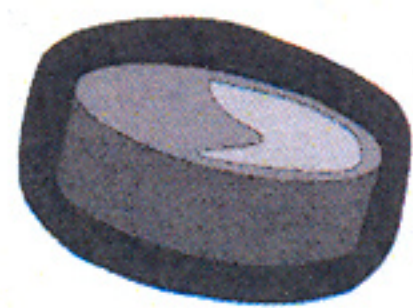


MIRACLE HOCKEY



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 Corners			
Day 2	100 Wrist Shot Low Corners			
Day 3	100 Wrist Shot Low Corners			
Day 4	100 Wrist Shot Low Corners			
Day 5	100 Wrist Shot Low Corners			

WEEK 2:

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Wrist Shot Top Corners			
Day 2	100 Wrist Shot Top Corners			
Day 3	100 Wrist Shot Top Corners			
Day 4	100 Wrist Shot Top Corners			
Day 5	100 Wrist Shot Top Corners			

WEEK 3:

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Backhand Low Corners			
Day 2	100 Backhand Low Corners			
Day 3	100 Backhand Low Corners			
Day 4	100 Backhand Low Corners			
Day 5	100 Backhand Low Corners			