

## FERGUS FALLS 10,000 PUCK CHALLENGE

### 1. Guidelines

- Be honest with yourself
- You will only improve with practice
  - 8U/Mite – 3,000 shots
  - 10U/Squirt – 6,000 shots
  - 12U/Pee Wee – 8,000 shots
  - GHS/Bantam/BHS – 10,000 shots
  - Completed/signed sheets submitted by September 1, 2016 on HockeyShare.com.
- Use types of shots appropriate for age level – Wrist shot, Snap shot, Backhand shot and Slap shot (PW and above only)
- Incorporate stick handling – 15 minutes of stick handling equals 50 shots

### 2. Equipment needed

- Pucks (10 minimum, 25 – 50 is better & faster)
- Stick (may want to use a smaller stick if shooting in shoes, regular length if on rollerblades)
- Stick handling ball (golf ball or store bought)
- Smooth shooting surface
- Net or backstop (a hanging tarp works well)

### 3. Shooting

- More than 13 weeks to reach your goal
- 8U/Mites – 25ft from net (15ft for backhand), 250 pucks/week
- 10U/Squirt – 25ft from net (15' for backhand), 475 pucks/week
- 12U/Pee Wee – 35ft from net (20' for backhand), 625 pucks/week
- GHS/BHS/Bantam – 40ft from net (20' for backhand), 775 pucks/week

### 4. Stick Handling

- 15 minutes of stick handling = 50 shots
- Be creative – make an obstacle course, jump on one foot, wear rollerblades
- Refer to USA Hockey website: [www.usahockey.com](http://www.usahockey.com) or the stations provided in the handout.
- Drills can be found under the Players tab, then under Youth, then off- ice space.

### 5. Tips

- Regular schedule – better to practice for a short time everyday rather than once in awhile
- Complete challenge with friends – track online at [www.hockeyshare.com/10000pucks](http://www.hockeyshare.com/10000pucks), search for Fergus Falls & register under age group
- Make a game out of practice
- Spend extra time on your weakness (backhand)
- Heap up when shooting – shift your weight

- Practice for accuracy – use targets (paper plates)
- Shoot 5% from unusual positions ( wrong or 1 foot, one or both knees, seated, different hand spacing, etc.)
- Pull the puck to your body and shoot
- Shot begins with puck at the side of the body and behind back foot
- Cup the puck
- Good follow through
- Shoot **HARD !!**

# STICKHANDLING CIRCUIT

## FERGUS FALLS HOCKEY

### 1. EXPANSION OF REACH

20 times extend to forehand side

20 times extend to the backhand side, releasing bottom hand

\*extend as wide as possible

\*stickhandle in front of you - then extend way out - back in front - way out - back in front

\*do 20 times each way

### 2. CUPPING

15 times

\*on forehand side, push ball way out and then cup over and quickly pull back (get some distance!)

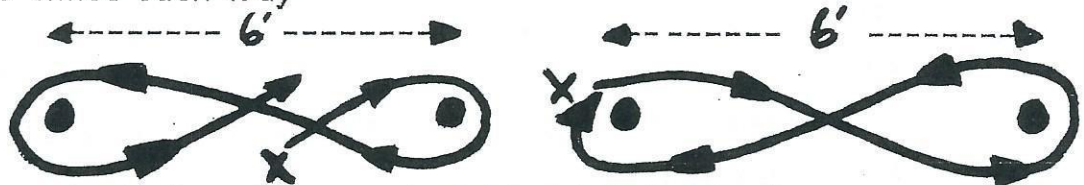
### 3. GIVE, TAKE AWAY, GO AROUND

10 times

\*push ball out, cup back (as in #2), then reach across to backhand (release to one hand)

### 4. FIGURE 8's

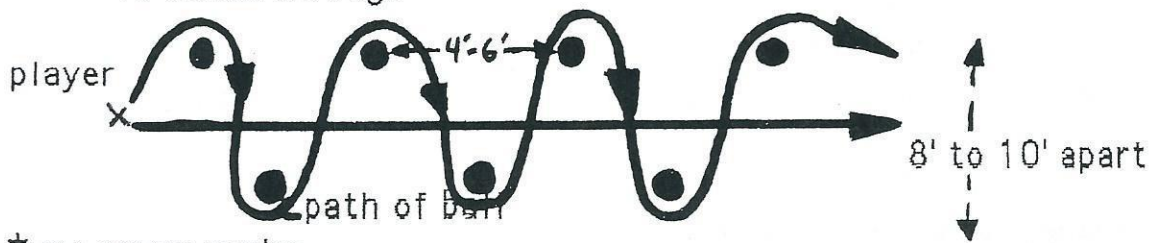
10 times each way



\*pucks can be to the sides or straight out in front of you

### 5. WIDE MOVEMENT

10 times through



\*use seven pucks

\*go down the middle, extend to both sides

### 6. QUICK STICK

10 times through



\*ten pucks in a straight line, one foot apart

\*stickhandle through as fast as possible

# Hockey Share 10,000 Puck Challenge

## How to Create an Account and get started

- a. Go to [www.hockeyshare.com](http://www.hockeyshare.com)
- b. Click on "10K Pucks" tab
- c. Click on "Player"
- d. Click on "register new account" and fill in all the information
- e. At the top of the page in green, you will see this message-"An email has been sent to (the email you entered) with instructions on how to activate your account"
- f. Click on the link in the email and it will take you to Hockey Share website with this message on the top of the page "Your account is ready to use! Thanks for confirming your account. You can now log in to your account using your credentials."
- g. Click on "Click here to log in" and enter your Log In information
- h. Repeat Steps b and c
- i. Fill in the Player Profile information
- j. Enter "Fergus Falls Hockey Association" for Find Your Team Name and choose the team for the level they will be playing at next season from these choices
  - i. Fergus Falls - 10u/Squirts 2016
  - ii. Fergus Falls - 12u/PeeWee 2016
  - iii. Fergus Falls - 8u/Mites 2016
  - iv. Fergus Falls - GHS/BHS/Bantam 2016
- k. You will see all your information on the next page and you are ready to go.

Start tracking your shots on June 1<sup>st</sup>!!