

About a Slap Shot

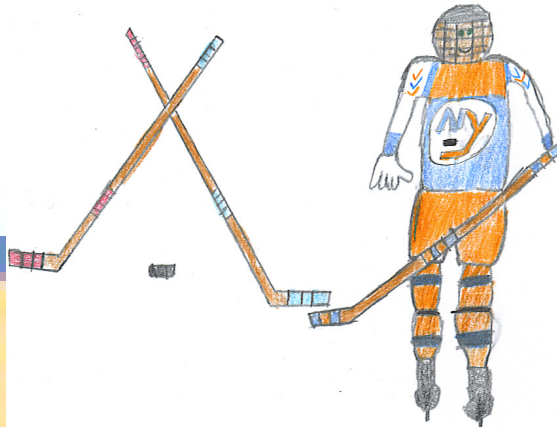
By Dave

Have you ever wondered how to shoot the puck with a slap shot? A slap shot is a type of hockey shot that you would use when you need a power shot or when you are in the opponents defensive zone and there is a good chance of a goal. Just be aware that when you shoot with a slap shot you will have less accuracy. The importance of the slap shot is to get a lot of power in your shot.

Meet the stick

The stick has two parts. The parts are the shaft (the long wooden stick) and the blade (the curved plastic for roller hockey or the clay curved part for ice hockey). The stick is supposed to be up to your chin.

To use hold here



To hold the stick you put your bad hand on top, for example if you're a righty put your left hand on top, if you're a lefty put your right hand on top. Put your stronger hand on the bottom.

How to shoot

Now that you know how to hold the stick, this is how to shoot the puck with it.

Step 1

Stand sideways and keep the puck in the middle of your two legs but closer to your front foot.

Step 2

Put your lower hand down

the stick but keep a good grip. Look from the puck to the goal and back at the puck.

Step 3

Lift the blade to about shoulder height. Move the weight from your back foot to your front foot.

Step 4

Keep your site on the puck as you strike it.

Step 5

Lean on the blade of the stick as your hitting the puck.

Step 6

Follow through till the blade is at your waist.

Step 7

The most important step is to have a fun time!



From now on go out and have a great time.

