

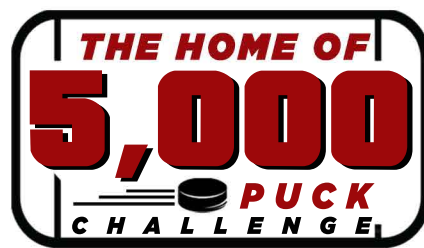


GOAL: Increase shot velocity, quickness and accuracy

PLAN: Shoot 5000 pucks in 10 weeks

WEEKLY GOAL: 500 shots per week

DAILY GOAL: 100 shots per day (5 days per week)



WRIST SHOT



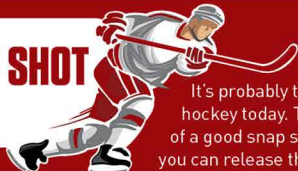
The Wrist Shot is a valuable tool for players of all ages. This is the most accurate shot in hockey as the puck is in contact with the stick throughout the shooting motion.

BACKHAND SHOT



The Backhand Shot is maybe the most difficult 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.

WRIST SHOT BALANCING ON ONE FOOT



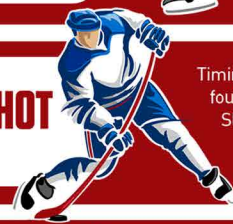
Seldom is a player in the perfect position for a shot on goal, this drill works on proper technique while in an off-balanced position.

DRAG & SHOOT



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



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.

TRACK YOUR SHOTS BY CHECKING OFF EACH 100 SHOT BOX.

WRIST SHOT

100 100 100 100 100

BACKHAND SHOT

100 100 100 100 100

SNAP SHOT

100 100 100 100 100

WRIST SHOT - balancing on one foot

100 100 100 100 100

SNAP SHOT & BACKHAND SHOT

100 100 100 100 100

DRAG & SHOOT

100 100 100 100 100

SLAP SHOT (snap shot mites to squirt)

100 100 100 100 100

STICK HANDLE & QUICK RELEASE

100 100 100 100 100

PLAYER'S CHOICE

100 100 100 100 100

PLAYER'S CHOICE

100 100 100 100 100

NAME _____

LAST SEASON OMGHA TEAM _____

TOTAL 5,000



VISIT [YOUTUBE.COM/ONTARIOMINORHOCKEY](https://www.youtube.com/ontariominorhockey) TO WATCH HOW IT IS DONE