



## Bemidji Hockey Program's 5000 Puck Challenge 2023

The program is a development opportunity for hockey players to advance their shooting & scoring skills at home over the summer. I want everyone to keep in mind our main goal here is to just get kids shooting the puck and having fun. Any structure or rigor added on top of that is gravy! Use this plan in an appropriate application for your child and feel free to adjust it, there are two different versions (tabs) in the tracking form. Make it fun, add a sticker for each day or week they complete their goal they set for themselves. Every puck shot will make our program one puck closer to greatness!

Evidence shows that daily micro-practices are effective and often superior to longer practice sessions once or twice a week. When you practice a little each day, skills do not erode. In fact, they consolidate. In women's hockey in particular, shooting is a common problem area across age ranges. For these reasons, we created a program that would help players develop their shooting skills in a fun and easy way during the off-season. This program is based on the [Janesville Youth Hockey Club 5000 Puck Challenge](#), we thank them!

If you have questions or need help finding resources please contact Laura Eaton Carleton, assistant girls hockey coach for Bemidji High School:

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GOAL: Increase shot speed, quickness and accuracy, have fun!

The Plan: Shoot 5000 pucks in 10 weeks

Weekly Goal: 500 shots per week

Daily Goal: 100 shots per day (5 days per week)

Dates: June 12th- August 18th

Signed tracking form can be submitted to the email address above if you want to get credit for your shots. We are thinking of creating a visual board with the shot totals on it with people's names as well as a t-shirt for having completed the program. You do not have to start the week of June 12th, but that is how we formatted our tracking sheet. Change as you need! Also once you have completed your 5000 pucks, keep going! :)

\*Take a video or picture of your shooting set up or some of your shots and tag the Bemidji Girls Hockey Instagram Account @bemidjighockey or Bemidji Youth Hockey Facebook Account. Lets share our achievements!

\*Please note, 100 shots a day for 5 days a week might be too much for younger kids (8U for example might only want to do 50 or whatever feels comfortable). So please adjust accordingly. Different benchmarks can be used for different ages. We want this to be a positive experience for the girls so do what you can and be consistent. 2,500 pucks shot is a lot too!

## **GETTING STARTED | WHAT YOU NEED**

- A regulation size [net](#) (Street hockey, or ice hockey, even drawn on a concrete wall). Note there are shooting resources available at the BCA. Or share with a friend or teammate!
- Shooter [tutor or targets](#) (Can be made out of plywood or purchased)
- [Shooting surface](#) (concrete floor, driveway, 3'x3' heavy plastic sheet)
- 10-100 pucks
- Hockey gloves
- Stick (should be a few inches shorter than the one used on the ice as player will not be wearing skates)
- Players must follow the directions for each week and meet the minimum number of shots required for that week.
- If player cannot hit the upper corner of the net, they can shoot to the lower corner or the middle level of the net until they can hit the upper corner. Form and mechanics are more important than accuracy at the top of the net.

## **CREATING A DAILY PRACTICE ROUTINE**

- Get into a routine. Choose a time when you can practice at the same time every day. Plan for days that you can't practice. Have a dedicated place to shoot.
- Be accountable – Do what you can without technique breaking down or losing your focus – don't just go through the motions. Break your workout into smaller chunks - for example, do half the workout early in the day and finish the rest later on that day
- Get 20 pucks and shoot 5 sets of 20 for 100 pucks in a day. This should take about 20 minutes given no distractions.

## **TRACKING YOUR PROGRESS**

- Players must track shots on the 5000 Puck Challenge Tracking Sheet (Download at the Bottom of the Page).
- The challenge begins June 13th and ends September 16th.
- Parents are required to sign-off on the number of shots completed each day (can sign off once a week if that is easier)
- For the younger (8U and below at least) kids we are looking for consistency in effort and shooting, not necessarily number of pucks shot. If you commit and do your program we want to see that progress too and you can earn a t-shirt that way as well.

## **WEEKLY SHOT INSTRUCTIONS**

Get your friends involved, whether they play hockey or not. It will make it more fun if you do it together.

Get in the habit of shooting on a regular schedule, and mark your calendar ahead of time to stay on track.

Plan your schedule ahead, vacations, rainy days, or other unplanned interruptions can put you way behind. Build some make-up time in your schedule.

100 shots a day is a good number, but if you are feeling good, keep shooting and get ahead of schedule.

The greatest improvement will come from working on your weaknesses. If your wrist shot or backhand is not as strong as you would like, spend extra time on those areas.

