

Wrist Shot

The wrist shot is a quick, accurate shot and depending on your upper body strength, can be a very powerful shot. The key to the wrist shot is getting the shot off before the defender can block or deflect the puck and/or before the goaltender knows it is coming. The element of surprise is an important aspect of hockey. The wrist shot is basically a pass with the difference being the target for the wrist shot is the net instead of the stick of one of your teammates.

- Keep your eyes on the target - feel the puck on your stick blade.
- Your body should be at a 45-degree angle from the net.
- Cup the puck with the center part of your stick blade.
- When you see an opening, bring the puck and your weight to your back leg (see Fig. 1).
- Slide your bottom hand down the shaft of the stick to give yourself more power.
- "Sweep" your hands forward with your bottom hand "pushing" on the stick and your top hand "pulling" (see Fig. 2).
- As the stick crosses in front of your body, begin to transfer the weight from your back leg to your front leg.
- At the same time, rotate your upper body in the direction of your target - with both shoulders squared to the net.
- As the puck is about to leave your stick blade, "snap" your wrists from an open to a closed grip. The "snap" with the bottom hand is a quick, sharp roll, away from your body creating a small arch with your stick blade. The "snap" with your top hand is in close to your body.
- The follow through of your stick will determine the height of the puck. A high follow through will make the puck rise for shots to the top corners of the net and a low follow through will force the puck to travel along the ice (see Fig. 3).



Fig. 1
Slide your bottom hand down the shaft of the stick and bring the blade behind your back leg.



Fig. 2
Transfer your weight to the front leg as you arms "sweep" forward.



Fig. 3
Your follow through will determine the height the puck will travel.

Remember to always look at your target. You can't hit what you can't see. Also, the best way to increase the power of this shot is by practicing. The muscles in your arms, shoulders and wrists will become stronger with use. You don't necessarily need to lift weights to build strength and power for your wrist shot.