



**15-Day Stick Skills Challenge - Round 6**

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Total
FOREHAND - round-the-world (count goals/shots)	12/25																
BACKHAND - lower 3 pockets (count goals/shots)	11/25																
SNAP SHOT - lower 3 pockets (count goals/shots)	15/25																
SLAP SHOT - lower 3 pockets (count goals/shots)	8/25																
DRAG & SHOOT - lower corner (count goals/shots)	22/50																
FAKE & SHOOT - lower corner (count goals/shots)	9/25																
THRU SCREEN - top corner (count goals/shots)	5/25																
EYES-UP DRIBBLE - w/ball (5 dribbles = 1 rep)	20																
FOREHAND/BACKHAND FLICK - under bridge	20																
FOREHAND/BACKHAND FLIP - over stick	20																
TIRE FLIP - scoop puck above tire & tap it in	20																
TIRE PASS - pass puck off tire or flip thru hole	20																
CREATIVE SHOTS/SKILLS - 1 minute = 1 rep	10																
IMPACT SPRINT JUMP WORKOUT- 1 min = 3 reps	60																
<b>Total # of shots + reps =</b>	370																
<b>Total # of minutes invested =</b>	50																

*Total Goal = 15 Days, 4500+ Reps! 300+ Reps per day for 15 Days! \* Round 6 Runs May 31 - June 14\**