

## Notes / Coaching Points

The key to a quality one timer on your strong side is your lower hand. It has to be firm and dig into the ice as the puck arrives. It is more of a re-direction so the bottom hand needs to be firm so the puck does not slide off the toe.

### Key Points for the Strong Side One Timer

- Be firm with the bottom hand.
- Dig the heel into the ice as the puck arrives.
- Be sure to keep the blade closed so you don't lose the puck off the toe.

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Description

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