

Shooting

Day 1 & 3

- wrist shots
- snap shots
- back-hand shots
- slap shots

Pull and Shoot

- Body weight on the closest foot.
 - Pull with the toe of the stick.
 - Transfer body weight to the other foot.
 - Stop the puck (ball) near the heel of the stick.
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- Alternate using heavy balls or pucks, and light balls or pucks.



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Shoot out to the Side

- Stand on both feet in a wide stance.
- Rotate the upper body.
- Bring the puck behind the front foot.
- Keep the puck on the heel of the stick.
- Start with the top hand in front beside the hip on the opposite side.
- Push with the lower hand and pull with the top hand simultaneously
- Let the puck rotate along the entire blade.
- Finish off with a closed stick pointing toward the target.



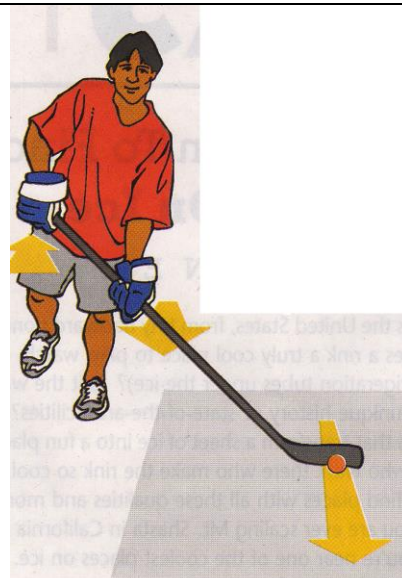
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One Foot Wrist Shot

Stand on the foot closest to the stick.

- Start with the puck at the heel of the stick
- Keep the stick at the side of the body, slightly in front of the feet.
- Release a shot without bringing the puck (ball) puck back.
- The lower hand pushes forward
- Pull with the top hand so the thumb ends up touching the lower arm's elbow.
- Let the puck rotate along the entire blade.
- Finish off with a closed stick pointing toward the target.

Variation: Shoot off opposite foot
 Shoot off either knee
 Shoot off both knees



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