



AMHA 1000 Puck Challenge

Player Name		Team/level	
Email		T-Shirt Size	

Week 1:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	20 Wrist Shots			
Day 2	20 Wrist Shots			
Day 3	20 Wrist Shots			
Day 4	20 Back Hand Shots			
Day 5	20 Back Hand Shots			

Week 2:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	20 Wrist Shots			
Day 2	20 Wrist Shots			
Day 3	20 Wrist Shots			
Day 4	20 Back Hand Shots			
Day 5	20 Back Hand Shots			

Week 3:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	20 Wrist Shots			

Day 2	20 Wrist Shots			
Day 3	20 Wrist Shots			
Day 4	20 Back Hand Shots			
Day 5	20 Back Hand Shots			

Week 4:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	20 Wrist Shots			
Day 2	20 Wrist Shots			
Day 3	20 Wrist Shots			
Day 4	20 Back Hand Shots			
Day 5	20 Back Hand Shots			

Week 5:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	20 Wrist Shots			
Day 2	20 Wrist Shots			
Day 3	20 Wrist Shots			
Day 4	20 Back Hand Shots			
Day 5	20 Back Hand Shots			

Week 6:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	20 Wrist Shots			
Day 2	20 Wrist Shots			
Day 3	20 Wrist Shots			
Day 4	20 Back Hand Shots			
Day 5	20 Back Hand Shots			

Week 7:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	20 Back Hand Shots			
Day 2	20 Back Hand Shots			
Day 3	20 Player Pick Shots			
Day 4	20 Forward Face Wrist/Snap Shot			
Day 5	20 Forward Face Wrist/Snap Shot			

Week 8:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	20 Back Hand Shots			
Day 2	20 Back Hand Shots			
Day 3	20 Player Pick Shots			
Day 4	20 Forward Face Wrist/Snap Shot			
Day 5	20 Forward Face Wrist/Snap Shot			

Week 9:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	20 Forward Face Wrist/Snap Shot			
Day 2	20 Forward Face Wrist/Snap Shot			
Day 3	20 Back Hand Shots			
Day 4	20 Back Hand Shots			
Day 5	20 Player Pick Shots			

Week 10:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	20 Back Hand Shots			
Day 2	20 Back Hand Shots			
Day 3	20 Forward Face Wrist/Snap Shot			
Day 4	20 Forward Face Wrist/Snap Shot			
Day 5	20 Player Pick Shots			