

# OSSEO - MAPLE GROVE



## 5000 PUCK CHALLENGE

Player Name		2019 Level	
Email		T-shirt Size	

GOAL: Increase player "CONFIDENCE" to shoot the puck  
 PLAN: Shoot 5000 Pucks in 10 weeks  
 EFFORT GOAL: 500 shots per week

### Week 1:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - 50 Low/50 High			
Day 2	100 Forward Face Wrist/Snap Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Slap Shots			
Day 5	100 Player Picks Shot Type			

### Week 2:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - 50 Low/50 High			
Day 2	100 Forward Face Wrist Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Dribble on Backhand to Forehand Wrist Shot			
Day 5	100 Player Picks Shot Type			

### Week 3:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - 50 Low/50 High			
Day 2	100 Forward Face Wrist Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Running Man Shot			
Day 5	100 Player Picks Shot Type			

### Week 4:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - 50 Low/50 High			
Day 2	100 Forward Face Wrist Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Pull Push Shot			
Day 5	100 Player Picks Shot Type			

### Week 5:

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - 50 Low/50 High			
Day 2	100 Forward Face Wrist Shot			

Day 3	100 One Foot Wrist Shot			
Day 4	100 Catch and Release			
Day 5	100 Player Picks Shot Type			

**Week 6:**

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - 50 Low/50 High			
Day 2	100 Forward Face Wrist Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Toe Pull Shot			
Day 5	100 Player Picks Shot Type			

**Week 7:**

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - 50 Low/50 High			
Day 2	100 Forward Face Wrist Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Backhand Pull Back			
Day 5	100 Player Picks Shot Type			

**Week 8:**

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - 50 Low/50 High			
Day 2	100 Forward Face Wrist Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 360 Series			
Day 5	100 Player Picks Shot Type			

**Week 9:**

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - 50 Low/50 High			
Day 2	100 Forward Face Wrist Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Slap Shots			
Day 5	100 Player Picks Shot Type			

**Week 10:**

Day	Shot Type	Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot - 50 Low/50 High			
Day 2	100 Forward Face Wrist Shot			
Day 3	100 One Foot Wrist Shot			
Day 4	100 Slap Shots			
Day 5	100 Player Picks Shot Type			