



How to use the SuperShooter2 (US Patent No 7,662,054 B2)

Grab a bucket of pucks (10-25 pucks is suggested) and dump them centered on shooting surface, 14'-16' from the SuperShooter2. **All shots should be taken centered on the SuperShooter2.**

Wrist Shot

Start shooting 14'-16' from the SuperShooter2, using a **wrist shot**, aiming to **hit the bulls-eye** keeping the shot pucks low (close to the ice).

- Do not chase missed shots.
- Do not retrieve pucks out of chutes. Following shots will clear pucks in chutes

Work to deliver a harder shot each shot. Focus on **hitting the bulls-eye** each and every time and receiving the shot puck quickly for the next shot.

Take a total of 25 hard **wrist shots** aiming to **hit the bulls-eye**.

Take another 25 hard **wrist shots** aiming to **hit the bulls-eye**.

Now:

- Have pucks positioned behind your shooting area.
- Take 10 hard **wrist shots** aiming for the **lower left corner**. Do not chase missed shots.
- **Stand closer as needed so the lower left corner (target) is hit!!**
- Take 10 hard **wrist shots** aiming for the **upper left corner**.
 - Do not chase missed shots.
 - Do not retrieve pucks out of chutes. Following shots will clear pucks in chutes
- Take 10 hard **wrist shots** aiming for the **upper right corner**.
- Take 10 hard **wrist shots** aiming for the **lower right corner**.
- Take 10 hard **wrist shots** aiming for the center chute (**bulls-eye**).

We refer to the above sequence of shooting as **“Around the World”**. More on this below.

Snap Shot

Start shooting 14'-16' from the SuperShooter2, using a **snap shot**, aiming to **hit the bulls-eye** keeping the shot pucks low (close to the ice).

Work to deliver a harder shot each shot.

Take a total of 25 hard **snap shots**.

Take another 25 hard **snap shots**.

Now:

- Have all ten training pucks positioned behind your shooting area.
- Take 10 hard **snap shots** aiming for the **lower left corner**. Do not chase missed shots.
- **Stand closer as needed so the target is hit!!**
- Take 10 hard **snap shots** aiming for the **upper left corner**. Do not chase missed shots.
- Take 10 hard **snap shots** aiming for the **upper right corner**.
- Take 10 hard **snap shots** aiming for the **lower right corner**.
- Take 10 hard **snap shots** aiming for the center chute (**bulls-eye**).

Back Hand Shot

This shot is sometimes neglected but very important to practice. It is critical to so one has a strong and accurate back hand pass and shot which will make a huge impact on your hockey game!

Start shooting a little closer than when shooting a wrist shot, say 12'-14' from the SuperShooter2. Using the **backhand shot**, aim to **hit the bulls-eye** keeping the shot puck low (on the ice).

Work to deliver a harder shot each shot.

Take a total of 10 hard **backhand shots**.

Take another 10 hard **backhand shots**.

Now:

- Have all ten training pucks positioned behind your shooting area.
- Take 5 hard **backhand shots** aiming for the **lower left corner**. Do not chase missed shots.
- **Stand closer as needed so the target is hit!!**
- Gather pucks so all positioned behind your shooting area.
- Take 5 hard **backhand shots** aiming for the **upper left corner**. Do not chase missed shots.
- Take 5 hard **backhand shots** aiming for the **upper right corner**.
- Take 5 hard **backhand shots** aiming for the **lower right corner**.
- Take 10 hard **backhand shots** aiming for the center chute (**bulls-eye**).

After 3-4 sessions you should be able to hit target accurately (within 4" of the goal posts/cross bar) 60%-80% of the time. The closer to the target, the better the puck is returned to shooter.

Once shooter is able to hit 80% of the shots, then move back two feet.

Repeat the above four times a week for 10 weeks (to obtain 10,000 shots during the "off" season) to develop the best shot/pass you have ever had!!

To develop your best shot it is recommended **not to train your slap shot** on the SuperShooter2. It is best to focus your training time on your wrist, snap, and backhand shot to get your critical shooting mechanics and timing down.

OK to test your slap shot on the SuperShooter2 once every six weeks. Prior studies show you will obtain strong improvements following this method, (but are not guaranteed).

Around the World Challenge:

Once a week take the "Around the World" challenge. From the practice shooting distance, take a wrist shot following the "Around the World" pattern of

- Lower Left Corner
- Upper Left Corner
- Upper Right Corner
- Bottom Right Corner
- Then drain puck in the Bottom Center Chute (bulls-eye).

Repeat with the snap and backhand shots.

Goal is to not miss a shot. Then try to go "Around the World" multiple times.

Warning: Do not crawl in or on the SuperShooter2. Only use the SuperShooter2 with standard hockey pucks. Failure to comply could cause personal injury.

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