

10U/12U PHASE II - PASSING, RECEIVING & SHOOTING

## STICKHANDLE WRIST SHOT

### SET UP

- Use a hockey ball.
- Cones 3 feet apart and the 5th cone 6 feet from the 4th cone.

### MOVEMENT

- Stickhandle through the 4 cones and end with a wrist shot.
- Look over shoulder to find the net and opening before rounding cone.
- Forehand Wrist Shot 20x.
- Backhand Wrist Shot 20x.

### TECHNIQUE

- 1 • Position your body at a 45 degree angle to the net.  
• Lower the bottom hand slightly on the shaft of the stick, grip is firm.  
• Ball begins on the heel of the blade with the blade cupped.  
• Stick and ball start behind back foot.
- 2 • Sweep the ball forward and shift weight to the front leg.  
• Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).  
• Ball moves from heel to toe of the stick blade as it is released, ending with a flick of the wrist which accelerates the ball.  
• Rotate upper body toward the net; shoulders finish square to net.  
• Follow through until top hand palm is facing up and bottom hand palm is facing down, pointing stick at target.

*Power of a Wrist Shot comes from lower body strength more than arm strength. Proper weight transfer gives the shot power.*

### ADVANCED

Players shoot at a **Shooter Tutor** aiming for all 5 openings.



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