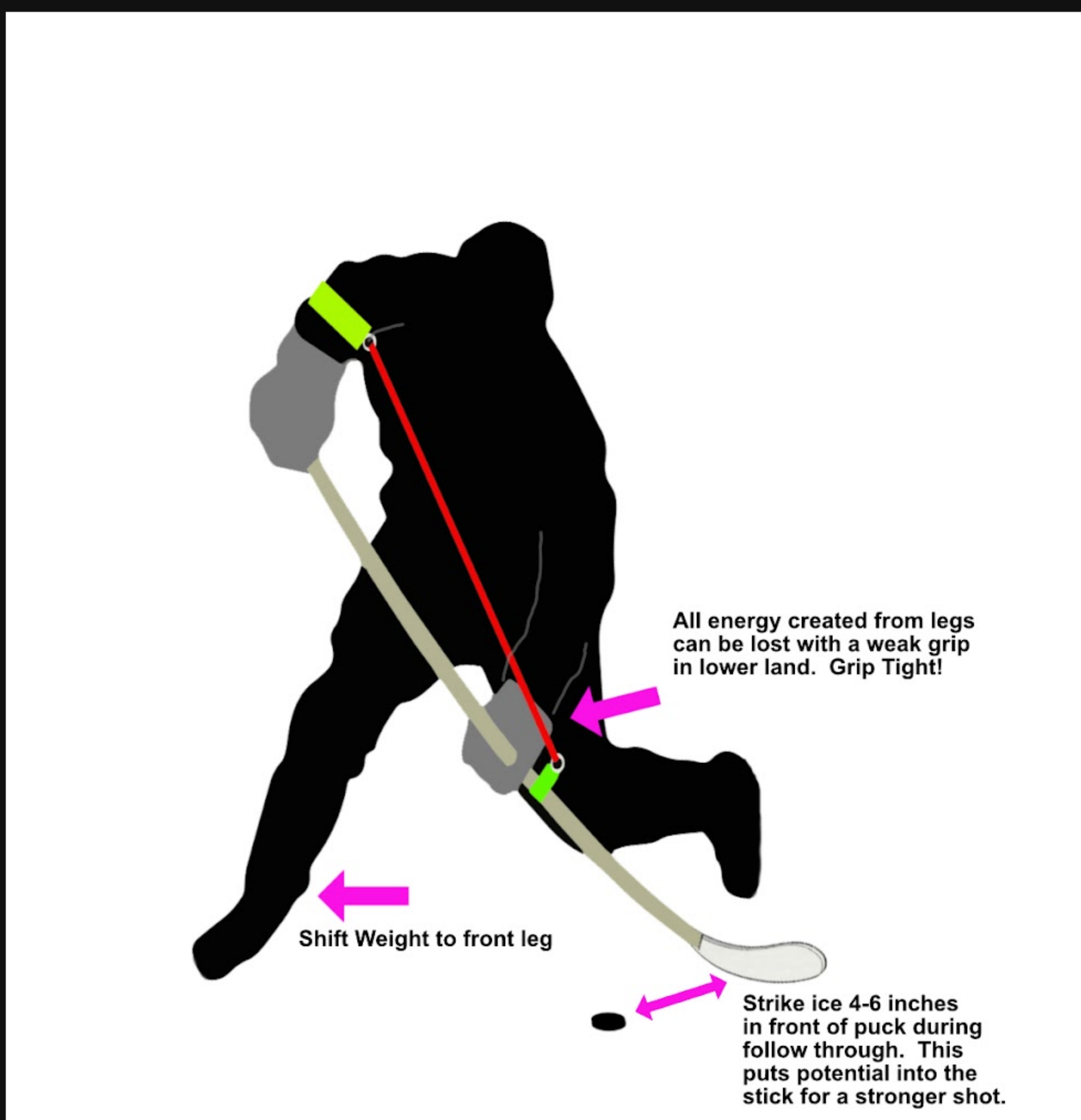


Step 5

Once you have reached your height, take a step forward with your lead foot and place it at a 45 degree angle to the directions of the shot. This shifts your weight from the back leg to the front foot leg. As soon as your foot steps down, start your forward swing. The Perfect Release will keep your arms in the correct position and plane as you rotate. Strike the ground/ice 4 to 6 inches in front of your puck. This loads energy into your stick which translates to a harder shot.



