



***Shoot 4000 Pucks Over 8 Weeks***  
***(100 shots a day / 5 days a week)***

***Join this exclusive club and  
win a limited-edition t-shirt!\****

\* Only active Bluehawk players may qualify for a free t-shirt



***The NBHL is proud to present the "4000 Pucks of Summer Challenge"  
for 2017. This new program is designed to enhance and build  
shooting strength in players over the summer months.***

## **WHY?**

Increase shot strength, speed, and accuracy

## **WHEN?**

By August 31, 2017

## **HOW?**

Find your practice area (basement, driveway, etc.).

Get some pucks.

View each week's instructional video.

Complete & submit your parent-validated Tracking Sheet.

<https://usah.newstartmobile.com/USAH/Drill0164>

<http://usahockey.cachefly.net/Coaching/AppMaterials/SkillsAndDrills/OffIce/WristShotLowAndHigh.mp4>

<https://usah.newstartmobile.com/USAH/Drill0045>

<https://usah.newstartmobile.com/USAH/Drill0163>

## **Start shooting!**

*100 pucks a day X 5 days a week X 8 weeks = **4000 pucks!***

Name \_\_\_\_\_



# Shot Tracker

<b>Week 1: Wrist Shot – LOWER Corners</b>			
Video	<a href="https://www.youtube.com/watch?v=ONxqEQzcuM&amp;feature=youtu.be">https://www.youtube.com/watch?v=ONxqEQzcuM&amp;feature=youtu.be</a>		
	Date	Shots	Parent Signature/Initial
Day1			
Day2			
Day3			
Day4			
Day5			
<b>Week Total</b>			

<b>Week 2: Wrist Shot – UPPER Corners</b>			
Video			
	Date	Shots	Parent Signature/Initial
Day1			
Day2			
Day3			
Day4			
Day5			
<b>Week Total</b>			

<b>Week 3: Backhand Shot – Upper Corners</b>			
Video	<a href="https://www.youtube.com/watch?v=a2Q_MBNJ2Jc&amp;feature=youtu.be">https://www.youtube.com/watch?v=a2Q_MBNJ2Jc&amp;feature=youtu.be</a>		
	Date	Shots	Parent Signature/Initial
Day1			
Day2			
Day3			
Day4			
Day5			
<b>Week Total</b>			

<b>Week 4: Backhand Shot – LOWER Corners</b>			
Video			
	Date	Shots	Parent Signature/Initial
Day1			
Day2			
Day3			
Day4			
Day5			
<b>Week Total</b>			

Name \_\_\_\_\_



<b>Week 5: Backhand Shot – ALL Corners</b>			
<b>Video</b>			
	Date	Shots	Parent Signature/Initial
Day1			
Day2			
Day3			
Day4			
Day5			
<b>Week Total</b>			

<b>Week 6: Half Wrist Shot / Half Backhand Shot – ALL Corners</b>			
<b>Video</b>			
	Date	Shots	Parent Signature/Initial
Day1			
Day2			
Day3			
Day4			
Day5			
<b>Week Total</b>			

<b>Week 7: Snap Shot – All Corners</b>			
<b>Video</b>	<a href="https://www.youtube.com/watch?v=mFzYssoo6UU&amp;feature=youtu.be">https://www.youtube.com/watch?v=mFzYssoo6UU&amp;feature=youtu.be</a>		
	Date	Shots	Parent Signature/Initial
Day1			
Day2			
Day3			
Day4			
Day5			
<b>Week Total</b>			

<b>Week 8: Free Style – All Corners</b>			
<b>Video</b>			
	Date	Shots	Parent Signature/Initial
Day1			
Day2			
Day3			
Day4			
Day5			
<b>Week Total</b>			

**Grand Total:**

**CONGRATULATIONS!**

*You have completed the 4000 Pucks of Summer Challenge!*