



**KEEP
CALM
AND
JOIN
THE
ASPHALT
GANG**

Do you want to improve your **GOAL SCORING?** You need to **IMPROVE YOUR SHOT!**

Join the **ICE SPIRIT ASPHALT GANG** this summer to practice your shot and get rewarded (and score more goals next season).

Take **3,000 SHOTS** before October 4th and get a **\$10 gift card** to **ORANGE LEAF FROZEN YOGURT**.

Take **5,000 SHOTS** before October 4th and get the gift card and a customized **ASPHALT GANG T-SHIRT**.

YOU CAN TAKE THE SHOTS ANY WAY YOU WANT: in your basement with a tennis ball, outside with a plastic puck, at the outdoor rink at Eagle's Nest Ice Arena with a hockey ball... whatever works for you! Take your time and use a good technique (just don't break anything in your house). See the next page for some suggested shooting resources. **We recommend that you don't use your best stick to practice your shots.**

USE THE ATTACHED FORM TO RECORD YOUR PROGRESS. There are **96 days** until October 4th, so you can pace yourself. If you take **100 shots a day**, you will reach the 5,000 shot goal in only 50 days (so you can take almost every other day off). If you can take **one shot every 9 seconds**, you can take 100 shots in just **15 minutes** (so this is easier than you think).

Your coach will collect your form at a practice near the start of the season.



SHOOTING RESOURCES

http://www.youtube.com/watch?feature=player_embedded&v=n6-WbGWH8Eg

http://www.hockeyshot.com/wrist-shot_a/153.htm

<http://howtohockey.com/wrist-shot-videos>

<http://www.hockeytrain.com/shooting-tips.html>



PLAYER NAME: _____

ICE SPIRIT ASPHALT GANG SHOT TRACKER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Total
		July 1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31	August 1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31	September 1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	October 1	2	3	4	
Total Number of Shots Taken							