





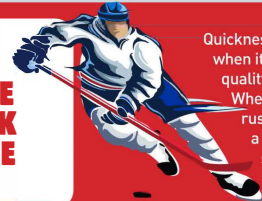





12U, Pee Wee & Above

How much do you think your shot would improve if you were to take 5,000 shots over a 10-week period?

To accomplish this goal, the EPHA has created a puck-challenge plan for players of all ages and abilities to follow over 10 weeks of spring. Those that attain the goal of 5,000 shots by the deadline, will become members of the 'Eagle 5,000 Shot Club'.

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| <p>WRIST SHOT WEEK 1</p>  | <p>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.</p> | <p>BACKHAND SHOT WEEK 2 & 5</p>  | <p>The Backhand Shot is maybe the most difficult for a goalie to save, and probably the most difficult to master.</p> |
| <p>SNAP SHOT WEEK 3 & 5</p>  | <p>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.</p> | <p>WRIST SHOT BALANCING ON ONE FOOT WEEK 4</p>  | <p>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.</p> |
| <p>DRAG & SHOOT WEEK 6</p>  | <p>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.</p> | <p>WRIST SHOT WEEK 7</p>  | <p>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.</p> |
| <p>STICK HANDLE & QUICK RELEASE WEEK 8</p>  | <p>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.</p> | <p>ONE TIMER BONUS</p>  | <p>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.</p> |



5000 PUCK CHALLENGE

How well do you think your shot would improve if you were to take 5000 shots over a 10-week period? We have created a plan for players of all ages and abilities to follow over 10 weeks to accomplish this goal.

GOAL: Increase shot speed, quickness and accuracy
THE PLAN: Shoot 5000 pucks in 10 weeks
WEEKLY GOAL: 500 shots per week.
DAILY GOAL: 100 shots per day (5 days per week)

GOALIES



Think the 5000 Puck Challenge is only for players? Think again. The EPHA is challenging all Goaltenders to take the 5000 Puck Challenge by taking 5000 shots using various shots and angles. Find a friend or family member to shoot on you and follow along each week. Remember, you don't have to make 5000 saves just be in the net for 5000 shots and work on your techniques.

TRACK YOUR SHOTS BY CHECKING OFF EACH 100 SHOT BOX. ONCE YOU ARE FINISHED, SUBMIT YOUR TRACKING SHEET.

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| <p>WEEK 1 - WRIST SHOT</p> <p>100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/></p> <p>WEEK 2 - BACKHAND SHOT</p> <p>100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/></p> <p>WEEK 3 - SNAP SHOT</p> <p>100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/></p> <p>WEEK 4 - WRIST SHOT - BALANCING ON ONE FOOT</p> <p>100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/></p> <p>WEEK 5 - SNAP SHOT & BACKHAND SHOT</p> <p>100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/></p> | <p>WEEK 6 - DRAG & SHOOT</p> <p>100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/></p> <p>WEEK 7 - WRIST SHOT</p> <p>100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/></p> <p>WEEK 8 - STICK HANDLE & QUICK RELEASE</p> <p>100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/></p> <p>WEEK 9 - PLAYER'S CHOICE</p> <p>100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/></p> <p>WEEK 10 - PLAYER'S CHOICE</p> <p>100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/> 100 <input type="checkbox"/></p> |
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NAME _____

TEAM _____

POSITION _____

PARENT SIGNATURE _____

Once completed, please email a picture of your signed tracking sheet, with a photo of the participant to GrowthDirector@ephockey.com. Questions? Email GrowthDirector@ephockey.com