Step 6:

Grip your stick tight! All that energy can be lost with a twisting blade upon contact with the puck. Continue your swing through the puck. The Perfect Release will aid in the proper rotation of the upper body. To maintain balance, your back leg should swing behind your front leg.

SNAP Shot and WRIST shot Training

Scan QR code for video training instructions



SCAN ME

Congratulations!

You now own the tool to bring your shot to the next level. How stoked are you! Let's get shooting.

Please take a few minutes to review the following information before using this product.

WARNING...To reduce the risk of injury: Use this device only for the purpose described in these instructions.

Do not put tension on the cord while attaching it to the clips. It could slip from your hand and cause an injury. This cord is NOT to be used as an exercise device for muscle workout purposes. It should be used only for the purposes de-scribed in these instructions.

Standard precautions should be used to be sure no one is close to the swinging hockey stick or serious injury could occur.

WWW.PERFECTRELEASE.COM/HOCKEY

U.S. Patent # 7156748

Registered Trademark # 2,319,054



PERFECT RELEASE

FEEL WHAT THE PROS FEEL

Hockey Shot Training Aid

The Foundation of all shot types



Instructions For Use

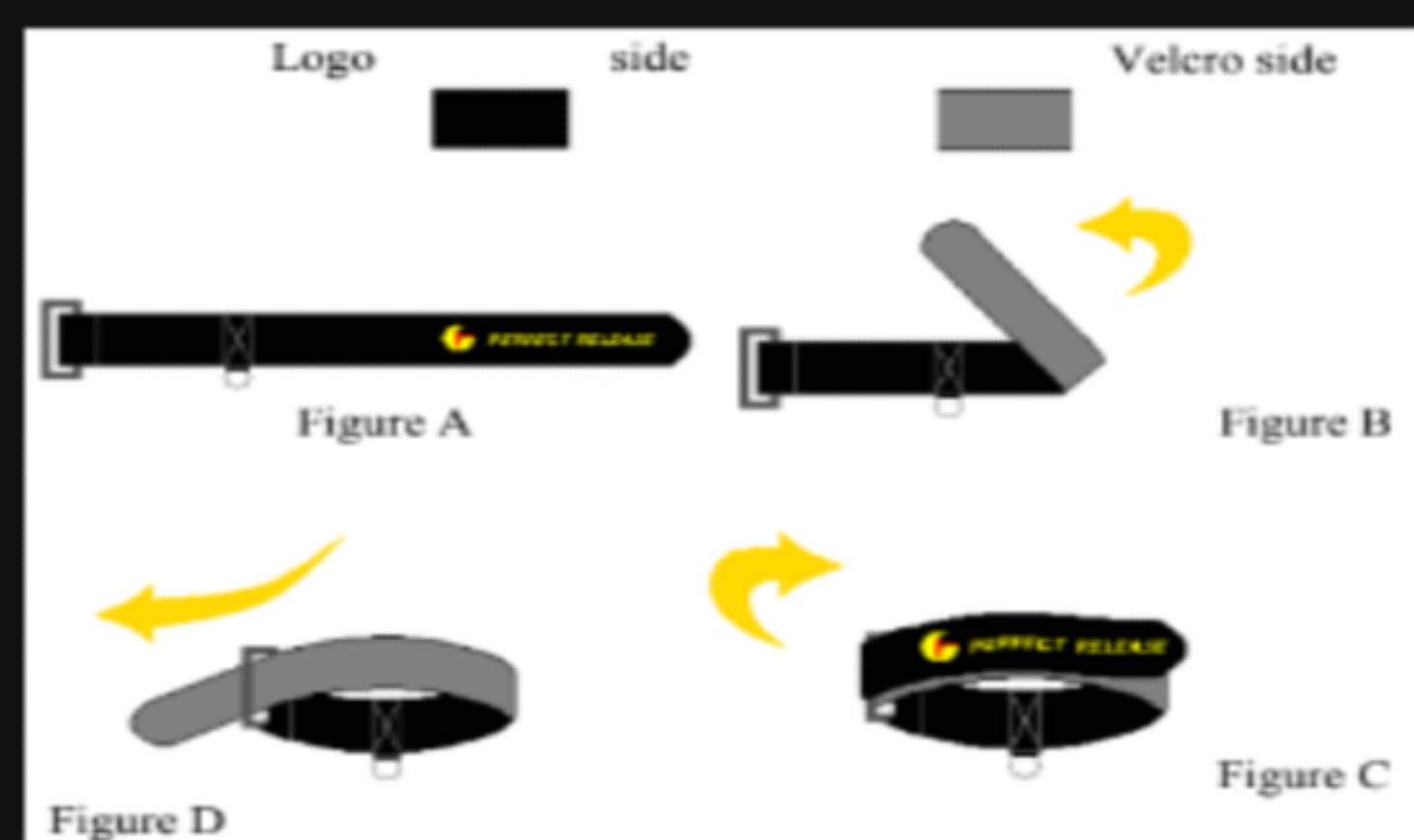
How to Attach The Perfect Release

Scan QR code for video instructions, and text is below



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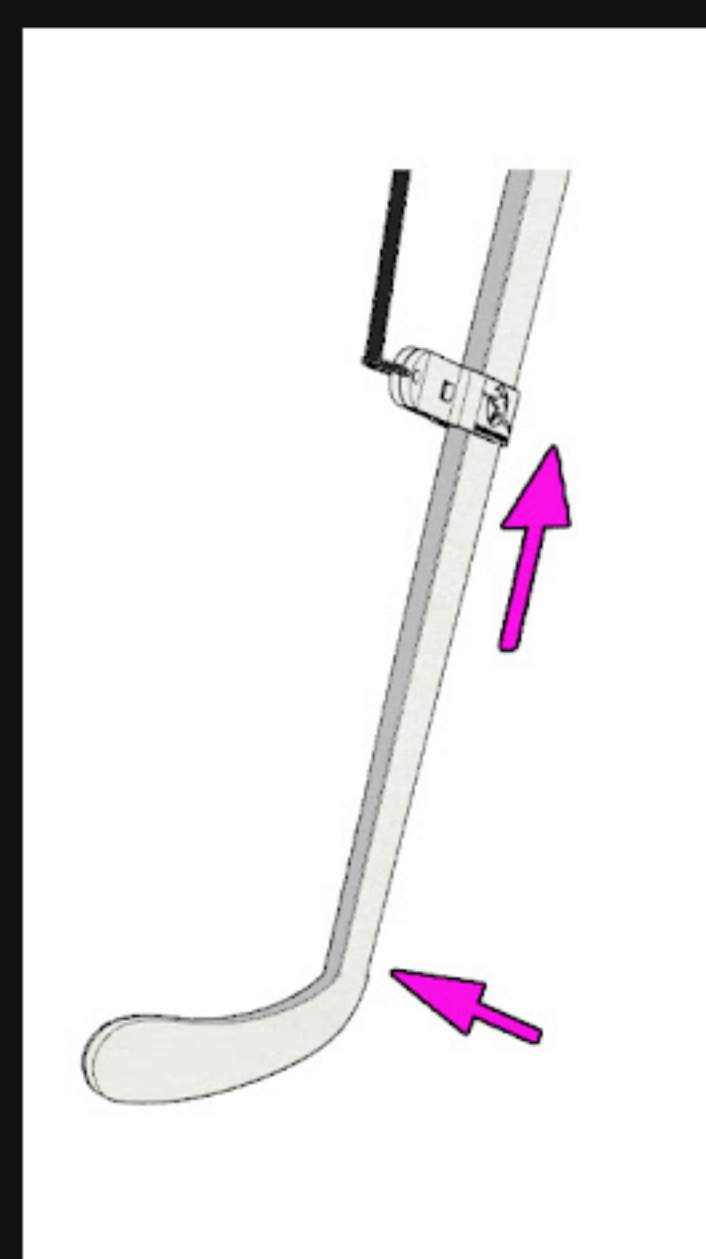
With the armband flat and fully extended logo side up (Figure A), take the logo end and fold it back (figure B) and through the buckle (figure C). Slide the armband up just above the elbow on the lead arm (left arm for right handed shot, right arm for left handed shot) so the ring is facing downwards. Pull the strap through the buckle for a snug fit. Finally fold the rest of the strap back over the buckle to secure (figure D).



Attach the armband to your lead arm and secure it snugly just above your elbow.

