

Shooting

Day 2 & 4

Wrist Shots
Snap Shots
Backhand Shots
Slap Shots

Push and Shoot

- Keep the puck (ball) on the heel of the blade
- Keep the body weight on the foot furthest from the stick.
- Push the ball out to the side and step over to the other foot



USA Hockey April/May 2004

Shoot with Back to Target

- Twist your upper body towards your backhand side.
- Have a fairly narrow grip and your hands are beside the body and extended out in front of the body.
- Pull the puck with the heel of the stick until it is roughly side by side with your feet.
- Push the top hand forward and the lower hand backward
- Make sure the puck rotates along the entire blade and point at the target as you release the puck.



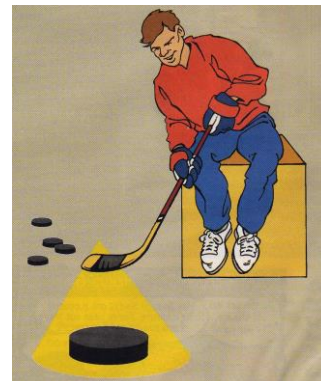
USA Hockey April/May 2004

Seated Push/Pull Shooting

A player is seated on a chair or platform so that his or her legs are eliminated from shooting motion. This isolates the push/wrist snap and roll of the lower hand with the pull of the upper hand.

Pucks are placed off to the side of the platform, with the player seated facing the target.

An intense push/pull shooting motion is performed, emphasizing hands/wrists/forearms and accuracy of shooting.



USA Hockey 2002