

Notes / Coaching Points

Description

Ben Eaves demonstrates a Catch and Release Shot. This shooting technique can catch a defenceman and goalie off guard because it can result in a quicker shot release.

Keys to a Good Catch and Release Shot

- present your stick so your teammate knows where to pass the puck.
- the fist touch should set the puck up slightly in front of you so you can lean into the shot.
- strong top hand pulls hard towards body.
- bottom hand follows through much like [the snap shot](#).