Mix up the kinds of shots you take. Scoring goals is a combination of strength, quickness, and accuracy. Here's some possible ways to vary your shots:

- 50 Distance shooting to increase strength and accuracy. (younger players should shoot from 15-20 feet out from net)
- 25 Close in shots to increase quickness and accuracy. Practice both high and low shots.
- 25 One-time shots again to increase quickness and accuracy. Have partner pass the puck to you from the side or from behind the net and shoot off pass.
- Or line up 10 or more pucks and shoot them as quickly as possible. Make sure to aim for corners.
- Combine wrist, snap, and backhand shots. Slapshots are also okay from farther away.
- Wear roller blades to make the shots more realistic. Take some shots standing still and take other shots skating in, and practicing moves.
- Aim for corners or smaller targets.

## **SHOT DESCRIPTIONS**

### **WRIST SHOT**

- The hand grip is similar to that used for stickhandling. When possible, the lower hand moves slightly down the shaft for greater power.
- Puck starts at the heel of the blade and moves toward the toe as you sweep. Spin the puck heel to toe.
- The weight of the player is transferred to the stick and the skate nearest the puck by flexing the trunk laterally.
- The grip tightens and the puck is propelled with a snap of the wrists. In one motion, the top hand snaps forward then back towards the body while the wrist is extended. The bottom wrist flexes and whips the stick through towards the target.
- Front foot points towards target and the follow-through will dictate the height and accuracy of the shot.
- Eyes should always be on the target, not on the puck.
- Wrist shot tutorial: <https://www.youtube.com/watch?v=HQY14pYYWuQ>

### **WRIST SHOTS – BALANCING ON ONE FOOT**

- Back foot should be elevated on a bench or bucket equal to knee height
- All weight should be on front foot and extra snap of the wrists will help generate more power to the net.
- Eyes should always be on the target, not on the puck

### **BACKHAND SHOT**

- The backhand shot is maybe the most difficult for a goalie to save, and probably the most difficult to master.
- The hand grip is similar to that used for stickhandling. When possible, the lower hand moves slightly down the shaft for greater power.
- Puck starts at the heel of the blade and moves toward the toe as you sweep. Spin the puck heel to toe.
- Transfer body weight from back foot to front foot and the puck is released with a quick snap of the wrists while turning the blade upward. The longer the follow through, the higher the shot.
- Backhand shots tutorial: [https://www.youtube.com/watch?v=\\_oX2y4U1lxA](https://www.youtube.com/watch?v=_oX2y4U1lxA)

### **SNAP SHOT**

- The hands are usually held slightly wider than in the stickhandling position.
- The stick blade is drawn behind the puck at a distance and height dictated by the time available and the distance of the target. The blade should never go higher than the hip.
- The stick should meet the ice approx. 1 inch behind the puck.
- The grip tightens and the wrists are usually locked at the moment of impact.
- Front foot points towards target and the follow-through will dictate the height and accuracy of the shot.
- Eyes should always be on the target, not on the puck

- Snapshot tutorial: <https://www.youtube.com/watch?v=C5gl160uqW4>

### **DRAG & SHOOT**

- This drill includes a set-up move prior to the shot changing the angle of the shot and creating more speed on the shot
- Hands are extended away from the body with hands close together
- Pull the puck towards the body and slide bottom hand down stick slightly wider than in the stickhandling position.
- In one motion, the top hand snaps forward then back towards the body while the wrist is extended. The bottom wrist flexes and whips the stick through towards the target.
- Front foot points towards target and the follow-through will dictate the height and accuracy of the shot.
- Eyes should always be on the target, not on the puck

### **SLAP SHOT**

- The hands are spaced wider on the shaft of the stick than during normal stick handling grip.
- The puck is close to the body, centered between the legs.
- After a quick look at the target, the eyes remain fixed on the puck.
- The player is sideways to the target, bending over the puck and transferring one's weight from the back leg, to the stick, to the front leg.
- Wrists are locked and held firmly as the stick comes into contact with the ice, slightly behind the puck ( $\frac{1}{2}$ " to 1").
- As you hit through the puck, snap your wrists. Bottom thumb down and top palm up to ceiling. The harder the snap of the wrist the harder the shot will be.
- Follow-through will dictate the height and accuracy of the shot.
- Example slap shot tutorial: <https://www.youtube.com/watch?v=MyRjsWmPcaA>

### **STICKHANDLE & QUICK RELEASE**

- This drill includes a set-up move prior to the shot reinforcing quick hands and quick release
- Player executes one quick stickhandle and quickly snaps pucks on goal
- Similar to the Wrist Shot and Snap Shot, the grip tightens and the puck is propelled with a snap of the wrists. In one motion, the top hand snaps forward then back towards the body while the wrist is extended. The bottom wrist flexes and whips the stick through towards the target.
- Puck is shot from in front of the players body meaning this shot will not have as much power but if executed properly will not allow goalie time to set-up for shot

**REMEMBER:**

- Perfect practice makes perfect, don't skimp on the details to go faster.
- Build a foundation of technique skills
- Be consistent/accountable
- Increase proficiency & confidence
- HAVE FUN!

