

Panther Hockey 5,000 Shot 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)
Reward: Youth players whom complete this challenge will be introduced before the start of a varsity game next season

WEEK 1:

| | | Date | Shots Total | Parent Initial |
|-------|---------------------------|------|-------------|----------------|
| Day 1 | 100 Wrist Shot Low Corner | | | |
| Day 2 | 100 Wrist Shot Low Corner | | | |
| Day 3 | 100 Wrist Shot Low Corner | | | |
| Day 4 | 100 Wrist Shot Low Corner | | | |
| Day 5 | 100 Wrist Shot Low Corner | | | |

WEEK 2:

| | | Date | Shots Total | Parent Initial |
|-------|---------------------------|------|-------------|----------------|
| Day 1 | 100 Wrist Shot Top Corner | | | |
| Day 2 | 100 Wrist Shot Top Corner | | | |
| Day 3 | 100 Wrist Shot Top Corner | | | |
| Day 4 | 100 Wrist Shot Top Corner | | | |
| Day 5 | 100 Wrist Shot Top Corner | | | |

WEEK 3:

| | | Date | Shots Total | Parent Initial |
|-------|------------------------------|------|-------------|----------------|
| Day 1 | 100 Backhand Shot Low Corner | | | |
| Day 2 | 100 Backhand Shot Low Corner | | | |
| Day 3 | 100 Backhand Shot Low Corner | | | |
| Day 4 | 100 Backhand Shot Low Corner | | | |

| | | | | |
|-------|------------------------------|--|--|--|
| Day 5 | 100 Backhand Shot Low Corner | | | |
|-------|------------------------------|--|--|--|

WEEK 4:

| | | Date | Shots Total | Parent Initial |
|-------|-------------------------|------|-------------|----------------|
| Day 1 | 100 Backhand Mid- Upper | | | |
| Day 2 | 100 Backhand Mid- Upper | | | |
| Day 3 | 100 Backhand Mid- Upper | | | |
| Day 4 | 100 Backhand Mid- Upper | | | |
| Day 5 | 100 Backhand Mid- Upper | | | |

WEEK 5:

Mini-Mite through Squirt - Regular wrist shots only (all corners)

Peewee through Varsity - Snap shots only (50 lower corners; 50 upper corners each day)

| | | Date | Shots Total | Parent Initial |
|-------|------------------------|------|-------------|----------------|
| Day 1 | 100 Wrist / Snap Shots | | | |
| Day 2 | 100 Wrist / Snap Shots | | | |
| Day 3 | 100 Wrist / Snap Shots | | | |
| Day 4 | 100 Wrist / Snap Shots | | | |
| Day 5 | 100 Wrist / Snap Shots | | | |

WEEK 6:

Regular wrist shots only - (50 lower corners; 50 upper corners each day)

Back foot should be on a bench or bucket equal to knee

| | | Date | Shots Total | Parent Initial |
|-------|------------------------------|------|-------------|----------------|
| Day 1 | Wrist Shot -50 Low 50 High | | | |
| Day 2 | Wrist Shot -50 Low 50 High | | | |
| Day 3 | Wrist Shot -50 Low 50 High | | | |
| Day 4 | Wrist Shot -50 Low 50 High | | | |
| Day 5 | Wrist Shot -50 Low 50 High | | | |

WEEK 7:

| | | Date | Shots Total | Parent Initial |
|-------|----------------------------|------|-------------|----------------|
| Day 1 | 100 Backhand - All corners | | | |
| Day 2 | 100 Backhand - All corners | | | |
| Day 3 | 100 Backhand - All corners | | | |
| Day 4 | 100 Backhand - All corners | | | |
| Day 5 | 100 Backhand - All corners | | | |

WEEK 8:

Mini-Mite through Squirt - Wrist shots only (50 on front foot; 50 both feet with step at net /per day)

Peewee through Varsity - Slap shots only (Lower corners only)

| | | Date | Shots Total | Parent Initial |
|-------|------------------------|------|-------------|----------------|
| Day 1 | 100 Wrist / Snap Shots | | | |
| Day 2 | 100 Wrist / Snap Shots | | | |
| Day 3 | 100 Wrist / Snap Shots | | | |
| Day 4 | 100 Wrist / Snap Shots | | | |
| Day 5 | 100 Wrist / Snap Shots | | | |

WEEK 9:

Mini-Mite through Squirt - Backhand shots only (all corners)

Peewee through Varsity - Slap shot (Mid to high corners)

| | | Date | Shots Total | Parent Initial |
|-------|----------------------------|------|-------------|----------------|
| Day 1 | 100 Backhand - All corners | | | |
| Day 2 | 100 Backhand - All corners | | | |
| Day 3 | 100 Backhand - All corners | | | |
| Day 4 | 100 Backhand - All corners | | | |
| Day 5 | 100 Backhand - All corners | | | |

WEEK 10:

Mini-Mite through Squirt - Alternate shots and alternate targets

Peewee through Varsity - Slap shots alternating upper and low corners

| | | Date | Shots Total | Parent Initial |
|-------|--------------------------|------|-------------|----------------|
| Day 1 | 100 Any Shot / Slap Shot | | | |
| Day 2 | 100 Any Shot / Slap Shot | | | |
| Day 3 | 100 Any Shot / Slap Shot | | | |
| Day 4 | 100 Any Shot / Slap Shot | | | |
| Day 5 | 100 Any Shot / Slap Shot | | | |

After taking 5000 shots in 10 weeks, you have dramatically improved your shooting skills.

Player Name _____

Email _____

Age _____

Phone _____

Team _____

Total shots taken in 10 weeks:

I verify that all information regarding the amount of shots taken to be correct

Player Signature

Parent Signature