



5000 PUCK CHALLENGE

TRACKING SHEET

GOAL: Increase shot speed, quickness and 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 1:

		Date	Shots Total	Hit/Miss
Day 1	100 Wrist Shot Low Corner			
Day 2	100 Wrist Shot Low Corner			
Day 3	100 Wrist Shot Low/Top Corner			
Day 4	100 Wrist Shot Top Corner			
Day 5	100 Wrist Shot Top Corner			

WEEK 2:

		Date	Shots Total	Hit/Miss
Day 1	100 Backhand Shot Low Corner			
Day 2	100 Backhand Shot Low Corner			
Day 3	100 Backhand Shot Low/Top Corner			
Day 4	100 Backhand Shot Top Corner			
Day 5	100 Backhand Shot Top Corner			

WEEK 3:

		Date	Shots Total	Hit/Miss
Day 1	100 Snap Shot Low Corner			
Day 2	100 Snap Shot Low Corner			
Day 3	100 Snap Shot Low/Top Corner			
Day 4	100 Snap Shot Top Corner			
Day 5	100 Snap Shot Top Corner			

WEEK 4:

		Date	Shots Total	Hit/Miss
Day 1	100 Wrist Shot <i>Balancing One Foot</i>			
Day 2	100 Wrist Shot <i>Balancing One Foot</i>			
Day 3	100 Wrist Shot <i>Balancing One Foot</i>			
Day 4	100 Wrist Shot <i>Balancing One Foot</i>			
Day 5	100 Wrist Shot <i>Balancing One Foot</i>			

WEEK 5:

		Date	Shots Total	Hit/Miss
Day 1	100 Backhand / Snap Shots			
Day 2	100 Backhand / Snap Shots			
Day 3	100 Backhand / Snap Shots			
Day 4	100 Backhand / Snap Shots			
Day 5	100 Backhand / Snap Shots			

WEEK 6:

		Date	Shots Total	Hit/Miss
Day 1	100 Drag & Shoot - Wrist/Snap			
Day 2	100 Drag & Shoot - Wrist/Snap			
Day 3	100 Drag & Shoot - Wrist/Snap			
Day 4	100 Drag & Shoot - Wrist/Snap			
Day 5	100 Drag & Shoot - Wrist/Snap			

WEEK 7:

		Date	Shots Total	Hit/Miss
Day 1	100 Slap Shot			
Day 2	100 Slap Shot			
Day 3	100 Slap Shot			
Day 4	100 Slap Shot			
Day 5	100 Slap Shot			

WEEK 8:

		Date	Shots Total	Hit/Miss
Day 1	100 Stick Handle & Quick Release			
Day 2	100 Stick Handle & Quick Release			
Day 3	100 Stick Handle & Quick Release			
Day 4	100 Stick Handle & Quick Release			
Day 5	100 Stick Handle & Quick Release			

WEEK 9:

		Date	Shots Total	Hit/Miss
Day 1	100 One Timer			
Day 2	100 One Timer			
Day 3	100 One Timer			
Day 4	100 One Timer			
Day 5	100 One Timer			

WEEK 10:

		Date	Shots Total	Hit/Miss
Day 1	100 Player's Choice - Low/top Corner			
Day 2	100 Player's Choice - Low/top Corner			
Day 3	100 Player's Choice - Low/top Corner			
Day 4	100 Player's Choice - Low/top Corner			
Day 5	100 Player's Choice - Low/top Corner			

Total Shots Taken in 10 Weeks: