



AMHA 5000 Puck Challenge

Player Name		Team/level	
Email		T-Shirt Size	

Week 1:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shots- 50 Low/50 High			
Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Slap Shots			
Day 5	100 Player Pick Shots			

Week 2:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shots- 50 Low/50 High			
Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Dribble on Backhand to Forehand Wrist Shot			
Day 5	100 Player Pick Shots			

Week 3:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shots- 50 Low/50 High			

Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Running Man Shot			
Day 5	100 Player Pick Shots			

Week 4:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shots- 50 Low/50 High			
Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Slap Shots			
Day 5	100 Player Pick Shots			

Week 5:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shots- 50 Low/50 High			
Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Slap Shots			
Day 5	100 Player Pick Shots			

Week 6:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shots- 50 Low/50 High			
Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Pull Push Wrist Shot			
Day 5	100 Player Pick Shots			

Week 7:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shots- 50 Low/50 High			
Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Catch and Release			
Day 5	100 Player Pick Shots			

Week 8:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shots- 50 Low/50 High			
Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Toe Pull Shot			
Day 5	100 Player Pick Shots			

Week 9:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shots- 50 Low/50 High			
Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Backhand Pull Back			
Day 5	100 Player Pick Shots			

Week 10:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shots- 50 Low/50 High			
Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 360 Series			
Day 5	100 Player Pick Shots			