



STAMPEDE SUMMER CHALLENGE 2022

GOALIE GUIDELINES

10,000 SHOTS PLUS 500 MINUTES OF STICKHANDLING

- Work on all types of shots including quick release, 2 leg, 1 leg, one timer, one touch, 2 touch, backhand to forehand, forehand to backhand, etc....
- You can follow our stickhandle plan or come up with your own. 500 minutes is about 5 minutes a day which should be every easy.

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)

TIPS!

- Set a schedule — better to practice for a short time everyday rather than shoot a lot every once in awhile
- Complete challenge with friends
- Spend extra time on your weakness (backhand)
- 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
- Good follow through
- Shoot HARD!!

TRACKING & COMPLETION

- Track progress by downloading and printing the document below.
- When the challenge is complete, players must get a sign off from their parent/guardian
- Parent/guardian will email the logged activity to Jason Gregoire (hd@westfargohockey.com), along with the player's name and level for the upcoming season (Mite, 12U, Bantam, etc), and any fun facts or pictures from the challenge!

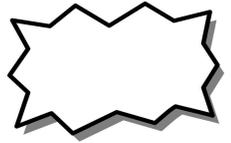
Everyone that completes the challenge will earn a spot on the wall in Vets 1, a Stampede Summer Challenge bag tag, and be entered in a drawing for a new stick (up to a \$250 value!)



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GOALIE CHALLENGE

SUMMER
TOTAL:



Date	Minutes	Date	Minutes	Date	Minutes
6/1/2022		7/1/2022		8/1/2022	
6/2/2022		7/2/2022		8/2/2022	
6/3/2022		7/3/2022		8/3/2022	
6/4/2022		7/4/2022		8/4/2022	
6/5/2022		7/5/2022		8/5/2022	
6/6/2022		7/6/2022		8/6/2022	
6/7/2022		7/7/2022		8/7/2022	
6/8/2022		7/8/2022		8/8/2022	
6/9/2022		7/9/2022		8/9/2022	
6/10/2022		7/10/2022		8/10/2022	
6/11/2022		7/11/2022		8/11/2022	
6/12/2022		7/12/2022		8/12/2022	
6/13/2022		7/13/2022		8/13/2022	
6/14/2022		7/14/2022		8/14/2022	
6/15/2022		7/15/2022		8/15/2022	
6/16/2022		7/16/2022		8/16/2022	
6/17/2022		7/17/2022		8/17/2022	
6/18/2022		7/18/2022		8/18/2022	
6/19/2022		7/19/2022		8/19/2022	
6/20/2022		7/20/2022		8/20/2022	
6/21/2022		7/21/2022		8/21/2022	
6/22/2022		7/22/2022		8/22/2022	
6/23/2022		7/23/2022		8/23/2022	
6/24/2022		7/24/2022		8/24/2022	
6/25/2022		7/25/2022		8/25/2022	
6/26/2022		7/26/2022		8/26/2022	
6/27/2022		7/27/2022		8/27/2022	
6/28/2022		7/28/2022		8/28/2022	
6/29/2022		7/29/2022		8/29/2022	
6/30/2022		7/30/2022		8/30/2022	
		7/31/2022		8/31/2022	
June Total		July Total		August Total	

Player Name: _____ 2022-2023 Level of Play: _____

Parent Signature: _____ Date: _____