

Hockey Snap Shot Checklist

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Preparatory Phase

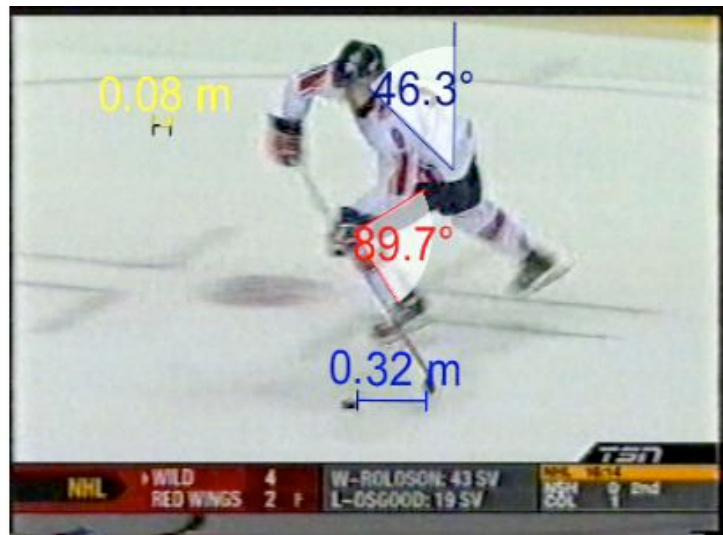
- A small takeaway is used to create separation between the stick blade and the puck- the separation is required to allow the stick to contact the ice first and bend to store strain energy prior to impact.
- During the preparation for the snap shot the athlete must bring the puck in towards their side, as opposed to backwards as seen in the wrist shot.- the puck is moved closer to the body to enable the player to put more weight over the stick and increase the bend, to increase the recoil at impact
- The athlete's hands should be shoulder width apart with the bottom hand being slightly above the mid point of the stick and the top hand at the top of the stick.
- -the player must have significant lateral trunk lean (40 degrees) as well as forward trunk lean (40 degrees) during the preparation for the shot
- the weight is evenly distributed over both feet and the skates are pointed towards the goal; feet are slightly greater than shoulder width apart; player continues to glide forward on the skates



Trunk is well flexed forward and laterally to ensure maximum weight transfer onto the stick. Weight evenly distributed.

Force Production

- During force production, the athlete must cock their wrists (flexion and abduction) and move their arms forwards to a point where both their hands are in front of the puck.
- The athlete's opposite foot will be elevated into the air behind the body as they take a long step onto their skate closest to the puck. The weighted leg should have approximately 90- 100 degrees of knee flexion during the step.
- The athlete's skate and stick blade should be moving in synchronization towards the puck.
- The athlete should have 45 degrees of trunk forward flexion and 45 degrees of trunk lateral flexion during release of the puck. Trunk lateral flexion allows for the athlete to get their line of gravity closer to their bottom hand on the stick and subsequently apply a greater downward force to the stick on the ice- this will allow the player to store strain energy in the stick and increase the recoil at impact.
- The majority of the force produced in the snap shot is produced by the arms and hands: the movements consist of shoulder flexion, elbow extension, pronation and wrist flexion of the arm in the middle of the stick; and shoulder extension, elbow flexion and shoulder medial rotation of the arm at the top of the stick
- There is a slight amount of trunk rotation and trunk flexion that can add to the force of the shot



Wrists are fully flexed and abducted. Flexed knee to load the Quads. Trunk is flexed forward and laterally to transfer weight onto front leg and stick. Separation created between stick and puck.

Critical Instant

- During the critical instant, the athlete is required to snap their wrists to apply a force to the puck. Both the athlete's hands remain in front of the puck. It is important to maximize the distance of the hands in front of the puck in order to increase the bend in the stick and apply a greater force to the puck.
- -The puck should be released from the middle to the tip of the blade.
- -Note how the athlete's skate contacts the ice surface at the same time as his stick is contacting the puck. The athlete should have approximately 100 degrees of knee flexion in their weighted knee during the release.
- -the free leg is left behind the shooter, with the knee flexed and the hip in extension



Quads are loaded with full knee flexion. Hands remain in front of the puck at contact creating strain energy in the stick. Back foot is completely unweighted. Step of front foot is timed with contact with puck.

Follow Through

- The athlete's bottom hand will continue moving forward after the wrists have been snapped, while the athlete's top hand will begin to move back towards him.
- -As the stick is rotated from the stick side to the non stick side of the body; the free leg is rotated in the opposite direction so that it can aid in taking up the reaction from the stick and arms: a clockwise rotation of the upper body will produce a counterclockwise reaction from the lower body to help keep the body balanced following the shot
- The athlete's bottom arm goes into full extension while his top arm is pulled back in tight to his body.
- The stick should finish on the non stick side of the body with the blade at about head level of the shooter; shooter is well flexed in the trunk with the trunk close to parallel to the ice
- The athlete remains balanced over one foot- the skate on the non stick side of the body during the follow through



Stick finishes at head level, giving large range of motion to decelerate. Bottom arm fully extended. Top arm is pulled towards body to assist speed of the stick.