THE OMHA PLAYERS CLUB PROVIDES NEW AND EXCITING CHALLENGES TO HELP PLAYERS CELEBRATE HOCKEY SKILLS AND DEVELOP THEIR GAME AT HOME THROUGHOUT THE YEAR! BY JOINING THE CLUB YOU WILL GAIN EXCLUSIVE ACCESS TO HOCKEY CHALLENGES DURING THE SEASON, KEY HOCKEY TIPS, AND YOUR CHANCE TO WIN SOME AWESOME PRIZES.

VISIT OMHA.NET/PLAYERSCLUB TO REGISTER FOR FREE AND GET STARTED TODAY!

Track your shots by checking off each 100 shot box. Once you are finished, submit your tracking sheet to collect your prize!

**Week 1 - Wrist Shot**

**Week 2 - Backhand Shot**

**Week 3 - Snap Shot**

**Week 4 - Wrist Shot - Balancing on One Foot**

**Week 5 - Snap Shot & Backhand Shot**

**Week 6 - Drag & Shoot**

**Week 7 - Slap Shot**

**Week 8 - Stick Handle & Quick Release**

**Week 9 - Player’s Choice**

**Week 10 - Player’s Choice**

Scan the page or take a photo and send it to playersclub@omha.net or mail to:

OMHA
C/O Players Club
25 Brodie Drive, Unit 3
Richmond Hill, ON
L4B 3K7

Visit YouTube.com/ontariomnorhockey to watch how it’s done.

**Goalies**

Think the 5000 Puck Challenge is only for players? Think again. The OMHA is challenging all Goalenders to take the 5000 Puck Challenge by taking 5000 shots using various shots and angles. Find a friend or family member to shoot on you and follow along each week. Remember, you don’t have to make 5000 saves just be in the net for 5000 shots and work on your techniques.

**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 shot 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.

**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**

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.

**Wrist Shot Balancing on One Foot**

Timing and proper technique are the foundation of mastering a powerful Slap Shot. Of all the shots 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.