Step 2

Loosen clip, but do not separate. Slip clip onto stick at the base of the blade where it is thinnest. With the ring pointing in the same direction as the stick blade, slide the clip up the shaft to the desired position. If you need more tension, simply slide the clip down towards the blade./



SLAP SHOT Training. Start Here

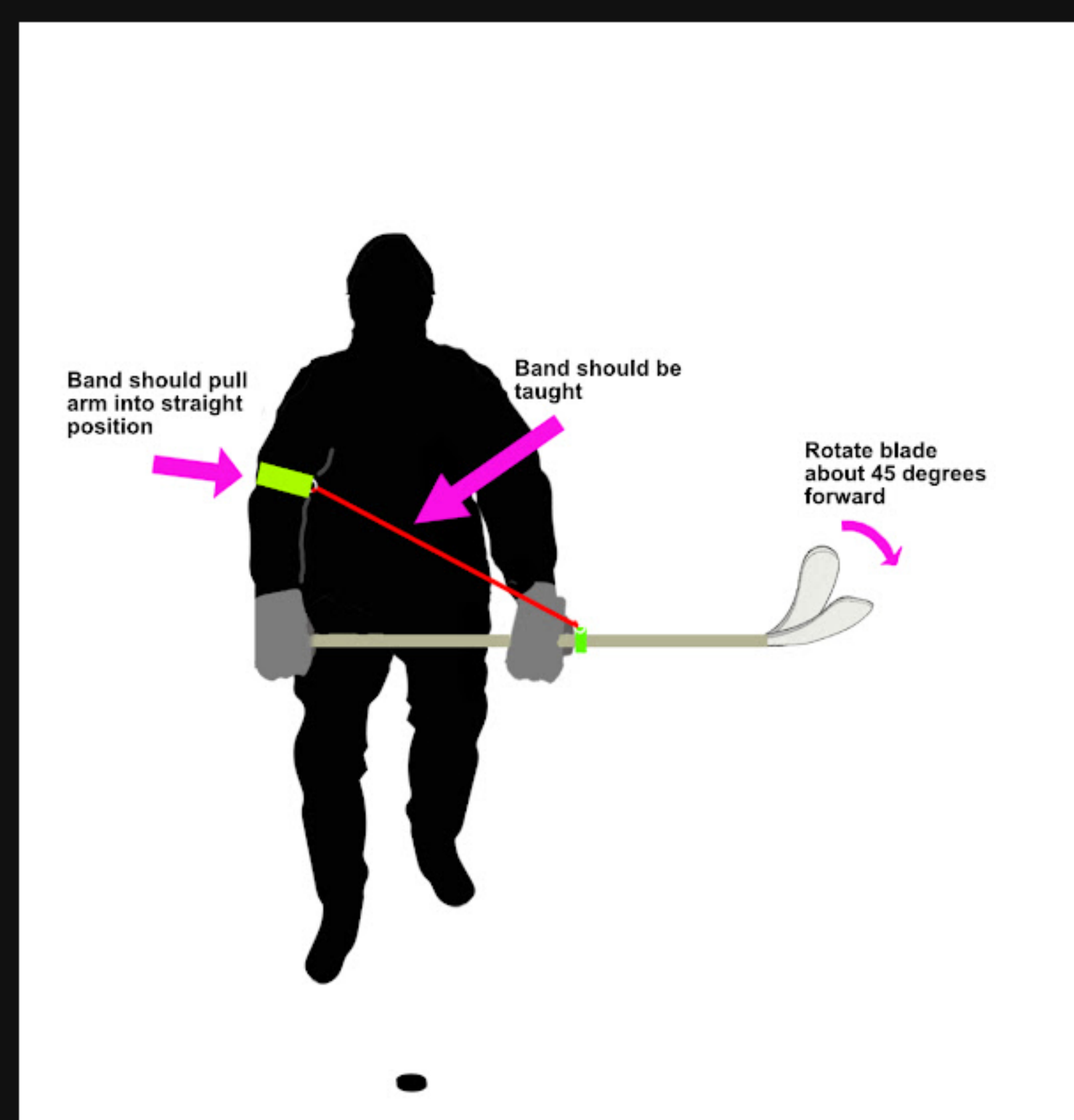
The SLAP SHOT training helps to solidify all of the fundamental aspects to shooting. Proper weight shift, plane rotation, hands and arm awareness, and lower hand strength. This will develop your slap shot and One-timers. Scan QR code for video, text below.