This program is based on the [Janesville Youth Hockey Club 5000 Puck Challenge](https://supershooter2.com/story/what-distance-should-players-train-from-to-develop-their-most-effective-scoring-chances), we thank them!

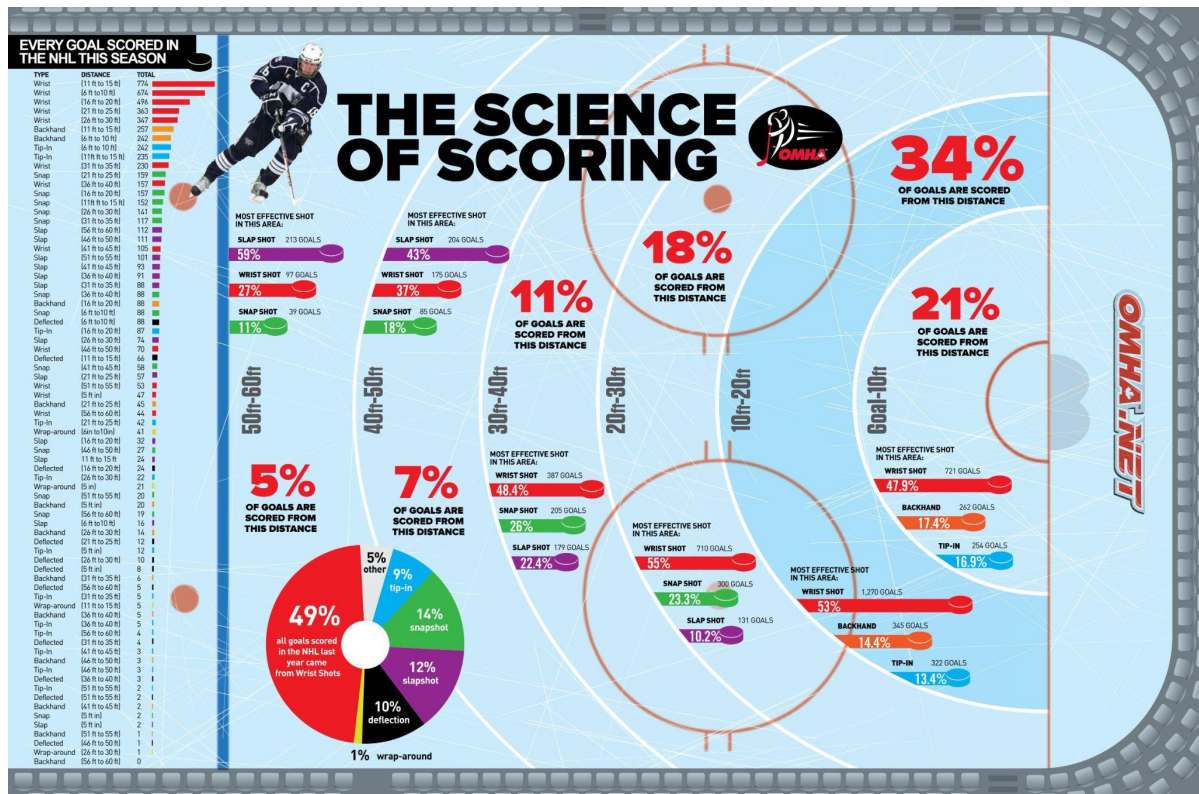
**Other References:**

<https://supershooter2.com/story/what-distance-should-players-train-from-to-develop-their-most-effective-scoring-chances>

[https://www.admkids.com/news\\_article/show/872131](https://www.admkids.com/news_article/show/872131)

<https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Downloads/2018/2018-19-shooting-scoring-pathway-e.pdf>

<https://www.usahockeymagazine.com/article/2008-10/five-steps-twisted-wrister>



# WHERE GOALS ARE SCORED FROM



1. In Tight
2. Dot Wide Alley
3. Slot
4. Point

