



HOW WELL DO YOU THINK YOUR SHOT WOULD IMPROVE IF YOU TOOK 10,000 SHOTS OVER A 10 WEEK PERIOD?

GOAL: Increase shot speed, quickness and accuracy
PLAN: Shoot 10,000 pucks in 10 weeks
WEEKLY GOAL: 1,000 shots per week
DAILY GOAL: 200 shots per day (5 days a week)

WRIST SHOT
WEEK 1

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
WEEKS 2 & 5

The BACKHAND SHOT is maybe the most difficult for a goalie to save, and probably the most difficult to master.

SNAP SHOT
WEEKS 3 & 5

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.

WRIST SHOT
BALANCING ON ONE FOOT
WEEK 4

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.

DRAG & SHOOT
WEEK 6

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
WEEK 7

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
WEEK 8

Quickness often trumps power when it comes to 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.

GOALIES

Think the 10,000 PUCK CHALLENGE is only for players? Think again. Find a friend or family member to shoot on you and follow along each week. You don't have to make 10,000 saves, just be in the net for 10,000 shots and work on your technique.

Name: _____
 Age: _____
 Email: _____
 Team: _____
 Position: _____

TRACK YOUR SHOTS BY CHECKING OFF EACH 200 SHOT BOX. ONCE YOU ARE FINISHED, SUBMIT YOUR TRACKING SHEET TO COLLECT YOUR PRIZE!

WEEK 1 - WRIST SHOT 200
 200 200 200 200 200

WEEK 2 - BACKHAND SHOT
 200 200 200 200 200

WEEK 3 - SNAP SHOT
 200 200 200 200 200

WEEK 4 - WRIST SHOT (BALANCING ON ONE FOOT)
 200 200 200 200 200

WEEK 5 - SNAP SHOT & BACKHAND SHOT
 200 200 200 200 200

WEEK 6 - DRAG & SHOOT
 200 200 200 200 200

WEEK 7 - SLAP SHOT
 200 200 200 200 200

WEEK 8 - STICK HANDLE & QUICK RELEASE
 200 200 200 200 200

WEEK 9 - PLAYER'S CHOICE
 200 200 200 200 200

WEEK 10 - PLAYER'S CHOICE
 200 200 200 200 200

Every 2000 pucks, bring your form to AFIC concession stand for a prize. When you complete all 10,000 shots email the completed form to AAHAFundraising@gmail.com to get your Free Green Bay Gamblers Game Ticket.