

# SKILLS PLUS HOCKEY

Get an edge on your skills



Training your individual skills and tactics – the best way to become a leader on the ice!

## Hockey Training Skills Tip #5

### INDIVIDUAL TECHNICAL SKILLS Executing a Wrist Shot With Sound Weight Transfer

Improving your wrist shot to generate consistency, accuracy and optimal power will make you a much more effective hockey player. The objective is to consistently move your body into the load position and then release the load with efficient body mechanics, weight transfer and follow through. This process will optimize your power, accuracy and consistency.

Players should practice and understand the following fundamentals:

- **Load Position:** face 90 degrees (sideways) from the target in the hockey position (knees bent, two hands on the stick body-width apart, upper body slightly leaning forward and shoulders broad), hands are shifted to the front leg, arms are almost straight, wrists are flexed and stick is almost parallel to your body, body weight has moved forward from your back leg to your front leg.
- **Release Mechanics:** the shoulders and hips rotate forward around a solidly-positioned front leg to face target, the body stays level throughout the forward motion (stay low; don't lift up), the arms and wrists whip the stick through with speed and the wrists turn over with extension towards the target.
- The follow-through of the stick and arms will determine the direction of the shot: your arms and stick should be extended out towards the target you are aiming at.

A simple drill to practice the individual technical skill with a friend:

### Wrist Shot With a Partner

Partner up with a friend (X1 and X2)

X2 – remain stationary beside a net with target openings

X1 – remain stationary in front of the net, about 4 meters away, ready for a pass from X2

- receive a pass from X2 and execute the wrist shot from a stationary position
- after each shot, move quickly to switch roles with X2 (switching positions after each shot helps you to practice getting into the shooting position quickly, which is what you'll have to do in a game situation)

X2 – take your turn performing the same movement

After you have repeated the drill a number of times, add some competition to the challenge. Play the following points game: top target openings are three points, five-hole opening is two points and lower target openings are one point. Play games up to 10 with your partner. The added competition will encourage you to focus on execution and spark excitement to keep practicing.

Remember with lots of practice, you will be able to effectively execute the wrist shot under pressure in game situations.

**To view a video clip illustrating the key fundamentals executed in a wrist shot please visit the Skills Plus Hockey Website at [www.skillsplushockey.com](http://www.skillsplushockey.com).**



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Eric played professional hockey for 14 years. Among his career highlights is winning the Memorial Cup Championship, playing with the Washington Capitals in the NHL and being the MVP for the Canadian National Junior Team at the World Junior Championships. He is an NCCP High Performance II Certified Coach with over 15 years of professional coaching experience, lectures in the Theory of Coaching at Wilfrid Laurier University and is one of the most sought after instructors in Waterloo Region!

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