



SHOOTING

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The ability to shoot the puck in the various situations that happen during a game is an important skill. Players should learn to use all of the shots available so they can choose the proper s.

Chapter Overview:

- identify and teach the different shots;
 - Wrist Shot
 - Snap Shot
 - Slap Shot
 - Flip Shot
 - Backhand Shot

Key Points:

- *Accuracy is most important. (Hard, quick shots that miss the net are not a threat.)*
- *Speed of execution (e.g., quick release) is as important as the speed of the puck. The element of surprise is a very important factor in shooting.*
- *When possible, make use of possible screens when shooting at the goal.*
- *Always keep the stick close to the ice around the net and react to the movement of the puck after each shot (e.g., a rebound).*
- *Players must practice all the various shots in order to have the right shot for every game situation.*

For a better understanding of shooting skills, each shot can be broken down into three stages: preparation, execution, and follow-through. This breakdown also permits a better and more complete analysis of the skill and thus facilitates corrections.

Stages of Shooting

Preparation Stage

- Preparation to release the shot (e.g., backswing in a slap shot).
- Body moves into position to shoot

Execution Stage

- Forces generated in the direction of the shot.
- Movement of the stick and the puck.
- Body movements (e.g., trunk rotation, weight transfer, and shoulder flexion).

Follow-Through Stage

- Begins once the puck leaves the blade of the stick.
- A good follow-through directs the puck to the target

Forehand Shots

Wrist Shot

This is the most accurate shot as the puck is in contact with the stick throughout the shooting motion. The wrist shot can also be deceptive, as a pass can be made from the same motion.

