How to perform a “wrist shot” in hockey

* Bring the puck behind your back leg
* Make sure the puck is on the heel of the blade (blade of stick)
* Angle the blade over the puck
* Put your weight on your back foot
* Begin to release the puck
* During the release of the puck, transfer your weight to your front foot
* Follow through your shot by extending your arms fully to where you want the puck to go