

# It's time for the 10th Annual 10,000 Puck Challenge

Shoot 10,000 pucks this off season and  
become an elite member of BHB's  
**"10,000 Puck Club!"**



How much better would your shot be if you shot 10,000 pucks? Make good use of your time this summer and improve your game. Become the sniper you always dreamed about. Develop a quick release. Be the player that goalies hate. Make your shot laser accurate!

Rules:

1. Keep track of your shots.
2. Achieve the goal by the beginning of next year's regular season.
3. Next fall, notify us on Facebook that you completed the task and **receive a custom 10,000 puck club t-shirt.**
4. Wear your shirt with pride. You earned it!

Suggestions:

-Get 20 pucks and shoot 5 sets/day.

-Have a designated area to shoot.

-Plan ahead for days you can't shoot.

-Set up your shooting area with a net or tarp with targets in the corners.

-Get a smooth surface from which to shoot. Menards has 4x8 sheets of wall covering for under \$20 that work well. Or you can get sheets of plastic from hockey retailers or plastic supply companies.

-Work on all types of shots: wrist, snap, slap, backhand, top corner, 5 hole, bottom corner. Practice your quick release. Practice your weaker shots until they are no longer a weakness. **DON'T FORGET YOUR BACKHAND!**

-Don't just shoot pucks. Remember, practicing just to practice doesn't necessarily make you better. Challenge yourself. Make up games. See if you can get 10 of 20 shots through a target. Can you hit a post 25% of the time? The crossbar?

-YouTube has several good videos for learning technique.

**Practice hard. Practice smart.**

**Good luck.**

