



How well do you think your shot would improve if you were to take 5,000 shots over a 10-week period? Think it can't be done, think again. If you have a plan to achieve this and you are consistent with this plan there is no doubt you can achieve this goal. To help give you an idea of how this works we have put together a plan for you to follow over the next 10 weeks to accomplish this goal, IF YOU CHOOSE to reach this goal. The point we need you to take from this is that if this works for shooting 5,000 pucks why can't this same process work for getting an A in school, or any other goals you want to reach. Very simply set your goal based on what you want, develop a plan to reach that goal and then follow through with that plan.

### **SUPPLIES NEEDED:**

1. Sticks
2. Pucks (25-50 will work well and will allow you to shoot 100 pucks in about 10-15 minutes)
3. Plexiglass surface to shoot off. Plexiglass can be purchased at a local glass store or even at Home Depot. We recommend a piece approximately 30" by 54" and ¼" thick.
4. A place to shoot. We have seen players set up on the grass and shoot into a fence or in the garage shooting against plywood on the wall or into a net. It does not matter, just make sure to get permission.

### **Week #1**

**Goal: Shoot 100 pucks 5 days this week to reach a total of 500 shots for the week.**

**Shooting instructions for week #1: Wrist shots only. Low 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.
- 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 #2**

**Goal: Shoot 100 pucks 5 days this week to reach a total of 500 shots for the week.**

**Shooting instruction for week #2 - Wrist shots only. Top corners only. See wrist shot instruction from week #1.**

### **Week #3**

**Goal: Shoot 100 pucks in 5 days to reach 500 total shots for the week.**

**Shooting instructions for week #3 - Backhand shots ONLY. Low corner only.**

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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.

- 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

**Goal: Shoot 100 pucks each day for 5 days to reach 500 total shots for the week.**

**Shooting instructions for week #4 - Backhand shots ONLY. Mid to upper corner only.**

Please refer to week #3 description of the backhand shot. Form is key to success. The only difference is as follows.

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

**Goal: Shoot 100 pucks each day for 5 days to reach 500 total shots for the week.**

**Shooting instructions for week #5 - Snap shots ONLY. Low corner 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 t foot 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.
  - 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.
  - 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 your shot and follow through to create a low or high shot.
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### **Week #6**

**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**

**Goal: Shoot 100 pucks each day for 5 days to reach 500 total shots for the week.**

**Shooting instructions for week #7 - Slap shots ONLY. Low corner 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 an 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**

**Goal: Shoot 100 pucks each day for 5 days to reach 500 total shots for the week.**

**Shooting instructions for week #8 - Slap shots mid to high corner.**

### **Week #9**

**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**

**Goal: Shoot 100 pucks each day for 5 days to reach 500 total shots for the week.**

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**Shooting Instructions for week #10 - Alternate shots, alternate lead foot, and alternate targets on all 500 shots.**

**Congratulations you did it!!!!!!!!!!!!!! 5,000 shots in 10 weeks. No doubt your shot has drastically improved.**

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