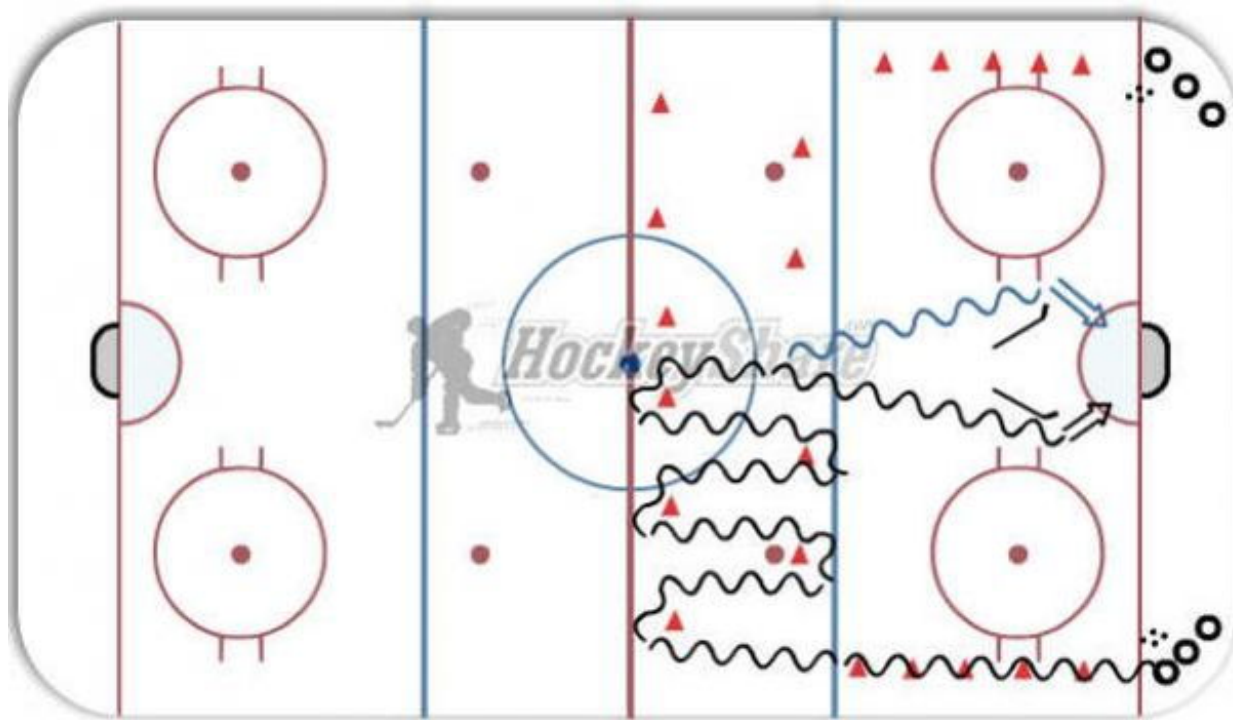


Wrist and backhand shot



Description

Skate with the puck between the cone.
Tight turn on the five cone in the neutral zone.
After go take a backhand shot or wrist shot.

Change side as everybody practice the both shot.

Or choose the side you want your player shoot (example with the blue draw).

Notes: You can modify a lot of things on this drill. Do what you want practice.

Tags: Stickhandling, Backhand shot, Wrist shot