




**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**



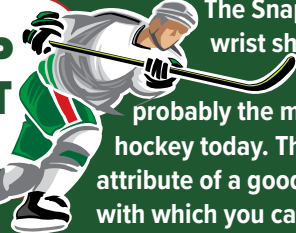
The Wrist Shot is a valuable tool for players of all ages. This is the most accurate shot in hockey as the puck is in contact with the stick throughout the shooting motion.

**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**



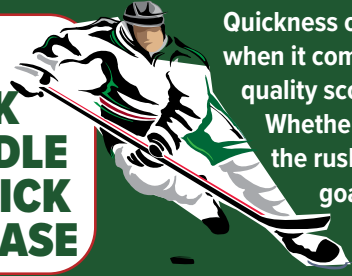
The ability to shoot the puck in various situations that arise during a hockey game is an invaluable skill. The Drag & Shoot drill provides a game-like situation that includes a set-up move prior to the shot changing the angle of the shot and creating more speed on the shot.

**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**

100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<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**

100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>
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**STICK HANDLE & QUICK RELEASE**

100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>
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**BACKHAND 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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**WRIST SHOT BALANCING ON 1 FOOT**

100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>
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**SLAP SHOT** (snap shot mites & squirts)

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**ONE TIMES BONUS**

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**TOTAL**

Name \_\_\_\_\_