



“Shoot, shoot, shoot, without hesitation. A lot will go in that you never think will.”

OFFENSIVE ZONE - SHOOTING

There are many different shots that may be taken in different situations:

- Wrist
- Slap
- ½ slap
- Snap
- Backhand

Practice them all, but in game situations understand **before the game** which ones you will prefer to use in good scoring situations and in what places on the ice you will probably shoot. How can you decide this?

The keys as to what shot to use are likely **accuracy, shot speed** and **shot release quickness**. Don't give the goalie a chance to come out and cut down the angle by taking too long to decide where to shoot, whether to shoot or in most situations by using a long back swing for a slap shot. You should choose the shot you have that best enables these 3 results. Most of the time this will be the wrist or snap shot.

As to when to shoot, when you are inside their face off circle and you do not have a completely open player you can pass to easily or you think you can score, shoot. On breakaways, if the goalie is not on the white ice when you are at the hash marks, SHOOT.

Wrist Shot

On the wrist shot, make sure the puck is as close to you as it can be and as far back from you as it can be to make you feel comfortable you can make a good clean, athletic motion through the puck, cocking and snapping your wrists. Your knees are bent and your body is facing sideways. Coil your shoulders, hips and legs. The puck should go from the heel of your stick to the end of the blade as the blade comes forward from the back to the front of you and your weight shifts from back to front. Follow through with your stick pointing at your target. Maximize stick speed at and past the front skate. By having the puck close to you and off your back skate, it will be harder for a defenceman to poke check you as you are shooting.

But more importantly it will give your wrist shot strength as the further away from your body to the side the puck is because your arms are extended out from you, the weaker the shot will be. The same is true the further the puck is in front of you rather than back beyond your left skate, if you are a left shot. Try this and you will see for yourself. Not only will positioning the puck close to you and back from you stop defencemen from taking the puck, but it will also allow you to get more weight down on your stick shaft as your lower hand will have to go lower. This gives you the added strength.

If you want to shoot high, follow through high, if you want to shoot low, follow through low. But follow through all the way. This gives your stick and therefore the puck added speed. Remember, high shots from the point are generally not as effective as low shots.



If you are having difficulty shooting and feel weak when following the above go back and read the Stick Tip as your stick may be too long for you.

Slap Shot

On a slap shot as you get ready to shoot, the puck should be about beside your right skate as you are turned mostly sideways (for left hand shots). Position the puck as close as you can to you so you still feel comfortable and strong. Your knees are bent. Your eyes are on the puck. Your weight is mostly on your right skate. Your body coils back as your shoulders turn counterclockwise as your left hand slides down the stick shaft and the stick blade is moved back around and above your head.

As your body turns forward and you uncoil your body clockwise with maximum speed, your stick blade should strike the ice just behind the puck so that your stick flexes and reflexes through the puck on the release and follow through. Feel your whole body and legs get into the shot. Maximize stick speed at and past the front skate. Follow through high for high slap shots and low for low slap shots. Some players make stick contact towards the toe of the blade, others in the middle and others more towards the heel. Find the position you like the best. Remember slap shots take a long time to get away. Their advantage is that they generate great puck speed, so the further away you are from the net and the more time you have the better for this type of shot.

½ Slap Shot

This shot is the same as the slap shot but the stick is only taken back to the waist so you can get the shot away faster and more accurately. A little puck speed is given up but the quicker release and more accuracy probably will give you more chance to score at the top of the circle in their end before the goalie reads the big wind up and comes out to take the angle.

Snap Shot

This shot takes even less time as the stick is brought back only a few inches from the puck as the wrists are cocked and released through the puck. This is the most effective close in shot for the combination of puck speed, accuracy and quick release.

Backhand Shot

This shot is not used or practiced enough. It is important to be able to do it effectively not only to score but to make crisp clearing passes out of your zone and to make good backhand passes. Goalies have a great deal of trouble with backhand shots as they cannot anticipate where they are going as well as forehand shots.

Just do the same as with your forehand wrist shot except on the backhand: body facing sideways, knees bent, puck close to you and as far back from you as it can be to make you feel comfortable you can make a good clean, athletic motion through the puck, cocking and snapping your wrists. Coil your shoulders, hips and legs. The puck should go from the heel of your stick to the end of the blade. Maximize stick speed at and past the front skate. Follow through with your stick pointing at your target.