

10U/12U PHASE II - PASSING, RECEIVING & SHOOTING

## BACKHAND WRIST SHOT

### SET UP

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

*The Backhand Wrist Shot is a very deceptive shot and hard for goalies to save.*

### 1 TECHNIQUE

- Stand in a hockey ready position: knees and ankles bent with head and chest up.
- Body is turned to the side with weight on the back foot.
- 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.
- 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 down bottom palm up).
- 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.
- 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 down and bottom hand palm is facing up.

*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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