



Maine Wild 5,000 Shot Challenge

Week 4 | April 20 - April 26, 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 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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Forwards / Defense	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Toes at net, drag & shoot through 2 pucks								125
Toes at net, push & shoot through 2 pucks								125
Toes at puck, pull puck front foot to back foot								125
Toes at net, step and shoot, aim low left and right								125

Forwards / Defense	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Toes at puck forehand overhand grip fingers up								125
Toes at puck forehand underhand grip fingers down								125
Toes at puck backhand overhand grip fingers up								125
Toes at puck backhand underhand grip fingers down								125

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