



**GOAL:** Increase shot velocity, quickness and accuracy

**PLAN:** Shoot 5000 pucks in 14 weeks

**WEEKLY GOAL:** 360 shots per week

HOME OF THE

# 5,000

Puck CHALLENGE

## WRIST SHOT



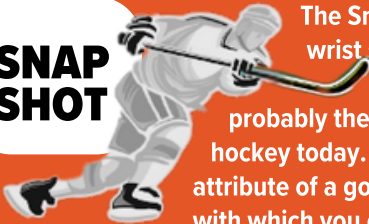
The Wrist Shot is a valuable tool for players of all ages. This is the most accurate shot in hockey as the puck is in contact with the stick throughout the shooting motion.

## BACKHAND SHOT



The Backhand Shot is maybe the most difficult for a goalie to save, and probably the most difficult to master.

## SNAP SHOT



The Snap Shot is quicker than a wrist shot and more accurate than a Slap Shot. It's probably the most widely used shot in hockey today. The most important attribute of a good snap shot is the speed with which you can release the puck.

## WRIST SHOT BALANCING ON ONE FOOT



Seldom is a player in the perfect position for a shot on goal, this drill works on proper technique while in an off-balanced position.

## DRAG & SHOOT



The ability to shoot the puck in various situations that arise during a hockey game is an invaluable skill. The Drag & Shoot drill provides a game-like situation that includes a set-up move prior to the shot changing the angle of the shot and creating more speed on the shot.

## SLAP SHOT



Timing and proper technique are the foundation of mastering a powerful Slap Shot. Of all the shot in hockey, the Slap shot has the most speed and power.

## STICK HANDLE & QUICK RELEASE



Quickness often trumps power when it comes to generating quality scoring chances. Whether in traffic or off the rush not giving the goalie a chance to get into their set position is key.

## ONE TIMER BONUS



A difficult skill to master, but one well worth practicing, the one-timer slap shot can be executed while stationary, or in motion. Again as with any one-time shot, timing is the key.

TRACK YOUR SHOTS BY CHECKING OFF EACH 100 SHOT BOX

### WRIST SHOT

200	<input type="checkbox"/>	200	<input type="checkbox"/>	200	<input type="checkbox"/>	200	<input type="checkbox"/>	200	<input type="checkbox"/>
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### SNAP SHOT

100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>
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### DRAG & SHOOT

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### STICK HANDLE & QUICK RELEASE

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### BACKHAND SHOT

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### WRIST SHOT BALANCING ON 1 FOOT

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### SLAP SHOT (snap shot mites & squirts)

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### ONE TIMES BONUS

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TOTAL

Name \_\_\_\_\_