



HOW WELL DO YOU THINK YOUR SHOT WOULD IMPROVE IF YOU TOOK 5000 SHOTS OVER A 10 WEEK PERIOD?
GOAL: Increase shot speed, quickness and accuracy
PLAN: Shoot 5000 pucks in 10 weeks
WEEKLY GOAL: 500 shots per week
DAILY GOAL: 100 shots per day (5 days per week)



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.

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.

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.

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.

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.

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.

SLAP SHOT
WEEK 7



Timing and proper technique are the foundation of mastering a powerful Slap Shot. Of all the shots in hockey, the Slap shot has the most speed and power.

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.

GOALIES



Think the 5000 Puck Challenge is only for players? Think again. The OMHA is challenging all Goaltenders to take the 5000 Puck Challenge by taking 5000 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 5000 saves just be in the net for 5000 shots and work on your techniques.

TRACK YOUR SHOTS BY CHECKING OFF EACH 100 SHOT BOX. ONCE YOU ARE FINISHED, SUBMIT YOUR TRACKING SHEET TO COLLECT YOUR PRIZE!

WEEK 1 - WRIST SHOT

100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>	100	<input type="checkbox"/>
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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 - SLAP SHOT (SNAP SHOT NOVICE TO ATOM)

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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: _____
AGE: _____
EMAIL: _____
TEAM: _____
POSITION: _____

TOTAL SHOTS TAKEN

Scan the page or take a photo and send it to playersclub@omha.net or mail to:

OMHA
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