

WEEK 9:

Novice & Atom – Backhand shots only (all corners)

Pee wee through Midget – 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:

Novice & Atom – Alternate shots and alternate targets

Pee wee through Midget – Slap shots alternating upper and low corners

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	Any shot / Slap shot			
Day 2	Any shot / Slap shot			
Day 3	Any shot / Slap shot			
Day 4	Any shot / Slap shot			
Day 5	Any shot / Slap shot			

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

Player Name: _____

Age: _____ **Phone:** _____

Email: _____

Team: _____

Total shots taken in 10 weeks:

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

Player Signature

Parent or Guardian Signature