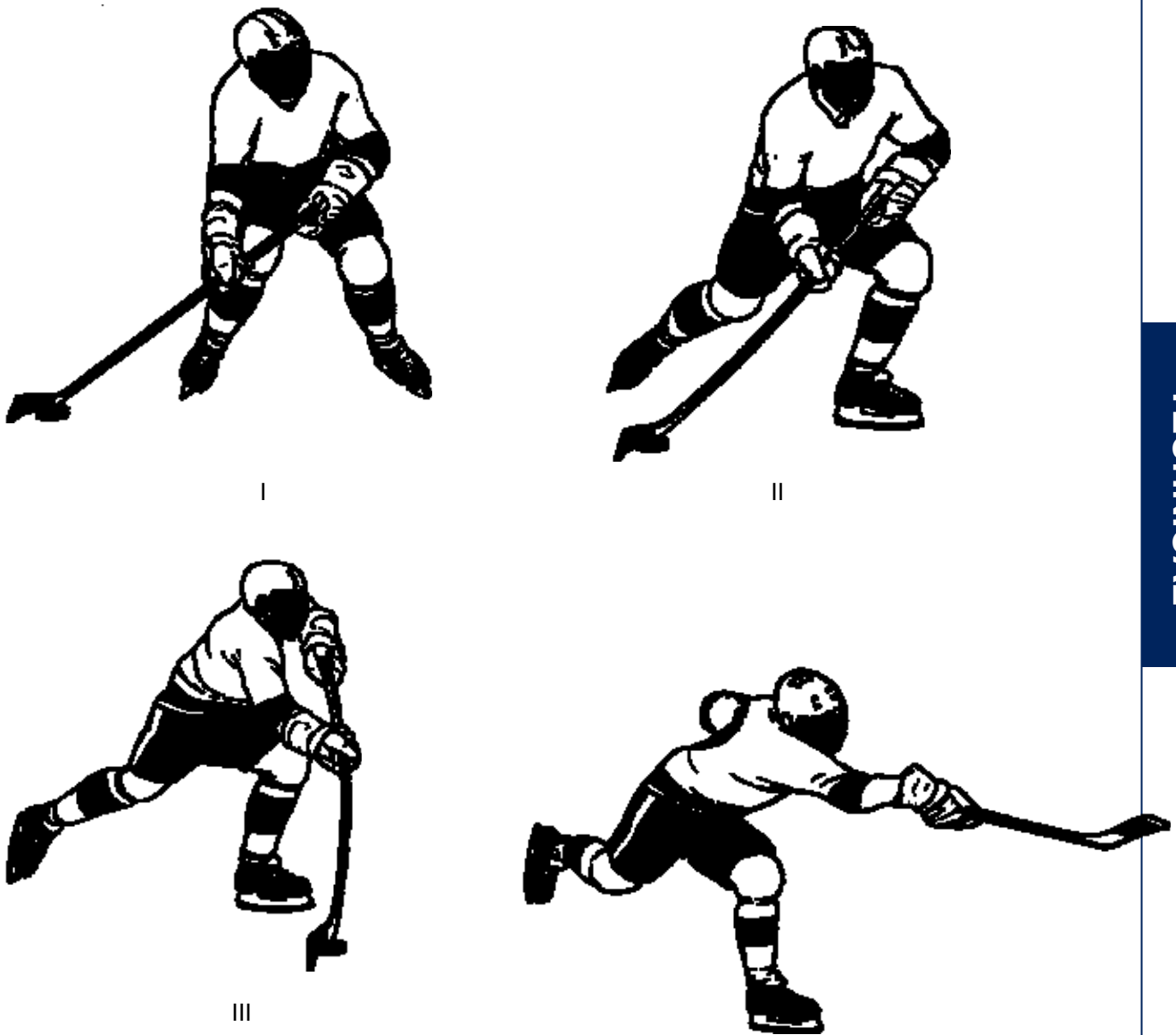


Figure 1: Wrist Shot

Key Points:

- *The spread of the hands on the stick is wider than that used when puck handling.*
- *The puck is brought to the side of the body and should be behind the back skate.*
- *Maximum force is transferred to the stick by bending the trunk forward and shifting body weight from the back to the front leg.*
- *The weight of the player is transferred to the stick and the skate nearest the puck by flexing the trunk laterally.*
- *The grip should tighten and the wrists should snap before or as the puck reaches the forward leg.*
- *The puck is propelled with a snap of the wrists. In one motion, the top hand snaps forward then back towards the body while the wrist is rapidly extended. The bottom wrist flexes and whips the stick through towards the target.*

A look at the total picture shows that at the end of the shot, the top portion of the stick has moved very little, while the blade has moved a great deal in a very short period of time. It is the speed and proper coordination of the arm and wrist movements which directly affects the speed of the shot.

Snap Shot

The snap shot is similar to the wrist shot with the exception that the blade of the stick is removed from the puck immediately prior to the shot being taken. The shot is almost as powerful as a slap shot but can be released as quickly as a wrist shot and is almost as accurate



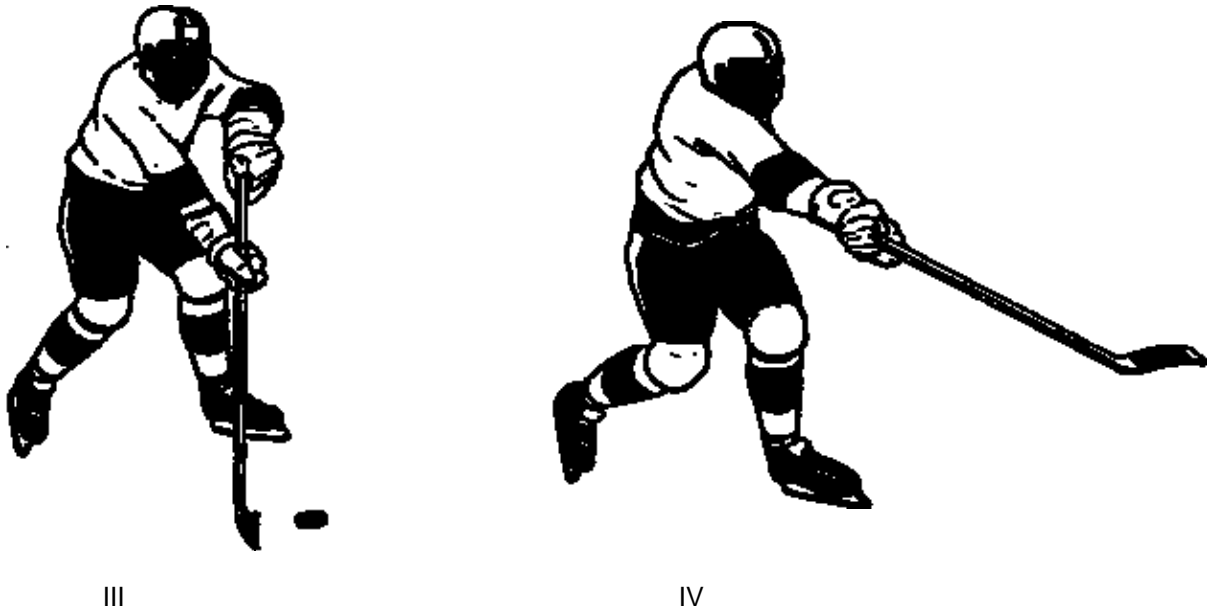


Figure 2: Snap Shot

Key Points:

