

**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:**

**Novice & Atom – Regular wrist shots only (all corners)**

**Peewee through Midget – 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 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:**

**Novice & Atom – Wrist shots only (50 on front foot [as in wk 6]; 50 both feet with step at net /per day)**

**Peewee through Midget – Slap shots only (Lower corners only)**

|       |                        | DATE | SHOTS TOTAL | PARENT INITIAL |
|-------|------------------------|------|-------------|----------------|
| Day 1 | 100 Wrist / Slap shots |      |             |                |
| Day 2 | 100 Wrist / Slap shots |      |             |                |
| Day 3 | 100 Wrist / Slap shots |      |             |                |
| Day 4 | 100 Wrist / Slap shots |      |             |                |
| Day 5 | 100 Wrist / Slap shots |      |             |                |