



AJH Presents

5000 shots!!

- Improve, and increase shot speed and accuracy
 - Progression over ten weeks
- 500 shots per week, five days a week, a 100 shots per day

WEEK 1 - WRIST SHOT



WEEK 2 - BACKHAND SHOT



WEEK 3 - SNAP SHOT



WEEK 4 - WRIST SHOT - BALANCING ON ONE FOOT



WEEK 5 - SNAP SHOT & BACKHAND SHOT



WEEK 6 - DRAG & SHOOT



WEEK 7 - SLAP SHOT (SNAP SHOT NOVICE TO ATOM)



WEEK 8 - STICK HANDLE & QUICK RELEASE



WEEK 9 - PLAYER'S CHOICE



WEEK 10 - PLAYER'S CHOICE



NAME: _____

AGE: _____

EMAIL: _____

TEAM: _____

POSITION: _____

TOTAL SHOTS TAKEN

WRIST SHOT

WEEK 1



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.

SNAP SHOT

WEEK 3 & 5



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.

DRAG & SHOOT

WEEK 6



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

WEEK 7



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!

