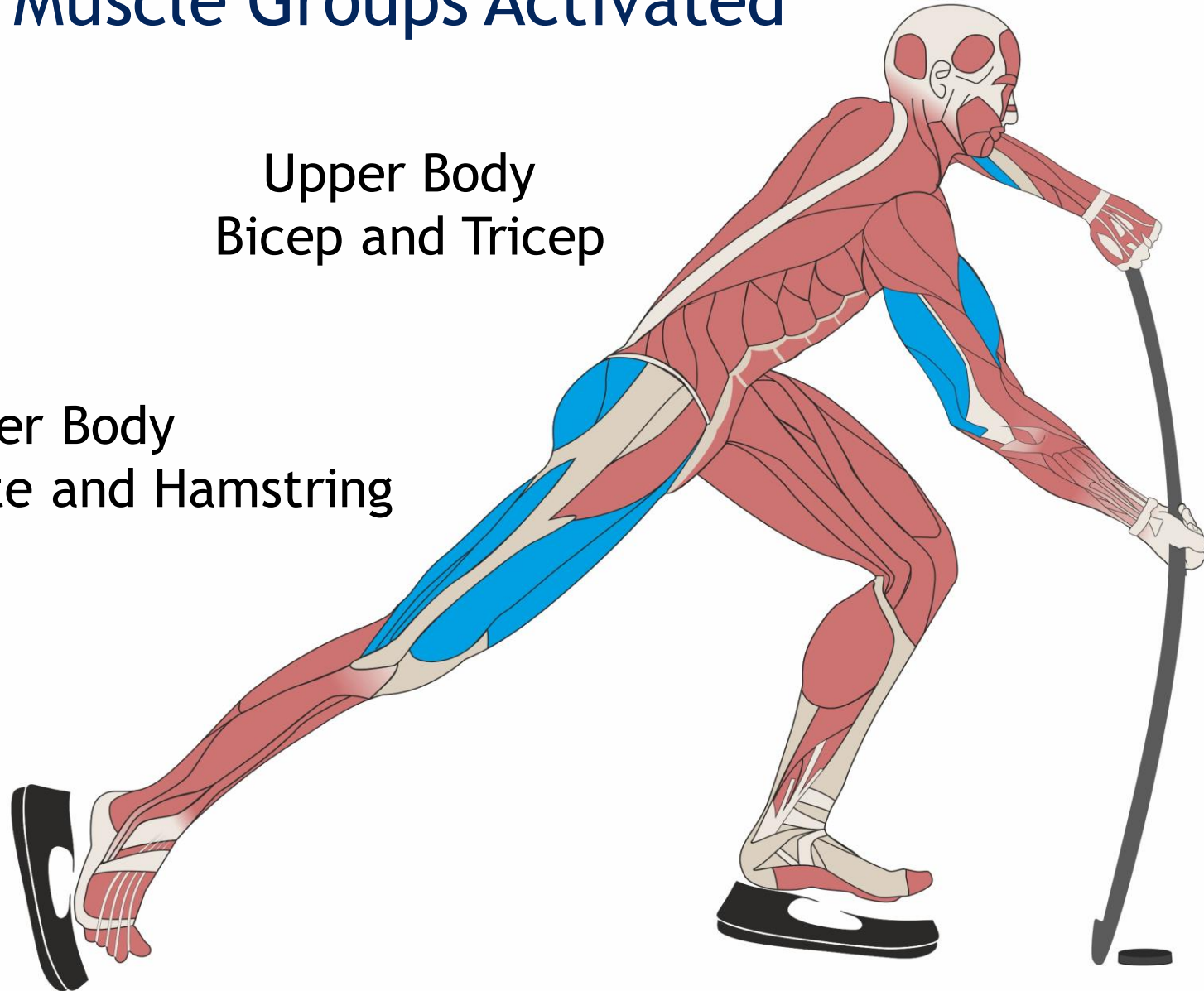


# Stride Formation

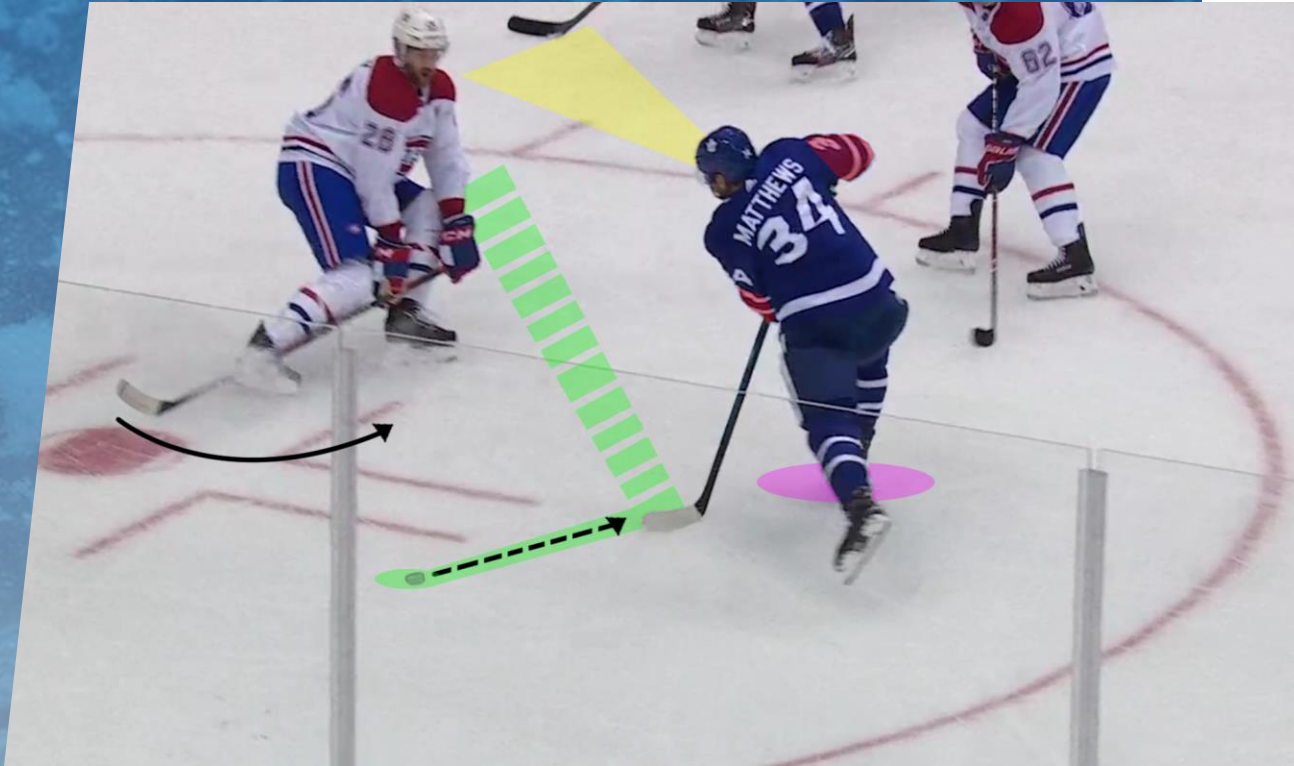
## Muscle Groups Activated

Upper Body  
Bicep and Tricep

Lower Body  
Quad, Glute and Hamstring



**The Stride Formation produces an average of 70% of all initial shot, even-strength goals since 2003.**











# The Other 30%

## Lower Body Formations

- ▶ Single Leg
- ▶ Crossover
- ▶ Scissor Action
- ▶ Parallel Feet (Cowboy)
- ▶ Open Hip
- ▶ Add Timing Variation  
(Synchronize, pause/delay)







# Shot Types

- ▶ **Wrist Shot (The Silencer)**  
Spy-like, effective through screens
- ▶ **Snap Shot (Loaded/Unloaded)**
- ▶ **Wrist-Snap Combo**  
(The inward pull angle can dictate it's success)
- ▶ **Outward Prep**  
(Outward push away from body)
- ▶ **2-Touch**  
(Becoming more popular)
- ▶ **Slap Shot / The Clapper**  
(Low, medium & full range)
- ▶ **Back Hand**  
(Hand motion patterns are opposite)





# Conclusion

## Remember...

- ▶ All Players/Athletes are unique *(like fingerprints)*
- ▶ The Stride Formation is an effective starting point for all ages & levels.
- ▶ Having options and variations allows a player to be **UNPREDICTABLE** in the game!
- ▶ Know WHAT, know WHEN, know HOW!

