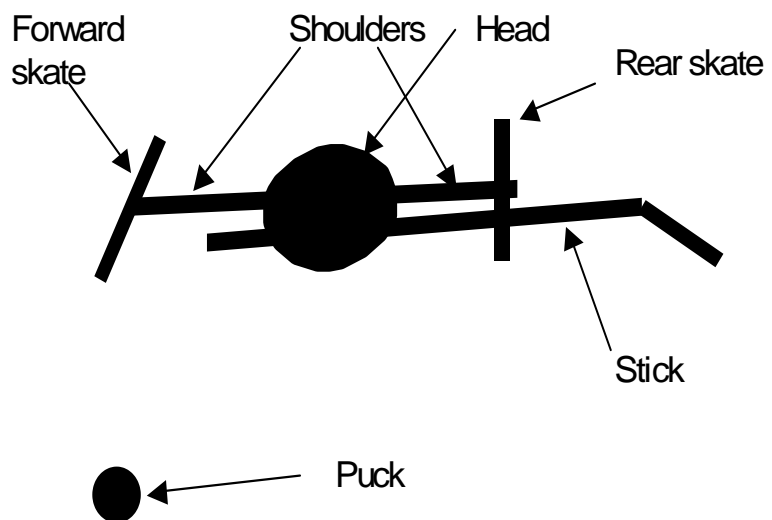




THE SET UP---Notice where the puck is located (in front of the forward skate). Some prefer to have it a little toward the rear skate to get the puck off the ice. This location is very important for getting your weight shifted from the rear skate to the forward skate during the shot.

- a. Puck located to front of forward skate
- b. Forward shoulder and elbow pointing towards the ice
- c. Rear hand slid down closer to blade of stick
- d. Shoulders lined up with target
- e. Tighten hand grips

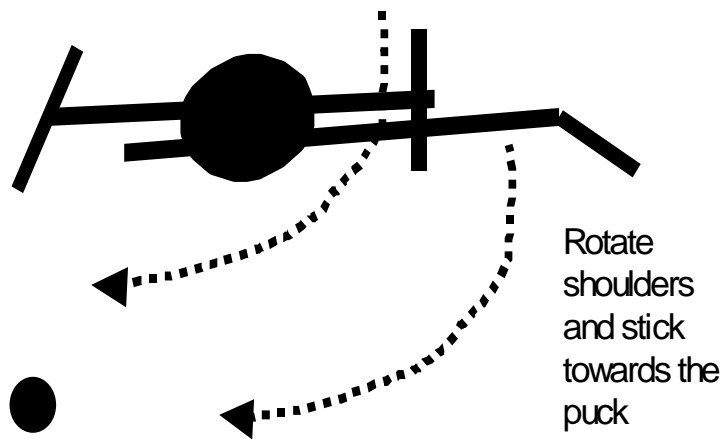
### TOP VIEW





THE INITIAL SWING. While maintaining skate and hand positions, the shoulders and the stick are rotated together, keeping shoulders and stick parallel to each other.

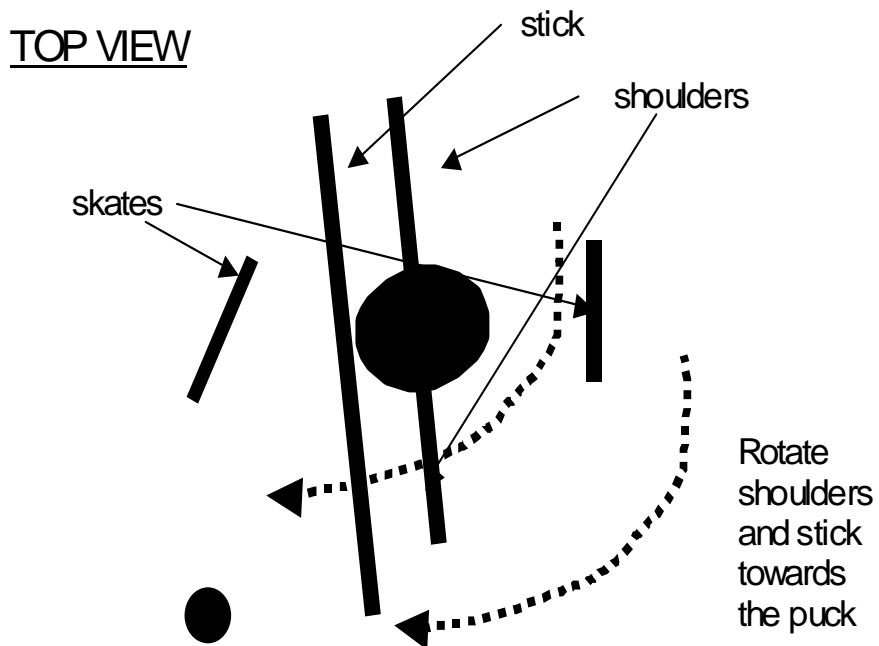
### TOP VIEW





**POUNING THE ICE:** Contact ice with stick blade behind the puck. The further back the ice is hit, the more flex (and better whipping action) is produced.

- a. Hit ice behind the puck –shifting weight from rear skate to forward skate
- b. Shoulders and stick parallel
- c. Shoulders square to target





**HITTING THE PUCK:** Continue rotating shoulders and stick towards puck. At point of impact, shoulders and stick should be facing target. Note how head is facing target during swing. Weight should be almost all on forward skate and stick. For more power, hit puck towards heel of blade (puck stays closer to ice). Hit puck closer to toe of blade to get puck in the air.



