



# Maine Wild 5,000 Shot Challenge

Week 1 | March 30 - April 5, 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](http://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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TYPE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Wrist - chest and feet facing net								125
Wrist - step towards net								125
Short saucer passes								125
Slingshot backhand - chest and feet facing net								125

[WWW.MAINEWILDHOCKEY.COM](http://WWW.MAINEWILDHOCKEY.COM)