



Shooting and Scoring

The ability to shoot the puck in the various situations that arise during a game of hockey is an invaluable skill. Hockey players should have a complete arsenal of shots from which to choose. An incomplete player is limited to only one or two types of shots. Note: for all the examples given, it will be assumed that the player is a left-handed shooter.

Forehand Shots

1. Sweep Shot

The sweep shot, so named because of its motion, is a valuable tool to players of all ages. This is one of the more accurate shots as the puck is in contact with the stick throughout the shooting motion. The sweep shot can also be deceptive, as a pass can be made from the same motion.

- The spread of the hands on the stick is wider than that used when stickhandling.
- The puck is brought to the side of the body and should be well behind the left skate.
- Max. force is transferred to the stick by bending the trunk forward and shifting body weight from the back to the front leg.
- Grip tightens and the wrists should snap before or as the puck reaches the forward leg.
- The puck is propelled with a snap of the wrists. In one motion, the top hand snaps forward then back towards the body while the wrist is rapidly extended. The bottom wrist flexes and whips the stick through towards the target.

2. Wrist Shot

The wrist shot is a surprise shot which depends on the quickness of release. It is a useful shot around the opponent's net, where space and time are often limited.

- The hand grip is similar to that used for stickhandling. When possible, the lower hand moves slightly down the shaft for greater power.
- The weight of the player is transferred to the stick and the skate nearest the puck by flexing the trunk laterally.
- The grip tightens and the puck is propelled with a snap of the wrists. In one motion, the top hand snaps forward then back towards the body while the wrist is rapidly extended. The bottom wrist flexes and whips the stick through towards the target.

3. Snap Shot

The snap shot is similar to the wrist shot with the exception that the blade of the stick is removed from the puck immediately prior to the shot being taken.

- The hands are usually held slightly wider than in the stickhandling position.
- The stick blade is drawn behind the puck at a distance and height dictated by the time available and the distance of the target. The blade should never go higher than the hip.
- The stick should meet the ice approximately one inch behind the puck.
- The grip tightens and the wrists are usually locked at the moment of impact.
- Players should look at the target, then at the puck immediately before impact.



4. Slap Shot

The slap shot, wisely used, can be an asset in any player's repertoire of shots. Unfortunately, many players rely too heavily on the slap shot, thus greatly diminishing its effectiveness.

- The hands are spaced wider on the stick shaft than during normal stick handling grip.
- The puck is close to the body, centered between the legs.
- After a quick look at the target, the eyes remain fixed on the puck.
- The player is sideways to the target, bending over the puck and transferring one's weight from the back leg, to the stick, to the front leg.
- Wrists are locked and held firmly as the stick comes into contact with the ice slightly behind the puck (1/2" to 1").

5. Flip Shot

The objective of the flip shot is to get the puck up high in the air as quickly as possible. This is carried out by "scooping" the puck. The flip shot is valuable when a player is in close on the net and the goaltender is down on the ice.

- Grip is usually wider than in the stickhandling position.
- The puck should be slightly ahead of the player and to the side.
- The player bends the knee closest to the puck and "digs" the puck out of the ice.
- The puck is scooped up by the front or toe portion of the blade through a quick flexion of the lower wrist and an extension of the upper wrist.
- The blade is propelled high in the air by raising the lower hand and lowering the upper hand.

Backhand Shots

1. Sweep Shot

The sweep shot is perhaps the most commonly used backhand shot. It is both fast and accurate.

- Grip is usually wider than in the stickhandling position.
- With the skates directed at the target, the shoulders are rotated sideways and the trunk is slightly bent over the puck.
- The front knee is well flexed.
- The sweeping action is directed at the goal by a vigorous rotation of the trunk and shoulders, a forceful extension of the legs, followed by a dynamic action of the arms and wrists.
- During this action, the weight of the body is transferred from the back leg to the front leg as the puck travels from the heel to the toe of the stick blade.

2. Wrist Shot

The backhand wrist shot is usually used by a player who has faked a move to the forehand side to bring the puck to the back hand for a quick shot on the goaltender. Since the player is in a forward skating position, the wrist shot becomes the best tool in this particular situation.

- The hands are spaced slightly farther apart than during the dribble.
- The puck is placed on the heel of the blade to the side and slightly in front of the player.



- The puck is then whipped in the direction of the goal by a vigorous rotation of the shoulders and a dynamic action of the arms and wrists.
- There is limited transfer of weight.

3. Flip Shot

The flip shot is used when the player wishes to raise the puck quickly in a high fashion. The action is similar to the forehand flip shot but is executed from the backhand.

- The hands are held slightly farther apart than during the dribble.
- The player is sideways to the net, knees flexed, shoulders and trunk rotated sideways and over the puck.
- The puck is cupped on the heel of the stick blade, level with the skate closest to the net.
- The puck is shot upward by a shoveling action of the arms and shoulders as the wrists are snapped vigorously.
- During the rapid rotation of the shoulders and trunk there is a vigorous extension of the knees and hips as the stick follows through high in the air.