



10U, Squirts & Below

How much do you think your shot would improve if you were to take 2,500 shots over a 10-week period?

To accomplish this goal, the EPHA has created a puck-challenge plan for players of all ages and abilities to follow over 10 weeks of summer. Those that attain the goal of 2,500 shots by the deadline, will become members of the 'Eagle 2,500 Shot Club'.

WRIST SHOT
WEEK 1



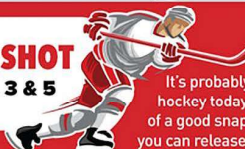
The Wrist Shot is a valuable tool for players of all ages. This is the most accurate shot in hockey as the puck is in contact with the stick throughout the shooting motion.

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.

WRIST SHOT
WEEK 7



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.

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.



2500 PUCK CHALLENGE

How well do you think your shot would improve if you were to take 2500 shots over a 10-week period? We have created a plan for players of all ages and abilities to follow over 10 weeks to accomplish this goal.

GOAL: Increase shot speed, quickness and accuracy
 THE PLAN: Shoot 2,500 pucks in 10 weeks
 WEEKLY GOAL: 250 shots per week
 DAILY GOAL: 50 shots per day (5 days per week)

GOALIES



Think the 2500 Puck Challenge is only for players? Think again. The EPHA is challenging all Goaltenders to take the 2500 Puck Challenge by taking 2500 shots using various shots and angles. Find a friend or family member to shoot on you and follow along each week. Remember, you don't have to make 2500 saves just be in the net for 2500 shots and work on your techniques.

TRACK YOUR SHOTS BY CHECKING OFF EACH SHOT BOX. ONCE YOU ARE FINISHED, SUBMIT YOUR TRACKING SHEET.

WEEK 1 - WRIST SHOT

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WEEK 2 - BACKHAND SHOT

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WEEK 3 - SNAP SHOT

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WEEK 4 - WRIST SHOT - BALANCING ON ONE FOOT

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WEEK 5 - SNAP SHOT & BACKHAND SHOT

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WEEK 6 - DRAG & SHOOT

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WEEK 7 - WRIST SHOT

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WEEK 8 - STICK HANDLE & QUICK RELEASE

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WEEK 9 - PLAYER'S CHOICE

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WEEK 10 - PLAYER'S CHOICE

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NAME _____
 TEAM _____
 POSITION _____
 PARENT SIGNATURE _____

Once completed, please email a picture of your signed tracking sheet, with a photo of the participant to GrowthDirector@ephockey.com. Questions? Email GrowthDirector@ephockey.com

