



WASHINGTON WILD SHOOT & SCORE CLUB



RULES

1. For all current WWFHA members on a WWFHA team in 2015 - 2016
2. You must track your shots (or shots on you if you are a goalie) and hand in your log to earn the Washington Wild Shoot & Score Club Award (or 'Shoot and Save Club' for goalies):
3. Your parents must initial each day you shoot pucks
4. Keep your logs and return at the end of the month (November – March) to info@wwfha.com (scan and email)
5. Awards will be given once log is verified

MONTHLY GOALS by TEAM / AGE

- a. **19U Rep, 19U and 14U Rep players:** 1500 shots per month
- b. **14U and 12U players:** 750 shots per month
- c. **10U/U8/U6:** 250 shots per month

MAKE TRACKING EASIER

1. Set a goal for daily shot totals
2. Set a regular time of day to shoot, and stick with that time
3. Shooting with friends is more fun!
4. Have a dedicated place to shoot off-ice; use a net or even hang a tarp to shoot against
5. Use an even number of pucks to make tallying easier
6. **Know that you can take 100 shots with 20 pucks in about 20 minutes**



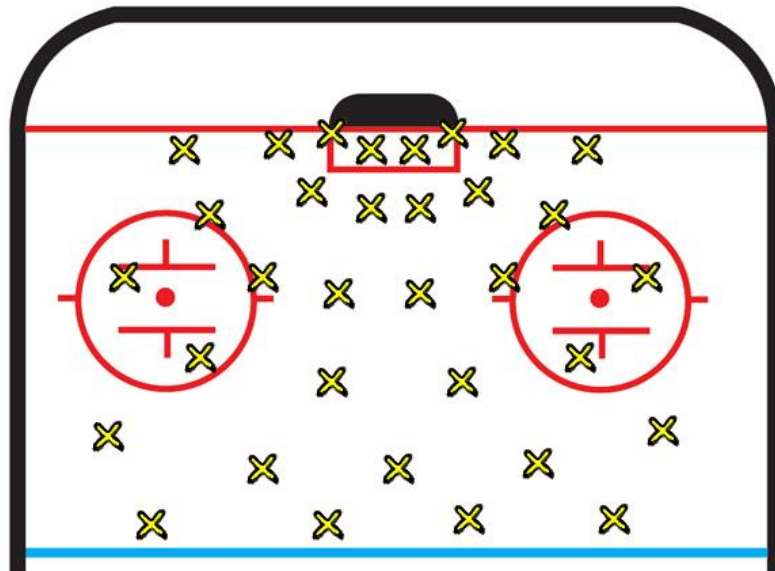
WA WILD SHOOT & SCORE CLUB: Shot Ideas and Locations

WEEKLY SUGGESTIONS

Beginners to intermediate players should focus on proper shot technique more than shot type. Focus on wrist shots, both forward & backwards, before moving on to snap & slap shots. Check in with a coach for proper technique. The following are suggestions to help you get started but focus on what is fun for you!

- **Week 1:** Wrist Shots– low corners
- **Week 2:** Wrist Shots – high corners
- **Week 3:** Backhand Shots – low corners
- **Week 4:** Backhand Shots – high corners
- **Week 5:** Snap Shots – low corners
- **Week 6:** Slap Shots – low corners
- **Week 7:** Slap shots – mid to high corners
- **Week 8:** Alternate shots, alternate lead foot, alternate targets on all shots
- **Week 9:** Wrist Shots– low corners
- **Week 10:** Wrist Shots – high corners
- **Week 11:** Snap Shots – low corners
- **Week 12:** Slap Shots – low corners
- **Week 13:** Slap shots – mid to high corners

SUGGESTED SHOT LOCATIONS – semi-circle around net; start close and move out.



AGE SPECIFIC DIRECTION

Ages 10 and under

- Focus on proper shot technique for basic shot types and repetition

Ages 11 - 13

- Focus on proper shot technique for all shot types and repetition
- Add a pre-shooting session to fatigue your arms to simulate shooting in game situations

Ages 14 and older

- Ensure proper shot technique without thought
- Add a pre- and post-shooting session to fatigue your arms to simulate shooting in game situations and work to strengthen arms
- Advanced players practice more of the challenging shot of game situations: awkward angles and close in on the net (see below)



WA WILD SHOOT & SCORE CLUB: Strength and Fatigue

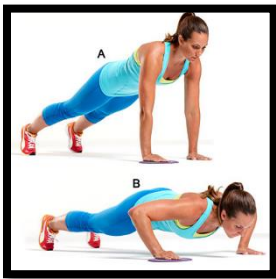
ARM STRENGTH AND ARM FATIGUE FOR GAME SITUATIONS

The following moves can help build strength – pushups, Burpees, planks & jump squats. Younger players may do 1 rep, while older players may choose to do multiple repetitions. Key: add strength.

If you have the basic shot form mastered & can shoot with proper technique without much thought, you can also challenge yourself by fatiguing your arms prior to your shooting session, and then again after the shooting session to add strength.

Kelly suggests the following moves to add strength and also fatigue your arms/legs/core prior to shooting:

Pushup – 10



Burpees – 10



Planks – 3 levels (hold 30 sec)



Jump Squats – 10



For intermediate and advanced players the following shot variations (be creative!):

- **Scoring Close-Up:**
 - Practice 'shelving' the puck in tight to the net (forehand and backhand), a common challenging scoring situation in games. Change angles of each tight-in shot.
- **Change Shooting Angles:**
 - In general you should practice shooting at different angles to the net, even awkward angles.
 - Take a few shots at each location with a starting point of:
 1. facing the net,
 2. facing 45 degrees to the net,
 3. facing 90 degrees to the net,
 4. and with your back to the net.
 - With each shot where you are not directly facing the net, step or stride as quickly as you can to whip around to face the net while simultaneously shooting. This takes some practice to master so give yourself some time and work with a coach.



WASHINGTON WILD SHOOT & SCORE CLUB: SHOT LOG

MONTH: _____

PLAYER NAME: _____ TEAM: _____

Day	Start Time	End Time	# of Shots	Running Total	Parent's Initial	Day	Start Time	End Time	# of Shots	Running Total	Parent's Initial
1						16					
2						17					
3						18					
4						19					
5						20					
6						21					
7						22					
8						23					
9						24					
10						25					
11						26					
12						27					
13						28					
14						29					
15						30					
						31					

Copy this sheet for multiple months; [Scan and submit WA WILD Shooting Logs to info@wwfha.com](mailto:info@wwfha.com)