

1. Firmly grasp the stick with both hands
2. Ensure the bottom hand is low on the stick
3. Position the puck on the heel of the blade (where the blade and shaft meet)
4. Angle the blade so that it is not closed over the puck
5. Extend arms slightly so that hands are away from body
6. Lock onto your target
7. Forcefully push with the bottom hand, the stick following through to your target

Tyler

Include weight transfer