**Windermere Valley Minor Hockey Association**

**Skills Development Challenge**

**The Challenge**

We would like to challenge players in our association to spend time at home, on the lake, or in the back of the rink shooting and stickhandling.

**How does it Work?**

Each level in the association will have shooting and stickhandling goals to be met each week from January to the first week of March. Players that reach their goal every week will receive recognition and a reward at the windup banquet in March. Players cannot carry each week’s activities forwards or backwards during the month unless they are injured, sick or away. Parents must initial each week’s activities. **Feel free to exceed the goal each week as we believe kids cannot practice too much!**

**Examples of Shooting**

Shoot a puck, hockey ball, tennis ball, plastic puck or any object into a net with a regular hockey stick. This can be in the backyard, on the lake, in the garage, in the basement, the back of the rink or anywhere kids can find a place to practice their shooting. Have the kids shoot at targets if possible.

**Examples of Stickhandling**

Stickhandling a puck, hockey ball, tennis ball, plastic puck or any other object continuously. This can be done anywhere that doesn’t drive parents crazy. To make it less repetitive, have the kids try a variety of stickhandling. Examples include on either side of their body, wide stickhandling, narrow, quick stickhandling, toe drags, or have them stick handle around objects in a figure eight fashion. Be creative and have fun!

**Level Weekly Stickhandling Weekly Shooting**

Initiation 5 minutes, 2 times per week 25 shots, 2 times per week

Novice 5 minutes, 3 times per week 25 shots, 3 times per week

Atom 7 minutes, 3 times per week 50 shots, 3 times per week

Pee Wee 10 minutes, 3 times per week 75 shots, 3 times per week

Bantam 10 minutes, 3 times per week 100 shots, 3 times per week

Midget 10 minutes, 3 times per week 125 shots, 3 times per week

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| **Date** | **Stickhandling Minutes** | **Number of Shots** | **Parent Initial** |
| Jan 7-Jan 13 |  |  |  |
| Jan 14-Jan 20 |  |  |  |
| Jan 21-Jan 27 |  |  |  |
| Jan 28-Feb 3 |  |  |  |
| Feb 4 – Feb 10 |  |  |  |
| Feb 11 – Feb 17 |  |  |  |
| Feb 18 – Feb 24 |  |  |  |
| Feb 25 – Mar 3 |  |  |  |
| Mar 4 – Mar 10 |  |  |  |

Players can choose to do all of their week’s activities in one session if they are busy, but we prefer that they work at shooting and stickhandling multiple times each week.

Completed forms can be handed in to the coaches.