

The program was created as a development opportunity for hockey players to develop their shooting and scoring skills at home.

There's evidence to show that daily micro practices are effective and often superior to longer practice sessions once or twice a week. When you practice a little each day, skills don't erode. In fact, they consolidate. It's like a bank account earning compound interest: a virtuous spiral where skill accrues quickly.

So, how well do you think your shot would improve if you were to take 5000 shots over a 10-week period?

Think it can't be done? Think again! We have created a plan for players of all ages and abilities to follow over 10 weeks to accomplish this goal.

GOAL:	Increase shot speed, quickness and accuracy
The Plan:	Shoot 5000 pucks in 10 weeks
Weekly Goal:	500 shots per week
Daily Goal:	100 shots per day (5 days per week)

Getting Started | What You Need

- A regulation size net (Street hockey, or ice hockey, even drawn on a concrete wall)
- Shooter tutor or targets (Can be made out of plywood or purchased)
- Shooting surface (concrete floor, driveway, 3'x3' heavy plastic sheet)
- 10-100 pucks
- Hockey gloves
- Stick (should be a few inches shorter than the one used on the ice as player will not be wearing skates)
- Players must follow the directions for each week and meet the minimum number of shots required for that week. Players may and are encouraged to shoot more than the minimum required shots per week.
- If player cannot hit the upper corner of the net, they can shoot to the lower corner or the middle level of the net until they can hit the upper corner. Form and mechanics are more important than accuracy at the top of the net.

Create a Daily Practice Routine

- Visit the PLAYERS CLUB on the RMHA website to view video clips of each skill.
- Get into a routine. Choose a time when you can practice at the same time every day.
- Plan ahead for days that you can't practice.
- Have a dedicated place to shoot.
- Be accountable – Do what you can without technique breaking down or losing your focus – don't just go through the motions. Break your workout into smaller chunks - for example, do half the workout early in the day and finish the rest later on that day.
- Get 20 pucks and shoot 5 sets of 20 for 100 pucks in a day. This should take about 20 minutes given no distractions.

Tracking your Progress

- Players must track your shots on the 5000 Puck Challenge Tracking Sheet
- Submit completed tracking sheets for your chance to win a prize
- Parents are required to sign-off on the number of shots completed each day
- Must be under the age of 18 and a member of the RMHA in order to win

Goalies

Think the 5000 Puck Challenge is only for players? The RMHA is challenging all Goaltenders to take the 5000 Puck Challenge by facing 5000 shots using various shots and angles. Find a friend, teammate or family member to shoot on you and follow along each week, tracking the shots you face. Remember, you don't have to make 5000 saves – just face 5000 shots and work on and develop your technique.

Weekly Shot Instructions

100 pucks per day / 5 days [500 Pucks total]

Week #1	Wrist shots	250 to lower corners & 250 to upper corners
Week #2	Backhand shots	250 to lower corners & 250 to upper corners
Week #3	Snap shots	250 to lower corners & 250 to upper corners
Week #4	Wrist shots – Balancing on One foot	Back foot should be elevated on a bench or bucket equal to knee height 250 to lower corners & 250 to upper corners
Week #5	Snap shots & Backhand shots	50 each per day / 250 each per week All corners
Week #6	Drag & Shoot	250 to lower corners & 250 to upper corners
Week #7	Slap Shots	250 to lower corners & 250 to upper corners (Novice to Atom – Snap shots)
Week #8	Stickhandle & Quick Release	250 to lower corners & 250 to upper corners
Week #9	Players' Choice	Alternate shots and alternate targets
Week #10	Players' Choice	Alternate shots and alternate targets
Bonus	One-Timer	This drill can be performed as an option in Week #9 or if player wishes to continue past 10 weeks Drill can be performed with partner or using a hockey or tennis ball and passing off wall.