SCAN ME

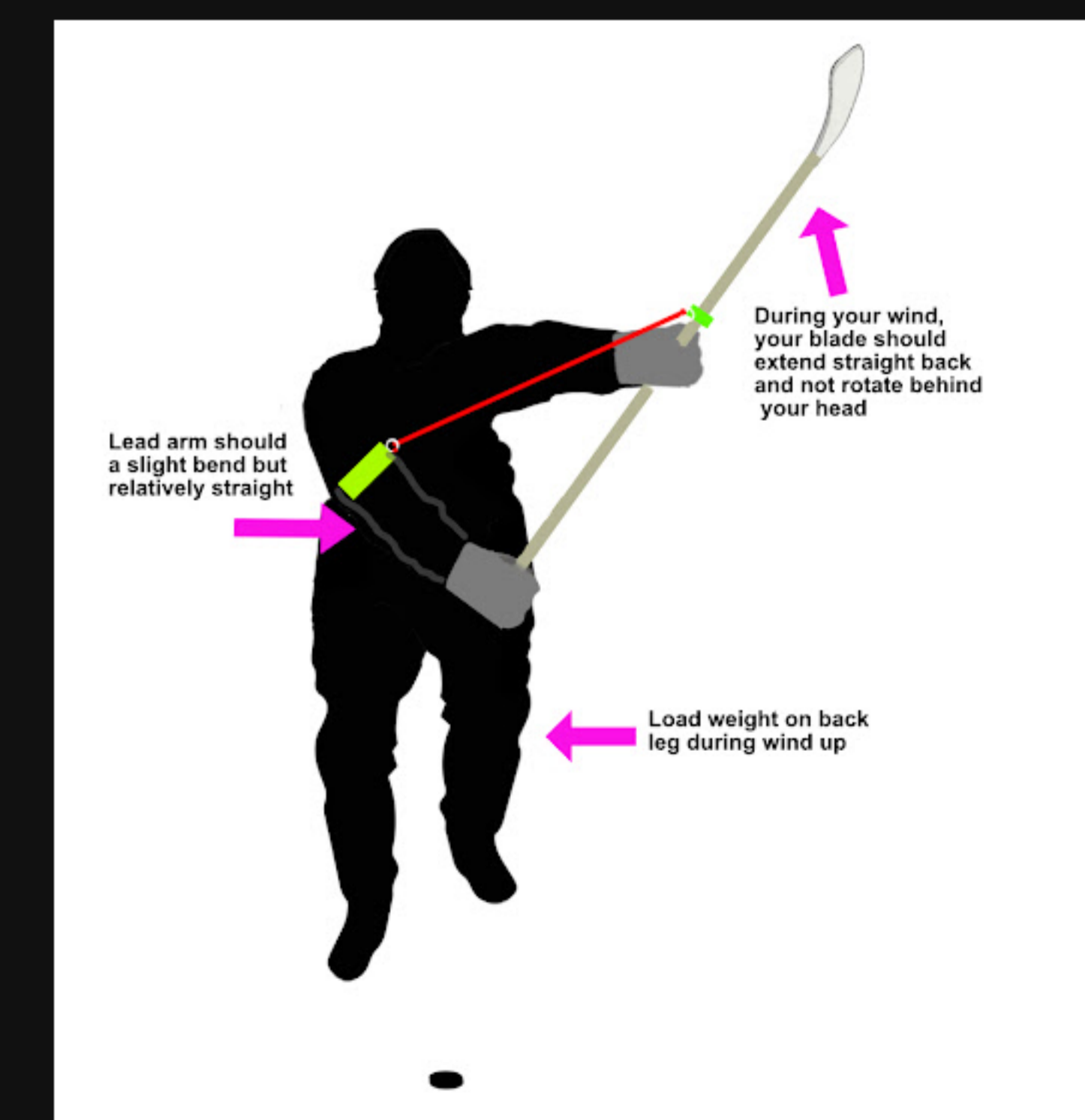
Step 1:

Facing sideways to the direction of the shot, stand with your feet shoulder width apart. Place the puck just ahead of your foot. Tilt for stick forward about 45 degrees from the vertical as shown. Straighten both arms. Grip your stick tight... especially the lower hand. All your energy can be lost if your stick twists in your hand. Grip tight.



