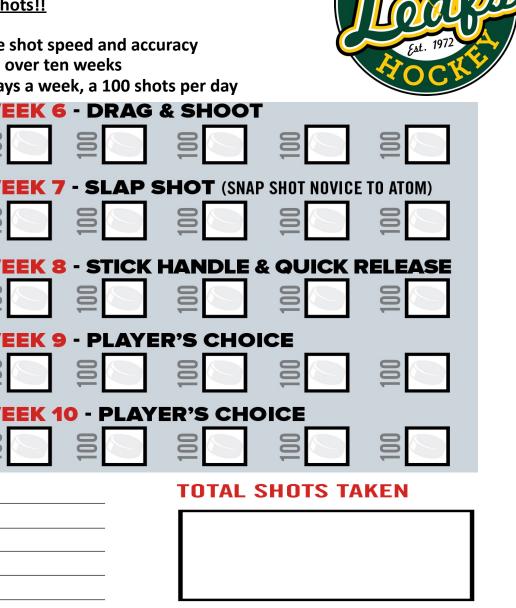
AJH Presents

5000 shots!!

- Improve, and increase shot speed and accuracy
 - Progression over ten weeks



• 500 shots per week, f	ive days a week, a 100 shots per day	
WEEK 1 - WRIST SHOT	WEEK 6 - DRAG & SHOOT	
WEEK 2 - BACKHAND SHOT	WEEK 7 - SLAP SHOT (SNAP SHOT NOVICE TO ATOM)
WEEK 3 - SNAP SHOT	WEEK 8 - STICK HANDLE & QUICK RELEASE Property of the state of the st	
WEEK 4 - WRIST SHOT - BALANCING ON ONE FOOT	WEEK 9 - PLAYER'S CHOICE	
WEEK 5 - SNAP SHOT & BACKHAND SHOT	WEEK 10 - PLAYER'S CHOICE	
NAME:	TOTAL SHOTS TAKEN	
AGE:		
EMAIL:		
TEAM:		
POSITION:		



The Wrist Shot is a valuable tool for players of all ages. This is the most accurate shot in hockey as the puck is in contact with the stick throughout the shooting motion.

BACKHAND SHOT WEEK 2 & 5

The Backhand Shot is maybe the most difficult for a goalie to save, and probably the most difficult to master.



The Snap Shot is quicker than a wrist shot and more accurate than a Slap Shot.

It's probably the most widely used shot in hockey today. The most important attribute of a good snap shot is the speed with which you can release the puck.

WRIST SHOT
BALANCING
ON ONE FOOT
WEEK 4

Seldom is a player in the perfect position for a shot on goal, this drill works on proper technique while in an off-balanced position.



The ability to shoot the puck in various situations that arise during a hockey game is an invaluable skill. The Drag & Shoot drill provides a game-like situation that includes a set-up move prior to the shot changing the angle of the shot and creating more speed on the shot.

SLAP SHOT

Timing and proper technique are the foundation of mastering a powerful Slap Shot. Of all the shots in hockey, the Slap shot has the most speed and power.

STICK HANDLE & QUICK RELEASE WEEK 8

Quickness often trumps power when it comes to generating quality scoring chances.

Whether in traffic or off the rush not giving the goalie a chance to get into their set position is key.

ONE TIMER BONUS A difficult skill to master,
but one well worth practicing,
the one-timer slap shot can
be executed while stationary,
or in motion,. Again as with
any one-time shot, timing
is the key.



Goalies take the challenge as well. Ask a friend or family member to shoot from various angles each week. Face 100 shots per day, 5 days a week! Work on your technique!

