

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!

<u>Level</u>	<u>Weekly Stickhandling</u>	<u>Weekly Shooting</u>
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

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.