



# 5000 PUCK CHALLENGE

## TRACKING SHEET

**GOAL:** Increase shot speed, quickness and  
**The Plan:** Shoot 5000 pucks in 10 weeks  
**Weekly Goal:** 500 shots per week.  
**Daily Goal:** 100 shots per day (5 days per week)

### WEEK 1:

		Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot Low Corner			
Day 2	100 Wrist Shot Low Corner			
Day 3	100 Wrist Shot Low Corner			
Day 4	100 Wrist Shot Low Corner			
Day 5	100 Wrist Shot Low Corner			

### WEEK 2:

		Date	Shots Total	Parent Initial
Day 1	100 Wrist Shot Top Corner			
Day 2	100 Wrist Shot Top Corner			
Day 3	100 Wrist Shot Top Corner			
Day 4	100 Wrist Shot Top Corner			
Day 5	100 Wrist Shot Top Corner			

### WEEK 3:

		Date	Shots Total	Parent Initial
Day 1	100 Backhand Shot Low Corner			
Day 2	100 Backhand Shot Low Corner			
Day 3	100 Backhand Shot Low Corner			
Day 4	100 Backhand Shot Low Corner			
Day 5	100 Backhand Shot Low Corner			

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:

U7 to U11 - Regular wrist shots only (all corners)

U13 to U18 - 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:

U7 to U11 - Wrist shots only (50 on front foot; 50 both feet with step at net /per day)

U13 to U18 - Slap shots only (Lower corners only)

		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 9:

U7 to U11 - Backhand shots only (all corners)

U13 to U18 - 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:

U7 to U11 - Alternate shots and alternate targets

U13 to U18 - Slap shots alternating upper and low corners

		Date	Shots Total	Parent Initial
Day 1	100 Any Shot / Slap Shot			
Day 2	100 Any Shot / Slap Shot			
Day 3	100 Any Shot / Slap Shot			
Day 4	100 Any Shot / Slap Shot			
Day 5	100 Any Shot / Slap Shot			

After taking 5000 shots in 10 weeks, you have dramatically improved your shooting skills.

Player Name \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

Phone \_\_\_\_\_

Team \_\_\_\_\_

Total shots taken in 10 weeks:

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

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Parent Signature