

WRIST SHOT

Description:

The wrist shot begins from a ready type position with the knees and ankles bent, head and chest up (1)

The body should be turned at about a 45 degree angle to the target with weight on the back foot

Lower the bottom hand slightly on the stick shaft and firm up grip

The puck is on the cupped stick blade near the heel of the blade and the stick and puck should start near or behind the back foot (2)

Sweep the puck forward and shift weight to the front leg (3)

Use a quick push/pull action with the arms and quickly turn the wrists over while shooting (4)

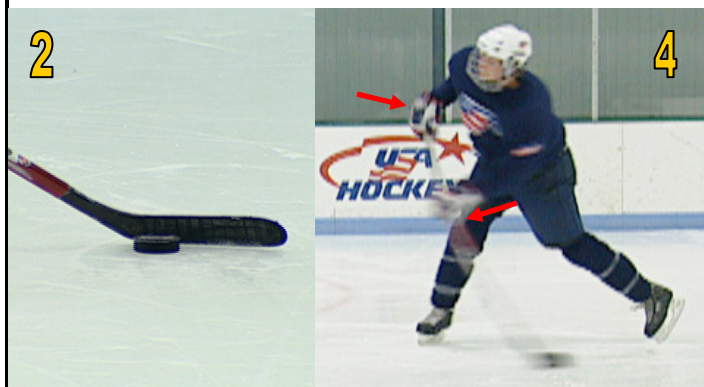
Rotate or twist the upper body towards the target, shoulders should finish square to the target (5)

The puck should move from the heel to the toe of the blade as the puck is released

Rotate the front foot towards the target

Follow through low, rolling the wrists over and pointing at the intended target to shoot low (6)

To shoot high, reduce the roll of the wrists to keep the blade face more open and follow through high pointing at the target



Material taken from USA Hockey's Skills & Drills DVD-ROM

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