

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

PASS, CATCH & WRIST SHOT

SET UP

- Use a hockey ball.
- One player stands 3-4 feet to the left or right of the goal post.
- Shooter stands 8-10 feet out from the middle of the net.
- Post player passes ball to shooter.
- Forehand Wrist Shot 20x.
- Backhand Wrist Shot 20x.

TECHNIQUE

- 1 Stand in a hockey ready position: knees and ankles bent with head and chest up.
- 2 Body is turned to the side with weight on the back foot.
- 3 Lower the bottom hand slightly on the shaft of the stick, grip is firm.
- 4 Ball begins on the heel of the blade with the blade cupped.
- 5 Stick and ball start behind back foot.
- 6 Sweep the ball forward and shift weight to the front leg.
- 7 Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).
- 8 Rotate upper body toward the net; shoulders finish square to net.
- 9 Ball moves from heel to toe of the stick blade as the ball is released, ending with a flick of the wrists which accelerates the ball.
- 10 Follow through by pointing the toe of the stick toward the target.
- 11 Follow through until top hand palm is facing up and bottom hand palm is facing down.

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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