Hockey Slapshot

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Hand position on stick:
- Hand should be from half way to 2/3 of the distance down the stick and moved up one glove length (best position to maximize stick flex)
- This hand position also allows the athlete to keep the chest high enough so the player can react easily if the shot is blocked
- Hockey Canada simply states that the hands be further apart than when stick handling

Placement of puck:
- If hitting a low slapshot, the puck should be struck in the middle of the stance
- If hitting a rising slap shot, the puck should be hit closer to the front toe
- Puck should be placed about two blade lengths away from the player

Backswing:
- The top of the stick should be brought to the back hip
- Stick should be drawn straight up and back (objective is to pull the stick straight up and swing straight down)
- Starting foot position is with both toes pointing toward the goal and hips facing forward while shoulders are rotated backward
- Flex knees as close to 90-degrees as possible and transfer all the weight to the back leg
- Rotate the trunk and shoulder girdle away from the intended direction of the shot (should see a shoulder-hip separation as the shoulders are rotated back more than the hips – this helps ensure that the necessary muscles are placed on a good stretch).
- The trunk is flexed forward over the puck at an angle close to 40 degrees to the horizontal - the greater the flexion the longer the moment arm for rotation around the front hip and the greater the velocity of the stick blade
- Aim to bring the blade as far behind as possible - the stick should be vertical with the blade directly above the back shoulder
- Front arm should stay extended throughout the movement and the arm should come across the body via horizontal shoulder adduction
- Hold the upper end of the stick close to the body
**Force production:**
- Forceful leg drive off the back leg into a long stride
- The front leg moves from a position facing the goal to a position square to the goal
- As the stick moves down toward the puck, the front leg moves in front of the shooter; so it moves from a position beside the shooting foot to a position in front of the shooting foot
- The front leg helps to take up the reaction to the stick swinging forcefully downward and across the front of the shooter
- The trunk rotation is followed by shoulder girdle rotation and then the arms and stick blade come through together
- Front leg must have around 100-degrees of flexion and be stiff to provide a firm base for the upper body rotations to occur and effectively transfer force to the stick
- Athlete needs to lean into the shot by using trunk flexion to help load the stick (weight should be supported by the lower hand on the stick)
- Push with the bottom hand and pull with the top hand; most of the force comes from the forceful pushing forward with the back hand driving through the middle of the stick
- The force from the back hand comes from the rapid and forceful trunk rotation bringing the shoulder through rapidly
- Blade of the stick should contact the ice 2-4 inches behind the puck to flex the stick and store strain energy
- Should have about 30-degrees of shoulder abduction in the shoulder of the lower arm on the stick at contact (upper arm should be perpendicular to the ice)
- Upper end of the stick should remain close to the body
- The best players have strong torso, legs and shoulders as all three are important for a powerful force production phase

**Critical Instant:**
- The puck should be contacted with the heel of the stick (most efficient energy transfer)
- The further the puck is hit away from the heel of the stick, the greater the tendency of the stick to rotate around the shaft of the stick in the backwards direction and the greater the loss of force at impact
- Player should roll the wrists forward at contact if hitting the puck low; which is a combination of supination of the top hand and pronation of the lower hand.
- If hitting the puck high, athlete should not roll the wrists over (Hockey Canada).
- The back leg should be fully unweighted at critical instant (puck contact); the back skate should be only on the toe of the skate or it should be lifted off the ice.

**Follow through:**
- After impact the player should follow the puck along the ice as long as possible to ensure the stick velocity is retained through contact.
- The stick should finish well in front of the player and pointing toward the goal.
- Follow through of the stick should not go above shoulder height.
- During the follow through the player is gliding forward on their front skate while the back skate is off the ice and adducted toward the non-shooting side of the body.
- The back leg and skate acts to take up the rotations produced by the stick and arms in the opposite direction.
- Athlete wants to slow down the rotations and movements through the largest range of motion possible to help prevent injury.
- At the end of the follow through, the player should see a straight line from the knob of the stick to the blade and pointing in the direction of the target.