



# New England Stars 5,000 Shot Challenge

## Week 6 | May 4 - May 10, 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!

Week 6   May 4 - May 10, 2020								
Forwards / Defense	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Toes at net, reach around forehand & backhand								125
Lefties - step R,L,R,L shoot Righties L,R,L,R shoot								125
Toes at puck backhand shot								125
Lefties - L,R slapshot, Righties - R,L slapshot								125

  

Goalies	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Toes at net, reach around forehand & backhand								125
Toes at net, drag & shoot through 2 puck								125
Toes net, push & shoot through 2 pucks								125
Short saucer passes								125

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