



## Willmar Hockey Association 10,000 pucks challenge.

There is no secret formula to improving your skills; either practice or be left behind. Hockey consists of two simple concepts: scoring goals and preventing them. A bucket of pucks and a backstop, or some tennis balls are all you need. It is that easy. WHA is challenging all its players to a 10,000 shoot/save experience from March 15 to August 31. If completed, there will be acknowledgement on the website as well as a prize for all that succeed.

### Rules:

1. Register your player at [willmarhockey.com](http://willmarhockey.com)
2. Log your progress to become a member of the 10,000 group. You can use the log below to track your shots.
3. 10,000 shots/saves must be completed by August 31.
4. You are on the honor system. Please be truthful with yourself and the program.
5. You must be part of the WHA youth program to take the challenge.

### Suggestions

1. Have 5 to 20 pucks for shooters, 5 tennis balls for the goalies.
2. Plan ahead to complete a certain amount every day. It will be difficult to complete all on the last few days.
3. Shooters: Have a designated area for shooting. A smooth shooting surface, like the driveway, basement floor, a plastic mat or smooth surface board from lumberyard. Set up a net or tarp with targets. Use your imagination. Remember to work on all types of shots. Wrist, snap, slap, backhand, top corner, 5 hole, bottom corner, one timers etc. Practice quick release and work on weaker shots until they are no longer the weaker ones.
- 4.
5. Goalies need and a wall to bounce the balls off. Goalies need to complete 5,000 catches and 5,000 blocks. These are completed by bouncing a ball off the wall in any way and catching it off the wall. That is one save. After several, you can then move to the blocker. Bounce the ball off of the wall and deflect it will the blocker. That would be one save each time. Push yourself. Stand close to the wall then move away from the wall. This will change the angles and speed of the ball returning to you. Can also work with a partner and have them bounce a ball to either side and you deflect or catch. Each time is one save.
6. Don't just go through the motions. Make it a game. Remember proper form. If your shots or saves are, perfect every time, move farther from or closer to the target to add a challenge. Use one foot, increase or decrease speed, change the angle, etc. Remember not to shoot or stop all 10,000 from one spot; move around the target.
7. Keep quickness, accuracy and moving in mind. Make it fun.
8. Remit complete forms to Jason Buetow by August 31<sup>st</sup>. [buetow@gmail.com](mailto:buetow@gmail.com)

Date/total	Wrist	Slap	snap	shovel	backhand	Date/total	Wrist	Slap	snap	Shovel	Backhand

Total Shots:

Player Name and player level 2018-19:

Parent signature: