Build Your Skills

As you’ll see in this guide, HockeyShot has all kinds of great training aids for taking your ice hockey game to the next level. But most people want to start with the basics—the most obvious skills. When it comes to hockey, the first thing that comes to mind is shooting the puck. Then you might start thinking about stickhandling and passing, then finally improving skating and overall strength and agility. So, sticking with the obvious, the bare minimum you need for off-ice training is:

1. A hockey stick, preferably not your on-ice stick

2. A simulated ice surface such as a shooting pad or dryland flooring tiles

3. A puck, training puck or ball

Shooting pads work well if you have limited space as they are easy to move and store. If you’re lucky enough to have dedicated space such as a basement or unused garage, the HockeyShot Dryland Flooring Tiles let you create a slippery, smooth, custom surface area for training.