

What is 10,000 Pucks?

10,000 Pucks is designed to allow players to track their shots 365 days a year. This year we are running a challenge to improve your off-ice skills — the challenge runs from April 1st - August 31st. Players can begin tracking shots any time. Our goal with this challenge is not simply focused on the quantity of shots, but on setting and achieving goals for hockey players. Best of all, 10k Pucks is free for all users.

- 1. For every 1,000 shots, you will be entered once to win a custom Bauer hockey stick.***
- 2. The team with the most combined shots will win a pizza party.***
- 3. Players completing the 10,000 puck challenge will be awarded a t-shirt and be recognized in the SAYHA newsletter.***

Hockey Share 10,000 Puck Challenge

How to Create an Account and get started:

- Click on the appropriate age/level group below
 - Mites (Birth years up to 2014) - <https://www.hockeyshare.com/10k/link.php?pcpt=6137&pcv=50938>
 - Squirts (Birth years 2012 & 2013) - <https://www.hockeyshare.com/10k/link.php?pcpt=6138&pcv=47378>
 - 10U Girls (Birth years 2012 & 2013) - <https://www.hockeyshare.com/10k/link.php?pcpt=6141&pcv=64922>
 - PeeWee (Birth years 2010 & 2011) - <https://www.hockeyshare.com/10k/link.php?pcpt=6139&pcv=57401>
 - Bantams (Birth years 2008 & 2009) - <https://www.hockeyshare.com/10k/link.php?pcpt=6140&pcv=99442>

Instructions for Hockey share account

- **New Users** - Click on “Register New Account” and fill in all the information
- **Existing Users** - Log in click the add a new profile button. Enter player info and find your team with the “spooner” search. (It may be helpful to delete your old profile)
- At the top of the page in green, you will see this message-“An email has been sent to (the email you entered) with instructions on how to activate your account”
- Click on the link in the email and it will take you to Hockey Share website with this message on the top of the page “Your account is ready to use! Thanks for confirming your account. You can now log in to your account using your credentials.”
- Click on “Click here to log in” and enter your Log In information
- Fill in the Player Profile information
- Enter “Spooner ” and Find Your Team Name, choose the team for the level they will be playing at next season from these choices

- You will see all your information on the next page and you are ready to go.
- Start tracking your shots!!!

Spooner Area Youth Hockey 10,000 PUCK CHALLENGE

1. Guidelines

- Be honest with yourself
- *****Shoot at a specific target*****
- You will only improve with practice
- Use types of shots appropriate for age level Wrist shot, Snap shot, Backhand shot and Slap shot (PW and above only)
- Incorporate stick handling — 15 minutes of stick handling equals 50 shots
****Stick handle with your head up****

2. Equipment needed

- Pucks
- Stick (may want to use a smaller stick if shooting in shoes, regular length if on rollerblades)
- Stick handling ball (golf ball or store bought)
- Smooth shooting surface
- Net or backstop (a hanging tarp works well)

3. Shooting

- Mites — 20ft from net (12ft for backhand)
- Squirt — 25ft from net (15' for backhand)
- Pee Wee — 35ft from net (20' for backhand)
- Bantam — 40ft from net (20' for backhand)

4. Stick Handling

- 15 minutes of stick handling = 50 shots in any category
- Be creative — make an obstacle course, jump on one foot, wear rollerblades
- Refer to USA Hockey website: www.usahockey.com
- Drills can be found under the Players tab, then under Youth, then off- ice space.

5. Tips

- Regular schedule — better to practice for a short time everyday rather than once in awhile
- Complete challenge with friends

- Spend extra time on your weakness (backhand)
- Heap up when shooting — shift your weight
- Practice for accuracy — use targets (paper plates, magnetic etc.)
- Shoot 5% from unusual positions (wrong or 1 foot, one or both knees, seated, different hand spacing, etc.)
- Pull the puck to your body and shoot
- Shot begins with puck at the side of the body and behind back foot
- Cup the puck
- Good follow through
- Shoot HARD !!