

Cambridge-isanti 10,000 SHOT CLUB

HOCKEY OFF-SEASON TRAINING: MAY - NOVEMBER

The Challenge

To reach **10,000 shots** between May 1st and November 30th, you need to average approximately **47 shots per day**.

Monthly Breakdown

Month	Days	Target Shots	Cumulative
May	31	1,500	1,500
June	30	1,500	3,000
July	31	1,500	4,500
August	31	1,500	6,000
September	30	1,500	7,500
October	31	1,500	9,000
November	30	1,000	10,000

Shot Variety Recommendations

- **Wrist Shots (30%):** 3,000 shots - Focus on accuracy and weight transfer.
- **Snap Shots (30%):** 3,000 shots - Focus on quick release.
- **Backhand (20%):** 2,000 shots - The most undervalued shot in hockey.
- **Slap Shots / One-Timers (20%):** 2,000 shots - Focus on heavy contact and flex.

Pro Tips for Success

- ✓ **Quality over Quantity:** Better to take 25 perfect shots than 100 lazy ones.
- ✓ **Shoot from your knees:** Practice scoring when you're off-balance.
- ✓ **Change the Angle:** Move the puck toward or away from your body before shooting.
- ✓ **Use the Tracker:** Log your shots in the Excel file daily to stay accountable!