

5000 Puck Club – Weekly Shot Instructions

Week #1 & #2 – Jun 21st – July 5th **Goal:** Shoot 100 pucks 5 days this week to reach a total of 500 shots for the week. Shooting instructions for week #1 & #2: Wrist shots only. Wk #1 Low corners only. Wk #2 Top corners only.

- Wrist shot, also known as the sweep shot, should be the most accurate shot. When practicing the wrist shot follow the following guidelines as described by USA Hockey.
- Hands proper length apart on the stick. (One forearm length).
- Shot begins with the puck at the side of the body and behind the back foot.
- Cup the puck with blade of stick.
- Weight transfer as you shoot from back leg to front leg.
- Follow through will dictate the height and accuracy of shot. (Finish with blade pointing to your target).
- Puck starts at the middle of the blade and moves to the toe as you sweep.

Week #3 & #4 – July 6th – July 20th **Goal:** Shoot 100 pucks in 5 days to reach 500 total shots for the week. Shooting instructions for week #3 & #4: Backhand shots ONLY
Wk #3 Low corners only, Wk#4 Top corners only. Like the wrist shot, it is very important to generate speed of the stick blade. Remember that form and accuracy come before attempting quicker shots. See below for guidelines described by USA Hockey.

- Hands held approximately 12 to 15 inches apart.
- Shot begins with the puck at the side of the body and behind the back foot.
- The blade of the stick is to be cupped over the puck.
- Transfer weight from back skate to front skate as you shoot.
- Start with puck in the middle of the stick blade while moving it to the toe during shot.
- Follow-through with a straight blade or closed blade.

Week #4 – Raised Backhand – Midway through your shot, you will begin to open the stick blade and follow through will end with an open blade rather than straight or closed blade.

Week #5 – July 21st – July 29th **Goal:** Shoot 100 pucks each day for 5 days to reach 500 total shots for the week. Shooting instructions for week #5: Note the differences for divisions below.

MITES: Work on regular *wrist shots ONLY* in all corners.

SQUIRTS through HIGH SCHOOL: *Snap shots ONLY.* Lower corners only.

- To perform the snap shot, remember that the line for shooting needs to be closer to the body than for the wrist shot. The snap shot is performed quickly and can be effective in catching a goalie off guard.

Follow the instructions below for correct procedure.

- In the wind up, position the stick 10-14 inches behind the puck and 4-5 inches off the surface (ice or floor) with the blade centered on the puck.
- Rotate your wrists to make the blade of the stick parallel to the floor. Your weight should be on your back foot at this point.
- As you transfer your weight forward while making the shot, snap through the puck hitting the surface a few inches before the puck.
- Follow through will be short.

- There are many things happening at once and form is KEY to success and accuracy of the shot so start out slow and progress to create the fluidity of combined motions.
- Try opening and closing the blade during you're shot and follow through, to create a low or high shot.
- This needs to be a quick, fluid motion as the power of the shot comes from a strong sudden top hand pull and a bottom hand push on the stick while you snap your wrists and transfer your weight.

Week #6 – July 29th – Aug 5th Goal: Shoot 100 pucks each day for 5 days to reach 500 total shots for the week. Shooting instructions for week #6: **Backhand shots ONLY in all corners.**

- The backhand shot is probably the most difficult to master. PRACTICE, PRACTICE, PRACTICE! Remember, form is the key element in with all shots. Refer to week #3 and #4 for instructions.

Week #7 – Aug 6th – 13th Goal: Shoot 100 pucks each day for 5 days to reach 500 total shots for the week. Shooting instructions for week #7: Note the differences for divisions below.

MITES & SQUIRTS: *Wrist shots ONLY* on one foot. 200 on front foot, 200 on back foot & 100 on weakest foot.

PEE WEE & HIGH SCHOOL: *Slap shots ONLY.* Lower corners only.

- Position the puck 2-6 inches behind the front foot before shooting. You will find it easier to keep the shot low the further you move the puck back. Hold your stick tightly with your bottom hand just below mid stick. Keep the line of shooting close enough for comfort but far enough away to allow good extended arm movement.
- Once you have positioned the puck, view your target and draw your stick back between your waist and shoulder. At this point your weight is on your back foot.
- With force, drive your stick downward leaning into the shot and transferring your weight to the front foot.
- Just like the snap shot, hit the surface 2-3 inches behind the puck.
- Contact with the puck should be in the middle of the blade or slightly toward the heel with a closed blade. Hitting the puck toward the toe of the blade will result in a weak and uncontrolled shot.
- As you hit through the puck snap your wrists.
- Your follow through should be low as you point your stick toward the target.

Week #8 Aug 14th – Aug 21st Goal: Shoot 100 pucks each day for 5 days to reach 500 total shots for the week. Shooting instructions for week #8: See below for divisions.

MITES & SQUIRTS:: *Backhand shot ONLY* on one foot. 200 on front foot, 200 on back foot and 100 on weakest foot.

PEE WEE & HIGH SCHOOL:: *Slap shots mid to high corner.*

Week #9 Aug 22nd – Aug 28th Goal: Shoot 100 pucks each day for 5 days to reach 500 total shots for the week. Shooting Instructions for week #9: Choose your two weakest shots and try to make them your strengths by performing 250 shots each alternating upper and lower corners.

Week #10 Aug 29th – Sept 4th Goal: Shoot 100 pucks each day for 5 days to reach 500 total shots for the week. Shooting Instructions for week #10: Alternate shots, alternate lead foot, and alternate targets on all 500 shots.

Congratulations you did it! 5000 shots in 10 weeks. No doubt your shot has dramatically improved. You have earned entry into the 5000 puck club, double this total and more rewards will be bestowed upon you.

Any player who submits for entry in the 5000 Puck Club may be asked to demonstrate his/her new shooting prowess before receiving their shirt.

