

Becker Big Lake 10,000 Puck Challenge Notes

Guidelines:

- Be honest with yourself
- You will only improve with practice
- Mite - 4,000 shots
- Squirt - 7,600 shots
- Pee Wee - 10,000 shots
- Bantam - 12,400 shots
- Completed/signed sheets submitted by September 1st, 2025, on HockeyShare.com
- You have **17 weeks & 4 days** to reach your goal!
- Use types of shots appropriate for age level Wrist shot, Snap shot, Backhand shot and Slapshot

Equipment needed

- Pucks (10 minimum, 25 - 50 is better & faster)
- Stick (may want to use a smaller stick if shooting in shoes, regular length if on rollerblades)
- Stickhandling ball (golf ball or store bought)
- Smooth shooting surface
- Net or backstop (a hanging tarp works well)

Shooting

- Mites - 25ft from net (15ft for backhand)
- Squirt- 25ft from net (15' for backhand)
- Peewee - 35ft from net (20" for backhand)
- Bantam - 40ft from net (20' for backhand)

Stick Handling

- 15 minutes of stick handling = 50 shots
- Be creative - make an obstacle course, jump on one foot, wear rollerblades
- Refer to USA Hockey website: www.usahockey.com

Tips

- Regular schedule - better to practice for a short time everyday rather than once in awhile
- Make a game out of practice
- Spend extra time on your weakness (backhand)
- Heap up when shooting - shift your weight
- Practice for accuracy - use targets (paper plates)
- Shoot 5% from unusual positions (wrong or 1 foot, one or both knees, seated, different hand spacing, etc.)
- Pull the puck to your body and shoot
- Shot begins with puck at the side of the body and behind back foot
- Cup the puck
- Good follow through and shoot HARD !!