Combination Wrist/Snap Shot

The Combination wrist/snap shot has become one of the best shots to master since the it has the ability to utilize the engineered technology of the composite stick and has a quicker release than most other shooting techniques. Connor Bedard is arguably one of the best shooters in the world today. His signature shot combines elements of a traditional wrist shot with a traditional snap shot. One of the things that defines his shot is that the puck stays relatively attached to his stick blade where a traditional snap shot initially starts with a slight separation between the puck and the stick blade.

The following pages describe the phases of his shot with illustrations of each phase.

Each of the phase includes a picture from his game action and you should be able to see that Bedard also changes the shooting angle to his advantage. The defender is in line to block his shot but Bedard pulls the puck toward himself and that opens a lane to the net.



Bedard's shot starts with the top hand beneath the shoulder of the top hand (blue double arrow) but the unique skill is that he has already supinated the top hand wrist over the stick shaft rather than straightening the wrist over the stick shaft. This is illustrated with the Red Arrow. The picture on the right shows the same setup from a different angle. Notice in both examples, his toes are pointed towards the net and not towards the puck.







The image below shows Bedard at the beginning of his shot and I have added some markers to the second image to point out the different pieces of his mechanics. Bedard then pulls the puck closer to his body (green arrow) and separates his top hand from his body (blue paralleagram) while maintaing the supination in his top wrist (red arrow). You can see that his top hand has moved from his belly botton up to a position in front of his chest. Note that the puck is between the toe and middle of the stick blade. Bedard has placed his weight on the leg closes to the puck (bottomhand foot) and slightly raised his other foot (tophand foot) off the ground (purple double arrow). Big Cue: His bottom hand has moved to below his chin (orange arrow) so he can begin pushing downward and forward with the bottom hand. Note that Bedard's eyes are on the target and he's not looking at the puck. In the third and fourth pictures you can see that the toe of the stick blade is in contact with the puck but the heel of the stick blade is slightly off the shooting surface.











The image below shows Bedard storing energy in the shaft of stick during the midde of his shot and I have added some markers to the second image to point out the different pieces of his mechanics. Bedard moves the puck towards his target (green arrow). To do this with power, he flexes the stick by pressing down and forward with his bottom hand (red arrow). His weight is shifting from his bottomhand foot to his tophand foot. Note that his bottom had has moved from under his chin to out in front of his body toward the target. His top is pulled toward his shoulder (blue arrow) while that wrist is rotating from a supinated position to one the is closer to a neutral position (purple arrow). His body weight is shifted from his bottom hand foot to his top hand foot. The third picture is from another video and I tried to capture the loading of the stick but his release was so quick, all I could get was a blur the stick at the start of the loading process.



The image below shows Bedard releasing the energy stored in the shaft of stick and accelerateing the puck towards his target. I have added some markers to the second image to point out the different pieces of his mechanics. As the stick blades lifts off the ice, the energy stored in the shaft of the stick combined with the forward momentum of his leg drive propels the puck toward his target. The purple arrow indicates the movement of his hips toward the target. This is a combination of his forward momentum and pushing off with the bottomhand leg and shifting his weight into his tophand leg. The green arrow shows the acceleration of the stickblade and puck towards the target.







The final phase of Bedard's shot is the follow through. I have added some markers to the second image to point out the different pieces of his mechanics. The top hand is pulled somewhat downward from shoulder height into the ribcage (blue arrow) as his bottom hand is rotating toward the thumb (red rotation arrow) and the stick blade points to the target. The majority of his body weight has shifted onto his tophand foot. If he was on skates he would mostly likely be striding towards the net. Note that his eyes are still on the target and he has not pulled off to the side.





Game action from his strongside



Game action from his weakside



Note that in the two game action pictures, Bedard's toes are pointed to the net, making it easy for him to follow his shot for a potential rebound.