

# A BRUNSWICKAN

# SPORTS FEATURE

## The name of the game - scoring

The Brunswickan has invited the coaching staff of UNB to write a series of articles. These are written so as to communicate some facet of a particular sport to the general student body. They are intended to enable the student to enjoy the sport more on a recreational level.

The first of these articles is presented in this issue. Prof. Bill MacGillivray of the Department of Physical Education and coach of the Red Devils discusses scoring goals in hockey.

By PROF. BILL MACGILLIVRAY

The final and all important achievement in the game of ice hockey is the scoring of goals. The achievement of this objective is not the sole responsibility of any one player. The center, wingers, and defensemen are all capable of such a feat. However, there are a number of important factors one must keep in mind in order to be an effective scorer in ice hockey. The skills which are involved are perfected through long hours of untiring and diligent practice and include such items as; skating, passing, receiving passes, and shooting. The last named item is of the utmost importance, because the inability to shoot hard and accurately is often the difference between a major and minor league player. There are other factors such as stick-handling, agility, and quick reactions which are essential as well, and these too, only come with dedicated practice.

It has been estimated that only about 35 per cent of all scoring opportunities result in goals. In my opinion, this is an exaggerated figure, as in today's game there are so many superb goaltenders, and so few effective scorers. However, the old axiom that you cannot score if you don't shoot is still relevant and one to keep in mind at all times.

The corners of the goal are the most difficult areas for a goaltender to cover, and thus are the best targets for prospective goal scorers. When a player is moving in on the goal at top speed, he should try to shoot the puck from a full

stride, without breaking his momentum. This will catch many goaltenders unaware, and will not give them a chance to get set for the shot. As often as possible, a player should try to work to the center of the ice, so that he has more area of the goal to shoot for. By skating off to one side or the other, he reduces the open area of the goal that he will have for a target. Shots taken from thirty feet out are most effective if the player is centered on the goal. As he moves closer to the goal, he reduces the open area he will have to shoot for. Also, a smart goaltender will move out, and cut down the angle, as well as the openings available to an attacking player.

It is an excellent policy to study the opposing goaltender prior to the game. During the pre-game warm-up, watch him for signs of weakness, which you can capitalize on later. If he has a tendency to drop to his knees frequently, the natural reaction would be to shoot the puck to the top corners with a flip or short snap-shot. If, on the other hand, a goaltender is the stand-up type, it is best to shoot hard and low to the corners of the net. One will often encounter a goaltender who has a habit of charging from his crease (eg: Gary Smith of the Chicago Black Hawks). In this situation, a player on the attack would be well advised to feint a shot to one side or the other by dropping his head and/or shoulder to one side, and then moving the puck to the opposite side and shooting it behind the goalie and into the net.

One of the most common problems players have around the opposing goal, is the inability to get a shot away fast enough. In such situations, a quick snap shot or slap shot with an abbreviated back swing will be helpful. Once again, a player must have a knowledge of the way the opposing goalie will react. If he has a tendency to drop to his side, a quick shot to the top corners can be most effective. If he stands up, again, a hard low shot to the corners is effective. If a player practices getting his shots away quickly in front of the net and to a pre-deter-

mined spot, he should have no difficulty in scoring. Proper alignment of the body and the stick in relation to the goal is most essential in shooting on goal after a pass-out from the corner or behind the net. All too often a player is poorly positioned and shoots the puck harmlessly against the back boards.

The most effective scorers in modern hockey are those who make the opposing goaltenders commit themselves before executing a shot or feint. When a goaltender doesn't go for a feint, it is essential that the player have an alternate course of action. In most cases, a good player will execute his manoeuvres far enough out from the goal to allow him a second choice if the original idea doesn't work. At this point, the old axiom should be remembered, You can't score if you do not shoot. The chances that you will score are far better when you shoot than when you try to consistently draw a goaltender. However, it is important for a player to make himself aware of which goalies are susceptible to the draw, and which are not.

A major problem that most novice players have, is that they shoot without looking. It is essential to pick a spot, and shoot the puck hard and accurately to that spot. Too often players shoot with their head down, or else shoot right at the goaltender. There are some hard shots in existence today, but as yet, no one has put a puck through a goaltender. Once again, look, and shoot.

In closing, I would like to emphasize that only with effort, and diligent practice will a player improve. Each time you get a chance, work on some of the points I have mentioned. Practice shooting, not only for a hard shot, but also to improve the speed with which you get your shot away, and also the accuracy with which you hit your target. Work on shots on goal from all distances and all angles, and when you come up against a goalie in your next game, study his weaknesses, and work on them.

### UNIVERSITY ACTION

### VOLLEYBALL TOURNEY

<b>Basketball (Men)</b>				
Friday, Jan 14	Acadia	at	UNB	8:00 p.m.
Saturday, Jan 15	Dal	at	UNB	4:00 p.m.
Tuesday, Jan 18	UNB	at	Fort Kent	7:00 p.m.
<b>Swimming</b>				
Friday, Jan 14	UNB	at	Acadia	7:00 p.m.
Saturday, Jan 15	UNB	at	Dal	12:15 p.m.
<b>Gymnastics</b>				
Saturday, Jan 15	Invitational at Acadia			
<b>Hockey</b>				
Saturday, Jan 15	UNB	at	UPEI	7:00 p.m.
<b>Volleyball (Men)</b>				
Friday-Sat, Jan 14-15	Invitational at UNB			

The Lady Beaverbrook Gym will be the scene this weekend of the 5th Annual UNB invitational Volleyball Tournament. The hosts of the tourney are the Red Rebels (men's varsity) and the Red Rompers (women's varsity).

Play will commence on Friday evening at 6:30 p.m. in the West Gym, and continue Saturday morning at 9:30 a.m. in both gyms. There will be three sections, Section A will be comprised of CFB Halifax, U de Moncton, Shearwater Flyers, Fredericton Junction Piranhas, Mt. Allison, Fredericton Grizzlies and the UNB Red Rebel 'A' team.

In Section B there are U de Moncton B team, CFB Gagetown, Fredericton Junction Juniors, Les Etoiles (from PEI) STU, and UNB 'B'. The Women's Section will be made up of U de Moncton, Caraquet Juniors, a team from Halifax and the UNB Red Rompers.

Competition is expected to be intense in all sections. There will be three play-off games. At 2:30 on Saturday the finals of the 'B' section and the women's section will be held in the West Gym. The Finals in the 'A' section will be played at 3:30 pm, also in the West

Gym.

This will be the first action of the new year for both coaches Mal Early's Rebels and Cathy Halkett's Rompers. Both teams will be in close association with each other over the next few weeks as they will be travelling to Halifax for the Dalhousie Open, and to Moncton for the Tough Teams Tourney.

A good turn-out is hoped for at the UNB tournament, because volleyball is on the upswing in the province and, the more people that can be educated to the fine points of the game, the more support that will be offered its competitors.

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