

# Slap Shot

Everyone likes to shoot a slap shot. We like to hear the smack of the stick against the puck as well as the sound the puck makes when it hits the boards. More often than not, that is what the puck ends up hitting with a slap shot...the boards. The slap shot is the least accurate shot in hockey but it is also the most powerful. When practicing any of the shots we discussed, first develop accuracy than power. This will make you a better hockey player.

A strong slap shot can overpower a goaltender but for the most part the shot is most effective when the goaltender is screened from seeing the shot or when it is deflected in by one of your teammates or even a defender. Most goaltenders are skilled enough that if they are given a clear view of the puck, they will be able to stop it. Here are the techniques I have learned for the slap shot.

- Keep the puck in between your two skates. If positioned near your front foot, the puck will rise decreasing your chance of scoring(see Fig. 4).
- Slide your bottom hand down the shaft of the stick to generate more power.
- Grip the stick firmly.
- Look at the puck not the net - unlike the the wrist and backhand shot (see Fig. 5).
- Draw your stick back to shoulder level as your weight is shifted to your back leg (see Fig. 6).
- Begin to bring the stick down towards the puck with your top hand pulling and your bottom hand pushing the puck in the direction of the target (see Fig. 7).
- Transfer the weight from your back foot to your front foot.
- Lean into the shot by using your entire body.
- Your stick should strike the ice just before hitting the puck (see Fig. 8).
- Snap your wrists when your stick strikes the puck.
- You should bring your stick three to four feet off the ice on the follow through with your stick blade pointing at the target (see Fig. 9).



**Fig. 4**  
*The puck should  
be placed in  
between your two skates .*



**Fig. 5**  
*For the slap shot,  
keep your eye on  
the puck not  
the net.*



**Fig. 6**  
*Draw your stick to  
shoulder level or above  
as your weight shifts  
to your back leg.*



**Fig. 7**  
*Swing the stick in  
the direction of the  
puck by pulling with  
the top hand and  
pushing with the  
bottom hand.*



**Fig. 8**  
*Your stick should hit  
the ice one to  
two inches before  
the puck.*



**Fig. 9**  
*Your stick should raise  
three to four feet  
off the ice on  
the follow through.*

As you can tell from the description above, the slap shot has many steps and takes a long time to perform. That is why few offensive players use the slap shot when in traffic. A defender can easily poke the puck away from an attacker using the slap shot because of the time it takes to execute. However, the slap shot is a great tool for defensemen parked at the point. The reason blue-liners get a number of assists throughout the season is because many of their slap shots from the point are deflected in by offensive teammates near the net. This is not to say only defensemen should learn the slap shot. All good hockey players know every skill not just those needed for their position. Although, you will find offensive player using a slap shot through the course of a game, they are more likely to use a wrist shot or a snap shot when being closely defended.