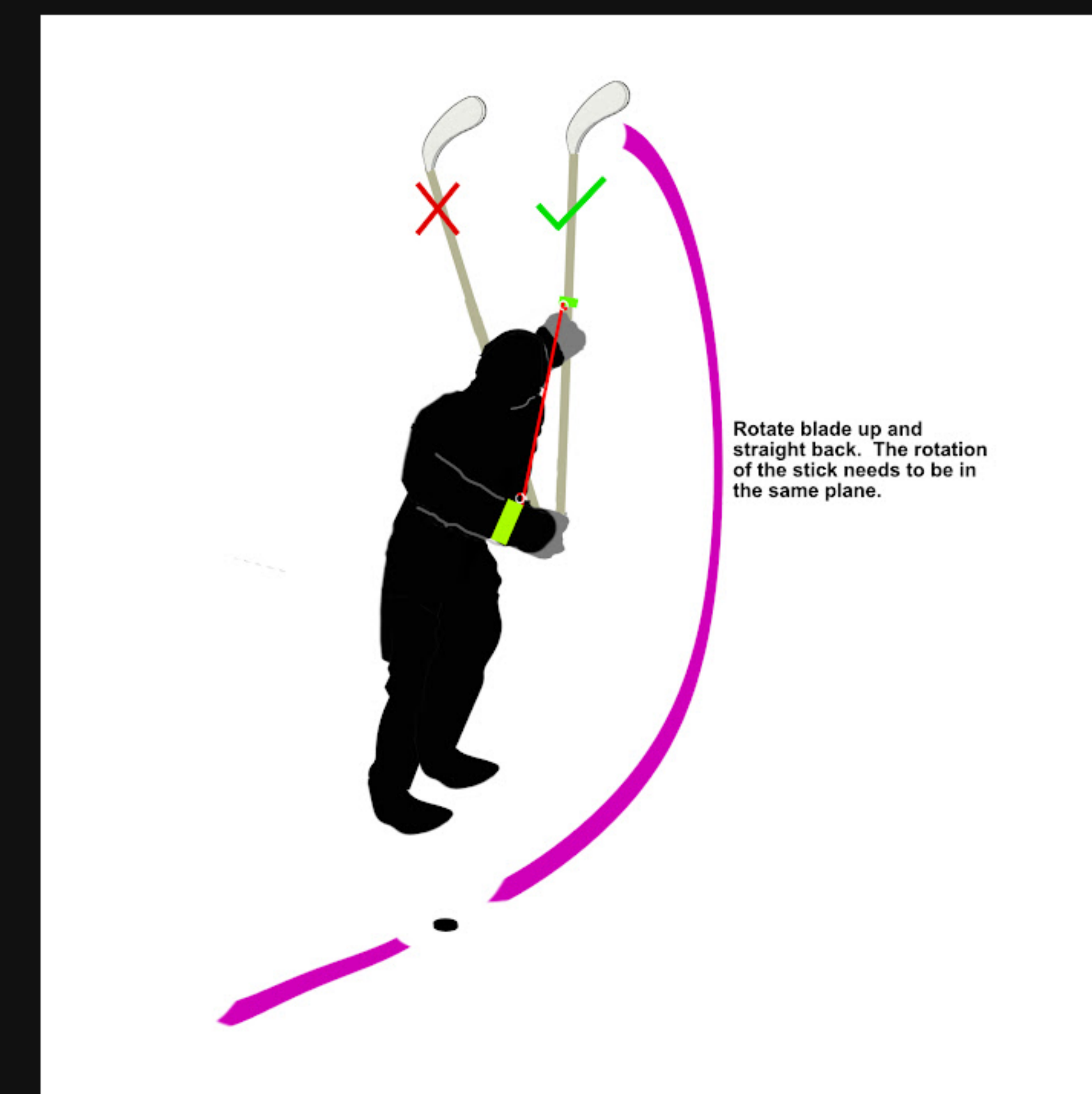
Step 2:

With your arms still straight, rotate your stick back. The higher your stick raises, the more power... but the longer it takes to get the shot off. As you are rotating your stick, shift your weight to your back foot.



Note:

As you rotate back, make sure your stick doesn't twist behind your head. You want your stick to rotate in the same plane as the shot direction. If your stick rotates back behind your head, you will lose power. First start with a smaller back swing, and raise it when you can be sure that your stick rotates properly.



The Perfect Release is designed to keep your swing in the proper rotational plane. If the rubber band touches up against your torso in any part of the swing, you are not rotating in the correct plane and are swinging your stick behind your head. Be sure to take a few practice swings without the puck to see how the band rotates around your torso without ever touching you. For best results, take a video of yourself in slow motion to assess your rotation.