



Howick Minor Hockey Players -- Win a \$250 Gift Certificate to Corley's to purchase a new stick!!!!

How well do you think your shot would improve if you were to take 2500 shots over a 5-week period?

Think it can't be done, think again. Shooting one hundred pucks a day, five days a week for five weeks will help you develop your shooting & scoring skills at home. This program reinforces the concepts introduced by Hockey Canada's Long Term Player Development [LTPD] which sets out a development progression or pathway for hockey players.

There's evidence to show that daily micro-practice is effective and often superior to longer practice sessions once or twice a week. When you practice a little each day, skills don't erode. In fact, they consolidate. It's like a bank account earning compound interest: a virtuous spiral where skill accrues quickly.

Coaches: don't miss the chance to assign as homework and offer your own internal competition....

The Goal: Increase shot speed, quickness and accuracy

The Plan: Shoot 2500 pucks in 5 weeks. That's 100 shots a day / 5 days a week for 5 weeks!

The challenge begins Sunday February 12th. Tracking Sheets to be returned to Miranda deBoer hornets@howickminorhockey.com by Friday March 24th to be entered into a draw to win a \$250 Gift Certificate to Corley's Listowel. Draw for gift certificate to be made at our year end banquet.



2500 PUCK CHALLENGE

Rules:

1. You must track your shots to receive entry in the Challenge
2. The challenge begins February 12th, 2017. Tracking sheets to be returned to Howick Minor Hockey, Miranda deBoer, hornets@howickminorhockey.com by March 24th, 2017 to be entered into a draw to win a \$250 Gift Certificate to Corley's Listowel.
3. Parents required to sign-off on the number of shots you complete each day - honesty and integrity are key.
4. Must be a member of Howick Minor Hockey in order to win

Week #1 100 shots per day / 5 days (500 pucks total)
Wrist shots only – low corners only

Week #2 100 shots per day / 5 days (500 puck total)
Wrist shots only – top corners only

Week #3 100 shots per day / 5 days (500 puck total)
Backhand shots only – low corners only

Week #4 100 shots per day / 5 days (500 puck total)
Backhand shots only – top corners only
Novice & Below – Backhand shots only (all corners)

Week #5 100 shots per day / 5 days (500 puck total)
Atom & Below – regular wrist shots only (all corners)
Pee Wee – snap shots only (250 to lower corners, 250 to upper corners)

Goalie Program

Goalies, you can participate too. You receive this many shots per day in the areas shown using a ball hockey ball at home and you qualify!!!

After taking 2500 shots in 5 weeks, you have dramatically improved your shooting skills! Don't forget to submit your Tracking Sheet filled out and signed by a Parent.



2017 Howick Minor Hockey 2500 Puck Challenge
Tracking Sheet

GOAL: Increase shot speed, quickness and accuracy
THE PLAN: Shoot 2500 pucks in 5 weeks
WEEKLY GOAL: 500 shots per week
DAILY GOAL: 100 shots per day (5 days a week)

WEEK #1

		Date	Shots Total	Parental Initials
Day 1	100 wrist shots low Corners			
Day 2	100 wrist shots low Corners			
Day 3	100 wrist shots low Corners			
Day 4	100 wrist shots low Corners			
Day 5	100 wrist shots low Corners			

WEEK #2

		Date	Shots Total	Parental Initials
Day 1	100 wrist shots top Corners			
Day 2	100 wrist shots top Corners			
Day 3	100 wrist shots top Corners			
Day 4	100 wrist shots top Corners			
Day 5	100 wrist shots top Corners			

WEEK #3

		Date	Shots Total	Parental Initials
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	Parental Initials
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			

** Novice backhand shots any corner **

WEEK #5

		Date	Shots Total	Parental Initials
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			

** Novice & Atom wrist shots any corner; Pee Wee to Midget slap shots **

CONGRATULATIONS! You are a member of Howick Minor Hockey 2500 Puck Challenge
After taking 2500 shots in 5 weeks you have dramatically improved your shooting skills

Don't forget to submit your Tracking Sheet to enter in the draw for a \$250 gift certificate for Corley's in
Listowel to purchase a new stick!!

Summary

Player Name: _____
Age: _____ Phone: _____
Email: _____
Team: _____
Category: _____
Total shots taken in 5 weeks <input type="text"/>

I verify that all information regarding the amount of shots taken to be correct

Parent/Guardian Signature