



MEDINA HOCKEY CLUB

5000 Puck Challenge | Program Overview



The Medina Hockey Club is excited to include the 5000 Puck Challenge as part of its Commitment to Player Development. The challenge was created as a development opportunity for Medina players to develop their shooting and scoring skills at home.

It also reinforces the concepts introduced in USA Hockey's Long Term Athlete Development (LTAD) model which sets out a development progression for hockey players.

There's evidence to show that daily micro-practices are effective and often superior to longer practice sessions once or twice a week. When you practice a little each day, skills don't erode. In fact they consolidate and skill accrues quickly.

GOAL: Increase shot speed, quickness, and accuracy

PLAN: Shoot 5000 pucks in 10 weeks

Weekly Goal: 500 shots per week

Daily Goal: 100 shots per day (5 days per week)
Should take approximately 20 minutes

Getting Started | What you need

- A regulation size net (street or ice hockey, draw on a wall, tape on a tarp)
 - Find an unused tennis court and make a net w/ targets
- Shooter tutor or targets (can be made out of plywood or purchased)
- Shooting surface (concrete floor, driveway, 3'x3' heavy plastic sheet)
- 10-100 pucks, gloves, street stick (shorter than ice)
- Players should follow the directions for each week and meet the minimum number of shots required for that week. Players may and are encouraged to shoot more than the minimum required shots per week.
- If you cannot hit the upper corner of the net, you can shoot to the lower corner or middle level until you can hit the upper corner. Form and mechanics are more important than accuracy at the top of the net.

Create a Daily Practice Routine

- Get into a routine. Choose a time when you can practice at the same time every day
- Plan ahead for days that you can't practice
- Have a dedicated place to shoot. Group up for encouragement and resources
- Be accountable – Do what you can without technique breakdown or losing your focus – don't just go through the motions. Break your workout into smaller chunks – for example, do half the workout early in the day and finish the rest later in the day
- Get 20 pucks and shoot 5 sets of 20 for 100 pucks in a day. Don't try to shoot all 100 at once. This should take about 20 minutes given no distractions.
- Players should track your shots on the 5000 Puck Challenge tracking sheet

Weekly Shot Instructions

Week #1	Wrist Shots	250 to lower corners & 250 to upper corners
Week #2	Backhand Shots	250 to lower corners & 250 to upper corners
Week #3	Snap Shots	250 to lower corners & 250 to upper corners
Week #4	Wrist Shots – Balancing on one foot	Back foot should be elevated equal to knee height (use bench/bucket if needed) 250 to lower corners & 250 to upper corners
Week #5	Snap Shots & Backhand Shots	50 each per day / 250 each per week to all corners
Week #6	Drag & Shoot	250 to lower corners & 250 to upper corners
Week #7	Slap Shots	250 to lower corners & 250 to upper corners
Week #8	Stickhandle & Quick Release	250 to lower corners & 250 to upper corners
Week #9	One Timer or Player's Choice	Alternate shots and alternate targets <i>One timer will need a partner to pass or pass off of a wall</i>
Week #10	Player's Choice	Alternate shots and alternate corners

Shot Descriptions

Wrist Shot – Balancing on One Foot

- Back foot should be elevated, equal to knee height. You can use a bench or bucket if needed for balance but you should work to use nothing.
- All weight should be on front foot and extra snap of the wrists will help generate more power to the net.
- Eyes should always be on the target, not on the puck.

Drag & Shoot

- This includes a set-up move prior to the shot changing the angle of the shot and creating more speed on the shot.

Stickhandle & Quick Release

- This includes a set-up move prior to the shot reinforcing quick hands and quick release.
- Player executes one quick stickhandle and quickly snaps pucks on goal.

Remember

- Build a foundation of technique skills
- Be consistent, be accountable
- Increase proficiency & confidence
- Have fun building your skills!