

Checklist for the Backhand Shot in Ringette

The backhand shot in ringette is often underused and under practiced. It can be used in a variety of game situations where it is not possible to correctly position the athlete's body for a forehand shot, which is by far a more common shot. The back hand shot is not often used for its velocity, but rather for strategic placement of the ring and to mislead the defense and goalie. The backhand shot is basically a mirror of the forehand shot, which is similar to the hockey wrist shot. It has a short backswing and a fast release, attempting to take the goalie by surprise. The backhand shot is often lifted off the ice, so that the goalie is beaten over her shoulders in the higher spots rather than along the ice.

Preliminary Movements/Ready Position

- Vary depending on the game situation
- Athlete assumes a wide stance, facing perpendicular to the desired direction of the shot



Figure 1: Preliminary movements/ready position

Backswing

- Body weight is transferred to the back skate
- The upper arm is abducted 110 degrees at the shoulder and the lower arm is horizontally adducted across the body in order to bring the ring back to

a position at least even with the back skate. The farther back the ring can be moved, the longer distance over which to produce force. However, most athletes keep the backswing fairly short to avoid having the ring stolen from behind them

- The back knee is flexed 50 degrees
- The trunk is flexed 40 degrees from the vertical and the shoulder girdle is rotated to a position almost facing backward
- The stick is almost vertical at its farthest position back opposite the player's back skate
- The trunk is rotated back to face behind the player- this position requires a significant amount of flexibility of the athlete
- Athlete should be looking at the target, not the ring

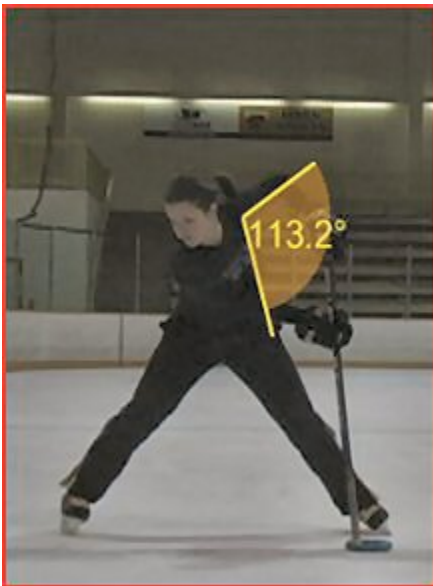


Figure 2: Arm abduction during backswing



Figure 3: Trunk and knee flexion during backswing

Force Production

- Weight is transferred forward to the front skate, leaving the rear skate fully unweighted and off the ice
- The front skate stays stationary to enable it to act as an axis for the pelvic, trunk and shoulder rotation
- The trunk and shoulders rotate toward the target so they finish facing the target
- The back leg should extend at both the knee and hip throughout this phase
- The bottom arm horizontally abducts faster than the upper arm horizontally adducts allowing the upper arm to act as an axis of rotation for the stick
- The top hand stays pronated and the bottom hand stays supinated throughout the shot. The amount of pronation/supination may increase during the shot depending on where the athlete is aiming the ring
- The trunk extends slightly, by approximately 10 degrees, to help with force production



Figure 4: Weight transfer and trunk position during force production

Critical Instant

- The ring is released just in front of the front foot
- Eyes of the athlete should be on the target, not on the ring
- Back foot should be off the ice at this point, allowing full rotation of the hips and trunk



Figure 5: Critical Instant

Follow Through

- Low follow through, keeping the stick lower than shoulder level to avoid a penalty
- Full rotation should be complete so that the trunk and shoulders now face the target
- Continue rotation of the trunk, hips and shoulder girdle and horizontal abduction/adduction of the shoulders as long as possible to disperse forces over a longer time frame



Figure 6: Follow Through