



Buffalo Youth Hockey

Weekly 10k Puck Form

	Skaters		Goalies	
Day of Week	Pucks Shot	Hours Skating	Hours on Hand Eye Coordination	Weekly Goalie Clinic
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Duration: 4 Months - November thru February

DUE EACH WEEK to Coaches and Team Manager

**Skating 1 hr outside of practice counts for 100 pucks **Dryland Counts for 100 pucks