

# 5000 PUCK CHALLENGE

# MKSTORM



Here are the rules for the 5000 Puck Challenge:

1. You must track your shots to receive entry into the 5000 Puck Club
2. You must reach at least 5000 shots by 10th September 2023
3. Parents are required to sign-off on the number of shots you completed each day
4. Return your Tracking Sheet to Andy Linton by 10<sup>th</sup> September 2023 to be eligible to win

**Video your Training**

**Player Name:**

**Age:**

**Phone:**

**Email:**

**Team:**

**GOAL:** Shoot 5000 pucks in 10 weeks. Increase shot speed, quickness and accuracy.

**WEEKLY GOAL:** 5000 shots divided by 10 weeks equals 500 shots per week.

**DAILY GOAL (5 days per week):** 500 shots per week divided by 5 days equals 100 shots per day.

**WEEK 1:**

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Wrist Shot Low Corners			
Day 2	100 Wrist Shot Low Corners			
Day 3	100 Wrist Shot Low Corners			
Day 4	100 Wrist Shot Low Corners			
Day 5	100 Wrist Shot Low Corners			

**WEEK 2:**

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Wrist Shot Top Corners			
Day 2	100 Wrist Shot Top Corners			
Day 3	100 Wrist Shot Top Corners			
Day 4	100 Wrist Shot Top Corners			
Day 5	100 Wrist Shot Top Corners			

**WEEK 3:**

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Backhand Low Corners			
Day 2	100 Backhand Low Corners			
Day 3	100 Backhand Low Corners			
Day 4	100 Backhand Low Corners			
Day 5	100 Backhand Low Corners			

**WEEK 4:**

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Backhand Mid-Upper			
Day 2	100 Backhand Mid-Upper			
Day 3	100 Backhand Mid-Upper			
Day 4	100 Backhand Mid-Upper			
Day 5	100 Backhand Mid-Upper			

**WEEK 5:**

- Regular wrist shots only (all corners)
- Snap shots only (50 lower corners; 50 upper corners each day)

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Wrist / Snap shots			
Day 2	100 Wrist / Snap shots			
Day 3	100 Wrist / Snap shots			
Day 4	100 Wrist / Snap shots			
Day 5	100 Wrist / Snap shots			

**WEEK 6:**

Regular wrist shots only - (50 lower corners; 50 upper corners each day)

Back foot should be on a bench or bucket equal to knee

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	Wrist Shot -50 Low / 50 High			
Day 2	Wrist Shot -50 Low / 50 High			
Day 3	Wrist Shot -50 Low / 50 High			
Day 4	Wrist Shot -50 Low / 50 High			
Day 5	Wrist Shot -50 Low / 50 High			

**WEEK 7:**

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Backhand - All corners			
Day 2	100 Backhand - All corners			
Day 3	100 Backhand - All corners			
Day 4	100 Backhand - All corners			
Day 5	100 Backhand - All corners			

**WEEK 8:**

- Wrist shots only (50 on front foot [as in wk 6]; 50 both feet with step at net /per day)

- Slap shots only (Lower corners only)

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Wrist / Slap shots			
Day 2	100 Wrist / Slap shots			
Day 3	100 Wrist / Slap shots			
Day 4	100 Wrist / Slap shots			
Day 5	100 Wrist / Slap shots			

**WEEK 9:**

- Backhand shots only (all corners)

- Slap shot (Mid to high corners)

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Backhand - All corners			
Day 2	100 Backhand - All corners			
Day 3	100 Backhand - All corners			
Day 4	100 Backhand - All corners			
Day 5	100 Backhand - All corners			

**WEEK 10:**

- Alternate shots and alternate targets

- Slap shots alternating upper and low corners

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	Any shot / Slap shot			
Day 2	Any shot / Slap shot			
Day 3	Any shot / Slap shot			
Day 4	Any shot / Slap shot			
Day 5	Any shot / Slap shot			

## 100 shots per day

### ***What you will need:***

- A regulation size net (Street hockey, or ice hockey, can even be an area drawn on a concrete wall)
- Shooter tutor or targets (Can be made out of plywood or purchased)
- Shooting surface (concrete floor, driveway, 3'x3' heavy plastic sheet)
- 10-100 pucks
- Stick (should be a few inches shorter than the one used on the ice as player will not be wearing skates)
- Hockey gloves
- Players must follow the directions for each week and meet the minimum number of shots required for that week. Players may and are encouraged to shoot more than the minimum required shots per week.
- If any player cannot hit the upper corner of the net, they can shoot to the lower corner or the middle level of the net until they can hit the upper corner. Form and mechanics are more important than accuracy at the top of the net.

**Week #1** • 100 pucks per day / 5 days (500 Pucks total)  
Wrist shots only - Low corners only

**Week #2** • 100 pucks per day / 5 days (500 Pucks total)  
Wrist shots only - Top corners only

**Week #3** • 100 pucks per day / 5 days (500 Pucks total)  
Backhand shots only - Low corners only

**Week #4** • 100 pucks per day / 5 days (500 Pucks total)  
Backhand shots only – Top corners only

**Week #5** • 100 pucks per day / 5 days (500 Pucks total)  
Regular wrist shots only (All corners) or – Snap shots only  
250 to lower corners & 250 to upper corners

**Week #6** • 100 pucks per day / 5 days (500 Pucks total)  
Regular wrist shots only - All corners - Back foot should be on a bench or bucket equal to knee high  
250 to lower corners & 250 to upper corners

**Week #7** • 100 pucks per day / 5 days (500 Pucks total)  
Backhand shots only - All corners

**Week #8** • 100 pucks per day / 5 days (500 Pucks total)  
Wrist shots only  
50 on the front foot (as in week #6) - 50 both feet with step at net /per day Or – Slap shots only -  
Lower corners only.

**Week #9** • 100 pucks per day / 5 days (500 Pucks total)  
Backhand shots only. All corners. Or – Slap shot Mid to high corner.

**Week #10** • 100 pucks per day / 5 days (500 Pucks total)  
Alternate shots and alternate targets or – Slap shots alternating upper and low corners.

**Congratulations! You are a member of the 5,000 Puck Club**