

10K Puck Club Tracking Sheet

Objective: The objective is to shoot 10,000 pucks between now and the start of hockey season.

(Deadline: November 2022: exact date TBD)

Purpose: To reduce the time it takes to get a shot off, to improve accuracy and speed of shots, and to improve shooting with your eyes up. TO SCORE MORE GOALS.

Directions: Shoot pucks. Record work on sheet and have a parent sign off each time you shoot. It averages out to be about 50 pucks per day. Turn this sheet into Coach Novinska or Coach Anderson, when completed to earn your way into the club. Most importantly- HAVE FUN and GET BETTER TODAY!



Player Name:_____

Level of Hockey (Circle one): Mites Squirts Pee wee Bantam High School

[illegible]