

# 10 Tips to Improve your Hockey Shot



There is plenty of criteria that goes into creating a great hockey shot. It starts with the willingness to improve, practice (on and off the ice) to gain more power, speed, reaction time and endurance, and shooting pucks at home. Then, transitioning all your hard work to the ice! In my experience, athletes who have a plan using short-, mid- and long-term goals are the ones who improve at accelerated rates and elevate through the ranks!

Here are 10 things to remember to help improve your hockey shot:

1. **Stay Low** – I'm sure you've heard this plenty of times. Getting your hips back naturally makes your knees bend, which lowers your posture and puts you into your own unique power stance/position.
2. **Downward Pressure** – By pushing your Power (bottom) hand down, this will bend your stick, creating flex, forcing it to want to "kick" back into its straight position. More flex, more power!
3. **Grip Hand Pull** – Your Grip (top) hand should pull straight back. This will keep the whole blade flush to the ice and the puck in contact with the blade in the release phase.
4. **Elevated Elbow** – The higher your Grip (top) hand elbow is (Lefties, is the right elbow. Righties, is the left elbow), will help keep hands and arms away from your body. This creates more range (space) of motion to utilize.
5. **Power Hand Full Extension** - When fully extending your Power (bottom) hand and arm, locking out at the elbow (arm to 180 degrees) in a downward trajectory, this bends your stick and adds power to your shot.
6. **Preparation and Puck Position** – Having the puck pre-prepared and positioned on your forehand, beside you, ensures you're ready to shoot or pass at anytime. Unpredictability keeps the opposition on their toes!
7. **On The Tape Off the Tape** – Under handle the puck prior to shooting, whether skating with the puck or receiving a pass then releasing it, better results come from getting the puck to the targets as quick as possible.
8. **Synchronize** – When ready to shoot, no matter what formation is being used, remember to stay **LOW**, everything should happen all together at the same time. Chain reaction creates the highest level of deception. The element of surprise.
9. **Stability** – Shooting with 2 feet on the ice stabilizes your body, you can produce more power, agility, quickness, and reaction time. Jumping on rebounds and being ready for what comes next, can create more offensive success.
10. **Eyes/Head Up** – The nets don't move, But the goalie does! By keeping your head up will not only help you to exercise multiple options, it can also help you to be more accurate when making these choices.