

An excellent progression to work on Quick Shot Release & Reaction time! This series is commonly practiced by NHL All-Star Zach Parise to work on his quick release. Below we dive into the setup, coaching points and how it can be practiced on and off of the ice.

Progression # 1: Look Back at Pass

- Shooting player faces net but looks back at passer.
- Coach (or another player) passes puck to backhand of the shooters stick.

Description: Player uses reaction time to work on a quick one-touch shot.

Progression #2: No Look

- Shooting player faces net and looks forward.
- Coach (or another player) passes puck to backhand of the shooters stick.
- Player uses reaction time to work on a quick one-touch shot.

Progression # 3: No Look & Random Puck Placement

- Shooting player faces net.
- Coach (or another player) places puck in random location (different sides of body, in skates, in tight, out wide, etc).
- Player uses reaction time to work on a quick shot.

If you do not have a player or a coach to pass the puck to you, you can still work on this by yourself. Learn how below:

- **Off-Ice:** Use a tennis ball with a wall behind you. You still face forward, but before you shoot, you can backhand a pass so it hit the wall and deflects forward to you.
- **On-Ice:** You can use the boards to bounce the puck off to you, or an elastic /rubber self passing device. If you do not have access to the self passing device or the boards are poor, you can always use tennis balls on ice. At the end of the day, the activity is used to improve your quick release & reaction time!

Variations: As you get better, move further away from the coach, player (or wall) that is passing to you and increase the speed! You can also receive passes from angles instead of straight on.

Tips for a Quick Release Snap Shot:

- Use the natural flex of the stick to generate power by driving the heel of the blade into ice a couple inches behind the puck.
- ~~Top hand pulls hard towards body.~~
- Bottom hand follows through towards the target.
- Watch a video demonstration of the [Snap Shot](#) to learn more.



Notes / Coaching Points

Description
