

# 2019 Summer Puck Challenge

Mounds View Irondale Youth Hockey Association

MVI is excited to offer our Summer Puck Challenge again this off season! This is a free development program that will encourage MVI hockey players to work on a variety of skills throughout the course of the summer. Each week will have a specific task for the participants. The total number of pucks shot will not be recorded, however, completion of each challenge will need to be accounted for on a weekly basis. Stick handling skills will also be added to the weekly challenges this summer. With each challenge, be creative and have some fun!!

[Sign up here!](#)

## **Summer Puck Challenge dates:**

June 9<sup>th</sup> – August 18<sup>th</sup>

## **Kick off event:**

Turf Room, Arden Hills

June 9<sup>th</sup> from noon-2pm (No lunch will be served)

A fun event with stick handling and shooting stations, with instruction from MVI coaches and (possibly) MV high school hockey players!

## **Weekly Completion Tracking:**

Each week, parents will submit the official completion of each challenge via an online form. Weekly completion stats will be posted online through a Challenge Dashboard.

## **Goals:**

Mites/8U - 200 pucks shot and 20 minutes of stickhandling per week

Squirts/10U - 300 pucks shot and 30 minutes of stickhandling per week

Peewee/12U - 400 pucks shot and 40 minutes of stickhandling per week

Bantam/15U - 500 pucks shot and 50 minutes of stickhandling per week

Watching videos can be incredibly helpful in developing a great shot. All of the training tools you see advertised in these videos can be purchased through Strauss Skates at a huge discount for MVI Summer Puck Challenge participants! They will also be sponsoring the Challenge prizes again this year.

Link to Strauss Skates online store:

<https://mviyha2019.itemorder.com/>

Ask a friend or parent to take a video of you shooting or stickhandling so you can watch your own form. It's fun to see yourself in a video so you know what to work on. Slow motion videos are especially cool to watch as you learn new skills!

Dryland Stickhandling Video: <https://www.youtube.com/watch?v=EPrye0-ZX0Y>

Wrist/Snap Shot Technique: <https://www.youtube.com/watch?v=9lx7LW1gUeE>  
<https://www.youtube.com/watch?v=C5ENki8zIJM>

Backhand Shot Technique: <https://www.youtube.com/watch?v=nVQNjWsNSG4>

### **Week 1**

**Stickhandling** - Stationary position while doing your best to look ahead of you. Try to see the ball/puck while keeping your head up.

**Shooting** - Wrist shots on the forehand.

### **Week 2**

**Stickhandling** - Set up an obstacle course of pucks and use a golf ball or stickhandling ball to weave through your course.

**Shooting** - Wrist shots into the lower half of the net. Hit the corners!

### **Week 3**

**Stickhandling** - Work with a partner. Make a pass to each other every so often to trade pucks/balls.

**Shooting** - All shots are backhands. Be sure to start your shot on the heel of your stick and transfer your weight towards the net on your shot.

### **Week 4**

**Stickhandling** - Use a ball and use your feet to kick the ball back up to your stick every few moves. Using your feet can really help control the puck on the ice (Just watch videos of Crosby or McDavid to see how often they use their feet to maintain control of the puck!)

**Shooting** - Destroy something! Set up an old box, milk cartons, pop cans or other objects you have permission to destroy in front of your net or shooting target. Shoot with all your might to destroy that object! Lean into your shot to generate power!

### **Week 5 -**

**Stickhandling** - Control the puck or ball in the shape of a figure 8 around 2 objects. Work on getting your hands out away from your body as you work around the figure 8.

**Shooting** - All shots this week are into the top half of the net. You can mix forehand and backhand shots. Aim for the corners. Mites/8U can use tennis balls or street hockey balls if they are not able to raise the puck yet.

### **Week 6 -**

**Stickhandling** - Challenge week! Try something new. Pick the puck up on your stick and see how many times you can bounce it off your stick in the air without it hitting the ground. Be creative. Take a video of it and show your friends and family.

**Shooting** - All shots this week are from an angle to the net. Set up your net off to the side as though you are shooting from the side faceoff dot.

#### **Week 7 -**

**Stickhandling** - Stickhandle pattern: short, short, wide, repeat. Do quick stickhandling moves with short movements, then extend as wide to one side as possible.

**Shooting** - Backhand shots into the lower half of the net. Drive hard into your shot and finish low. Tie a rope across your net 15-20 inches off the ground. If the shot goes above the rope, it doesn't count!

#### **Week 8 -**

**Stickhandling** - Stickhandle off to your forehand and backhand side. Nothing in front of you.

**Shooting** - Backhand shots into the top half of the net. You may want to move the shooting platform closer to the net. A quick backhand shot up high in front of the net can lead to a lot of goals!

#### **Week 9 -**

**Stickhandling** - Try stickhandling with your eyes closed. Count how many times you can work the puck or ball back and forth before you lose control. Did you get 5 touches? 10?! 20?!!!

**Shooting** - Quick release. Have a friend slide pucks to you from the side and release your shots as quickly as possible.

#### **Week 10 -**

**Stickhandling** - You made it! Have fun this final week and work on a variety of stickhandling skills. Take a video of yourself and watch how much you have improved over the past 10 weeks. Thank you for committing to this challenge!

**Shooting** - You made it! Have fun this final week and work on a variety of shooting skills. Work on the shot that you think is the most challenging for you. Shoot high. Shoot low. Be creative! Thank you for committing to this challenge!

[Sign up here!](#)