

# MIRACLE HOCKEY



## PUCK CHALLENGE

### TRACKING SHEET

**GOAL:** Increase shot speed, quickness and  
**The Plan:** Shoot allotted pucks in 10 weeks

Level	Shots per week	Average shots per day
Mini-Mites	250	36
Mites		
1st year Squirt		
2nd year Squirt	500	72
Peewee		
Bantam		
High School	1000	143
Girls Varsity		

		Date	Shots Total	
WEEK 1:				
	Wrist Shot Low Corner			Parent Initial
Day 1	Wrist Shot Low Corner			
Day 2	Wrist Shot Low Corner			
Day 3	Wrist Shot Low Corner			
Day 4	Wrist Shot Low Corner			
Day 5				

		Date	Shots Total	
WEEK 2:				
	Wrist Shot Top Corner			Parent Initial
Day 1	Wrist Shot Top Corner			
Day 2	Wrist Shot Top Corner			
Day 3	Wrist Shot Top Corner			
Day 4	Wrist Shot Top Corner			
Day 5				

		Date	Shots Total	
WEEK 3:				
	Backhand Shot Low Corner			Parent Initial
Day 1	Backhand Shot Low Corner			
Day 2	Backhand Shot Low Corner			
Day 3	Backhand Shot Low Corner			
Day 4	Backhand Shot Low Corner			
Day 5				

		Date	Shots Total	
WEEK 4:				
	Backhand Mid-Upper			Parent Initial
Day 1	Backhand Mid-Upper			
Day 2	Backhand Mid-Upper			
Day 3	Backhand Mid-Upper			
Day 4	Backhand Mid-Upper			
Day 5				

		Date	Shots Total	
WEEK 5:				
	Wrist / Snap Shots			Parent Initial
Day 1	Wrist / Snap Shots			
Day 2	Wrist / Snap Shots			
Day 3	Wrist / Snap Shots			
Day 4	Wrist / Snap Shots			
Day 5				

		Date	Shots Total	
WEEK 6:				
	Wrist Shot -1/2 Low * 1/2 High			Parent Initial
Day 1	Wrist Shot -1/2 Low * 1/2 High			
Day 2	Wrist Shot -1/2 Low * 1/2 High			
Day 3	Wrist Shot -1/2 Low * 1/2 High			
Day 4	Wrist Shot -1/2 Low * 1/2 High			
Day 5				

		Date	Shots Total	
WEEK 7:				
	Backhand - All corners			Parent Initial
Day 1	Backhand - All corners			
Day 2	Backhand - All corners			
Day 3	Backhand - All corners			
Day 4	Backhand - All corners			
Day 5				

		Date	Shots Total	
WEEK 8:				
	Wrist / Snap Shots			Parent Initial
Day 1	Wrist / Snap Shots			
Day 2	Wrist / Snap Shots			
Day 3	Wrist / Snap Shots			
Day 4	Wrist / Snap Shots			
Day 5				

		Date	Shots Total	
WEEK 9:				
	Backhand - Slap shot			Parent Initial
Day 1	Backhand - Slap shot			
Day 2	Backhand - Slap shot			
Day 3	Backhand - Slap shot			
Day 4	Backhand - Slap shot			
Day 5				

		Date	Shots Total	
WEEK 10:				
	Any Shot / Slap Shot			Parent Initial
Day 1	Any Shot / Slap Shot			
Day 2	Any Shot / Slap Shot			
Day 3	Any Shot / Slap Shot			
Day 4	Any Shot / Slap Shot			
Day 5				

After taking your shots in 10 weeks, you should dramatically improved your shooting skills.

Player Name \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

Phone \_\_\_\_\_

Team \_\_\_\_\_

Total shots taken in 10 weeks:

I verify that all information regarding the amount of shots taken to be correct

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Parent Signature