- *The bottom hand moves down the stick slightly wider than in the stick handling position.*
- *The puck is between the skates*
- *The stick blade is drawn behind the puck 20-30 centimetres*
- *Weight is transferred forward into the stick*
- *The stick should meet the ice approximately 5-7 centimetres behind the puck.*
- *The grip tightens and the wrists are usually locked at the moment of impact.*

Another way of taking a snap shot is with a pull towards the body. This technique is useful because it changes the angle the puck will be shot from and forces the goalkeeper to adjust to this change.

Key Points:

- *The puck is away from the body*
- *The toe of the blade pulls the puck towards the skates into the shooting position*
- *The grip tightens and the wrists are locked as weight is transferred forward into the stick*
- *The stick should meet the ice just behind the puck.*
- *The wrists snap forward on contact with the puck*

Slap Shot

The slap shot is the most powerful of all the shots and when used wisely it can be very effective. The drawbacks with the slap shot are that it takes the longest to release and is the least accurate. Thus it must be used in the correct game situation.



I



II



III



IV



Figure 3: Slap Shot

Key Points:

- *The hands are spaced wider on the shaft of the stick than during normal stick handling grip.*
- *The puck is close to the body, between the legs up towards the front skate.*
- *After a quick look at the target, the eyes remain fixed on the puck.*
- *The player is sideways to the target, bending over the puck and transferring weight from the back leg, to the stick, to the front leg.*
- *Wrists are locked and held firmly as the stick comes into contact with the ice behind the puck (5-7 cm). This flexes the stick and whips the puck through towards the target*
- *The back swing used is dependant on the time available. Players should master a short backswing where the stick is brought back and up in an arc, going no further than shoulder height.*
- *To get the puck low, it should be brought back towards the back skate and a low follow-through should be used.*

Flip Shot

The objective of the flip shot is to get the puck up high in the air as quickly as possible. This is carried out by “scooping” the puck. The flip shot is valuable when a player is in close on the net and the goalkeeper is down on the ice.

Key Points:

- *The puck should be slightly ahead of the player and to the side.*
- *The player bends the knee closest to the puck and “digs” the puck off the ice.*
- *The puck is scooped up by the front or toe portion of the blade through a quick flexion of the lower wrist and an extension of the upper wrist.*
- *The blade is propelled high in the air by raising the lower hand and lowering the upper hand.*

Types of Backhand Shots

A Backhand Shot is a difficult but very effective shot. With the curved blade it makes it difficult to roll the puck from heel to toe of the blade. You can also create a very effective shot with a good “snap” in your wrists and by getting power from the legs.

Backhand

The backhand shot is both fast and accurate is can be used by a player who has faked a move to the forehand side to bring the puck to the backhand for a quick shot on the goalkeeper. Since the player is in a forward skating position, the wrist shot becomes the best tool in this particular situation (Figure 4).



I



II



Figure 4: Backhand Shot

Key Points:

- *Grip is usually wider than in the stick handling position*
- *With the skates directed at the target, the shoulders are rotated sideways and the trunk is slightly bent over the puck.*
- *The front knee is well flexed.*
- *The puck is placed on the heel of the blade to the side and slightly in front of the player.*
- *The puck is then whipped in the direction of the net with a sweeping action by a rotation of the shoulders and upper body with a forceful action of the arms and wrists*
- *During this action, the weight of the body is transferred from the back leg to the front leg as the puck travels from the heel to the toe of the stick blade.*

Flip Shot

The flip shot is used when the player wishes to raise the puck quickly in a high fashion. The action is similar to the forehand flip shot but is executed from the backhand. And like the forehand version is very useful when close to the net and the goalkeeper is on the ice

Key Points:

- *The top arm straightens and moves down towards the knees*
- *The player is sideways to the net, knees flexed, shoulders and trunk rotated sideways and over the puck.*
- *The puck is cupped on the heel of the stick blade, level with the skate closest to the net.*
- *The puck is shot upward by a shovelling action of the arms and shoulders as the wrists are snapped vigorously.*
- *During the rapid rotation of the shoulders and trunk, there is a vigorous extension of the knees and hips as the stick follows through high in the air*