

# TRACKING SHEET

**KNOCK OUT THE TARGETS** BY COLOURING THEM IN OR WRITING HOW MANY SHOTS YOU TOOK EACH DAY TO COMPLETE THE 10 WEEK CHALLENGE. EACH PERSON THAT ENTERS THE OMHA PLAYERS CLUB PRESENTED BY WARRIOR HOCKEY AND COMPLETES A CHALLENGE IS ELIGIBLE FOR PRIZES.



**WEEK 1**  
**WRIST SHOTS**  
100 shots a day to upper and lower targets




**WEEK 6**  
**DRAG & SHOOT**  
100 shots a day to upper and lower targets



**WEEK 2**  
**BACKHAND SHOTS**  
100 shots a day to upper and lower targets

**SO, HOW WELL DO YOU THINK YOUR SHOT WOULD IMPROVE IF YOU WERE TO TAKE 5000 SHOTS OVER A 10-WEEK PERIOD?**



**WEEK 7**  
**SLAP SHOTS**  
100 shots a day to upper and lower targets  
(Novice to Atom – Snap shots)



**WEEK 3**  
**SNAP SHOTS**  
100 shots a day to upper and lower targets

**GOAL:** INCREASE SHOT SPEED, QUICKNESS & 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 8**  
**STICKHANDLE & QUICK RELEASE**  
100 shots a day to upper and lower targets



**WEEK 4**  
**WRIST SHOTS**  
BALANCING ON ONE FOOT  
100 shots a day to upper and lower targets




**WEEK 9**  
**PLAYERS' CHOICE**  
100 shots a day to alternate targets



**WEEK 5**  
**SNAP SHOTS & BACKHAND SHOTS**  
50 each per day



**WEEK 10**  
**PLAYERS' CHOICE**  
100 shots a day to alternate targets

**You Tube** VISIT [YOUTUBE.COM/ONTARIOMINORHOCKEY](http://YOUTUBE.COM/ONTARIOMINORHOCKEY) TO FOLLOW EACH WEEK

For more information on the Long Term Player Development (LTPD) model and other Development programs offered by the OMHA – visit [www.omha.net](http://www.omha.net)

**JOIN THE OMHA PLAYERS CLUB TODAY!**  
Visit [OMHA.net](http://OMHA.net) for more information on how you can win Warrior Hockey Gear!

**OMHA**  
C/O Players Club  
25 Brodie Drive, Unit 3  
Richmond Hill, ON  
L4B 3K7

Scan the page or take a photo and send it to [ian.taylor@omha.net](mailto:ian.taylor@omha.net) or mail to:

**OMHA PLAYERS CLUB**

**NAME:** \_\_\_\_\_

**AGE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**TEAM:** \_\_\_\_\_

**POSITION:** \_\_\_\_\_

**TOTAL SHOTS TAKEN** \_\_\_\_\_

**FILL OUT FOR A CHANCE TO WIN**