



GUIDELINES:

- Work on improving quick-release & velocity, not just accuracy
- Shoot from different positions, angles, & distances
- Wrist shots: transfer weight, follow through where you want puck to go
- Snap shots: pull puck in close to body, get body weight “over the puck”, quick release
- Don’t always shoot while stationary. Incorporate moving feet, shooting at different angles, & positions while moving
- Switch it up every 10-20 pucks
- With a buddy, work on one-timers & shooting off the pass. Pass can come from behind net, side, all angles. Practice shooting off the pass, no-stickhandle
- Be intentional with every shot, don’t just shoot to shoot, focus on quick release, hitting a spot, shooting puck hard
- Make games & competitions with buddies, have fun!

Sabre players who successfully complete the challenge will get their names on a banner in the arena lobby and name with before/after pictures will be posted on Social Media.

