

Shooting in stride is a great skill for all players to add to their skill set. The exceptional goal scorers are typically very good at this. The reason it is so effective is that it catches the defense and goalie by surprise. Therefore the shot does not have to have perfect accuracy or be the hardest shot. The quickness of the release is why it is so effective.

Key Point to Shooting in Stride

- Keep puck slightly in front.
- Keep feet moving.

Description: Shoot mid-stride with weight transferring to front foot.