

WRIST SHOT

SETUP

- When shooting off of plexiglass use blue pucks.
- When shooting off of concrete use a hockey ball.
- Forehand Wrist Shot 20x.

TECHNIQUE

- 1 Stand in a hockey ready position: knees and ankles bent, with head and chest up.
- 2 Lower the bottom hand slightly on the shaft of the stick, grip is firm. Puck begins on the heel of the blade with the blade cupped. Stick and puck start behind back foot.
- 3 Sweep the puck forward and shift weight to the front leg. Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down). Rotate upper body toward the net; shoulders finish square to net. Puck moves from heel to toe of the stick blade as it is released. Rolling wrists over, follow through low, pointing stick at target. Keep the blade cupped over the puck. Follow through by pointing the toe of the stick toward the target. Follow through until top hand palm is facing up and bottom hand palm is facing down.

*Proper weight transfer gives the shot power.
The higher the follow through, the higher the shot.*

ADVANCED

Players shoot at a **Shooter Tutor** aiming for all 5 openings.



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