



## New England Stars 5,000 Shot Challenge

Week 8 | May 18-25, 2020

Get better this spring/summer by completing our 5,000 Shot Challenge! Just a few minutes each day is needed to complete the challenge. Follow our step-by-step 10-week program and watch your shot improve. We will be releasing weekly programs and instructional videos demonstrating the different shot techniques for the program.

Once you complete the program, fill out the google form at [www.NEStarsHockey.com](http://www.NEStarsHockey.com) to be featured on our website! Feel free to send/post progress videos or photos along the way by tagging us on social media platforms with #NEStars5000

Good Luck and Have Fun!

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Players and Goalies (overhand grip for all)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Drop hands and Snap								125
Unbalanced - Left Foot								125
Unbalanced - Right Foot								125
Flip up and bat								125

[WWW.NESTARSHOCKEY.COM](http://WWW.NESTARSHOCKEY.COM)