Shot Descriptions

Wrist Shot

- The hand grip is similar to that used for stickhandling. When possible, the lower hand moves slightly down the shaft for greater power
- Puck starts at the heel of the blade and moves toward the toe as you sweep. Spin the puck heel to toe.
- The weight of the player is transferred to the stick and the skate nearest the puck by flexing the trunk laterally.
- The grip tightens and the puck is propelled with a snap of the wrists. In one motion, the top hand snaps forward then back towards the body while the wrist is extended. The bottom wrist flexes and whips the stick through towards the target.
- Front foot points towards target and the follow-through will dictate the height and accuracy of the shot.
- Eyes should always be on the target, not on the puck.

Wrist Shot – Balancing on One Foot

- Back foot should be elevated on a bench or bucket equal to knee height
- All weight should be on front foot and extra snap of the wrists will help generate more power to the net.
- Eyes should always be on the target, not on the puck

Backhand Shot

- The backhand shot is maybe the most difficult for a goalie to save, and probably the most difficult to master.
- The hand grip is similar to that used for stickhandling. When possible, the lower hand moves slightly down the shaft for greater power.
- Puck starts at the heel of the blade and moves toward the toe as you sweep. Spin the puck heel to toe.
- Transfer body weight from back foot to front foot and the puck is released with a quick snap of the wrists while turning the blade upward. The longer the follow through, the higher the shot.

Snap Shot

- The hands are usually held slightly wider than in the stickhandling position.
- The stick blade is drawn behind the puck at a distance and height dictated by the time available and the distance of the target. The blade should never go higher than the hip.
- The stick should meet the ice approx. 1 inch behind the puck.
- The grip tightens and the wrists are usually locked at the moment of impact.
- Front foot points towards target and the follow-through will dictate the height and accuracy of the shot. •Eyes should always be on the target, not on the puck.

Drag & Shoot

- This drill includes a set-up move prior to the shot changing the angle of the shot and creating more speed on the shot.
- Hands are extended away from the body with hands close together.
- Pull the puck towards the body and slide bottom hand down stick slightly wider than in the stickhandling position.
- In one motion, the top hand snaps forward then back towards the body while the wrist is extended. The bottom wrist flexes and whips the stick through towards the target.
- Front foot points towards target and the follow-through will dictate the height and accuracy of the shot.
- Eyes should always be on the target, not on the puck.

Slap Shot

- The hands are spaced wider on the shaft of the stick than during normal stick handling grip.
- The puck is close to the body, centred between the legs.
- After a quick look at the target, the eyes remain fixed on the puck.
- The player is sideways to the target, bending over the puck and transferring one's weight from the back leg, to the stick, to the front leg.
- Wrists are locked and held firmly as the stick comes into contact with the ice, slightly behind the puck (½" to 1").
- As you hit through the puck, snap your wrists. Bottom thumb down and top palm up to ceiling. The harder the snap of the wrist the harder the shot will be.
- Follow-through will dictate the height and accuracy of the shot.

Stickhandle & Quick Release

- This drill includes a set-up move prior to the shot reinforcing quick hands and quick release.
- Player executes one quick stickhandle and quickly snaps pucks on goal.
- Similar to the Wrist Shot and Snap Shot, the grip tightens and the puck is propelled with a snap of the wrists. In one motion, the top hand snaps forward then back towards the body while the wrist is extended. The bottom wrist flexes and whips the stick through towards the target.
- Puck is shot from in front of the player's body meaning this shot will not have as much power but if executed properly will not allow goalie time to set-up for shot.

Bonus: One-Timer

- A difficult skill to master, but well worth practicing, the one timer slap shot can be executed while stationary, or in motion, and again as with any one timer shot, timing is the key.
- The backswing should be timed so that the downward swing begins as the puck nears the shooter.
- Players can also practice the one timer on their own by dragging the puck toward their body and shooting while it is still in motion.

Remember...

Build a foundation of technique skills > Be consistent/accountable > Increase proficiency & confidence > Have fun building your skills!