

Backhand Shot

Now that you have mastered the wrist shot, follow the same steps for the backhand shot except use the back half of your stick blade.

- Keep your eyes on the target.
- Turn your body in a 45-degree angle from the net.
- Slide your bottom hand down the shaft of the stick.
- Cup the puck with the center-half of the stick blade (see Fig. 4).
- Bring the puck behind the back leg.
- Transfer the weight to your back leg.
- Dip your front shoulder to get the stick blade flat on the ice (see Fig. 5).
- As you move your arms across your body, begin to shift your weight to the front leg.
- The shifting of the weight will get your entire body into the shot.
- Rotate your upper body by squaring your shoulders to the target.
- "Snap" your wrist - the bottom hand away from the body and the top hand in close to the body.
- The follow through will determine the height of the puck. High follow through will make the puck rise while the opposite will happen with a low follow through (see Fig. 6).



Fig. 4
The puck should rest in the center of the stick blade .



Fig. 5
Dip your front shoulder so the blade cups the puck.



Fig. 6
A high follow through will make the puck rise.

You should not be flicking at the puck. You want to drive through the shot using your entire body not just your arms.