



Maine Wild 5,000 Shot Challenge

Week 7 | May 11 - May 17, 2020

Get better this spring/summer by completing our 5,000 Shot Challenge! Just a few minutes each day is needed to complete the challenge. Follow our step-by-step 10-week program and watch your shot improve. We will be releasing weekly programs and instructional videos demonstrating the different shot techniques for the program.

Once you complete the program, fill out the google form at www.MaineWildHockey.com to be featured on our website! Feel free to send/post progress videos or photos along the way by tagging us on social media platforms with #MaineWild5000

Good Luck and Have Fun!

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Players and Goalies (overhand grip for all)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Pull, push to forehand shoot								125
Pull, push to backhand shoot								125
Toes at net, reach around forehand & backhand								125
Toes at net, pull in towards foot and shoot								125

WWW.MAINEWILDHOCKEY.COM