

# Cheboygan Hockey Association



Players completing the  
Challenge will receive a  
Trophy

## 5000 PUCK CHALLENGE

### TRACKING SHEET

**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)

#### WEEK 1:

		Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot Low Corner			
Day 2	100 Wrist Shot Low Corner			
Day 3	100 Wrist Shot Low Corner			
Day 4	100 Wrist Shot Low Corner			
Day 5	100 Wrist Shot Low Corner			

#### WEEK 2:

		Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot Top Corner			
Day 2	100 Wrist Shot Top Corner			
Day 3	100 Wrist Shot Top Corner			
Day 4	100 Wrist Shot Top Corner			
Day 5	100 Wrist Shot Top Corner			

#### WEEK 3:

		Date	Shots Total	Parent Initial
Day 1	100 Backhand Shot Low Corner			
Day 2	100 Backhand Shot Low Corner			
Day 3	100 Backhand Shot Low Corner			
Day 4	100 Backhand Shot Low Corner			
Day 5	100 Backhand Shot Low Corner			

**WEEK 4:**

		Date	Shots Total	Parent Initial
Day 1	100 Backhand Mid- Upper			
Day 2	100 Backhand Mid- Upper			
Day 3	100 Backhand Mid- Upper			
Day 4	100 Backhand Mid- Upper			
Day 5	100 Backhand Mid- Upper			

**WEEK 5:**

Mini-Mite through Squirt - Regular wrist shots only (all corners)

Peewee and Bantam - Snap shots only (50 lower corners; 50 upper corners each day)

		Date	Shots Total	Parent Initial
Day 1	100 Wrist / Snap Shots			
Day 2	100 Wrist / Snap Shots			
Day 3	100 Wrist / Snap Shots			
Day 4	100 Wrist / Snap Shots			
Day 5	100 Wrist / Snap Shots			

**WEEK 6:**

Regular wrist shots only - (50 lower corners; 50 upper corners each day)

Back foot should be liften in the air or on a bench or bucket equal to knee

		Date	Shots Total	Parent Initial
Day 1	Wrist Shot -50 Low   50 High			
Day 2	Wrist Shot -50 Low   50 High			
Day 3	Wrist Shot -50 Low   50 High			
Day 4	Wrist Shot -50 Low   50 High			
Day 5	Wrist Shot -50 Low   50 High			

**WEEK 7:**

		Date	Shots Total	Parent Initial
Day 1	100 Backhand - All corners			
Day 2	100 Backhand - All corners			
Day 3	100 Backhand - All corners			
Day 4	100 Backhand - All corners			
Day 5	100 Backhand - All corners			

**WEEK 8:**

Mini-Mite through Squirt - Wrist shots only (50 on front foot; 50 both feet with step at net /per day)

Peewee and Bantam - Slap shots only (Lower corners only)

		Date	Shots Total	Parent Initial
Day 1	100 Wrist / Snap Shots			
Day 2	100 Wrist / Snap Shots			
Day 3	100 Wrist / Snap Shots			
Day 4	100 Wrist / Snap Shots			
Day 5	100 Wrist / Snap Shots			

**WEEK 9:**

Mini-Mite through Squirt - Backhand shots only (all corners)

Peewee and Bantam - Slap shot (Mid to high corners)

		Date	Shots Total	Parent Initial
Day 1	100 Backhand - All corners			
Day 2	100 Backhand - All corners			
Day 3	100 Backhand - All corners			
Day 4	100 Backhand - All corners			
Day 5	100 Backhand - All corners			

**WEEK 10:**

Mini-Mite through Squirt - Alternate shots and alternate targets

Peewee and Bantam - Slap shots alternating upper and low corners

		Date	Shots Total	Parent Initial
Day 1	100 Any Shot / Slap Shot			
Day 2	100 Any Shot / Slap Shot			
Day 3	100 Any Shot / Slap Shot			
Day 4	100 Any Shot / Slap Shot			
Day 5	100 Any Shot / Slap Shot			

After taking 5000 shots in 10 weeks, you have dramatically improved your shooting skills.

Player Name \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

Phone \_\_\_\_\_

Team \_\_\_\_\_

Total shots taken in 10 weeks:

I verify that all information regarding the amount of shots taken to be correct

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Parent Signature