

CAMBRIDGE ROADRUNNERS

GIRLS' HOCKEY ASSOCIATION

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.

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.

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.

WRIST SHOT BALANCING ON ONE FOOT WEEK 4



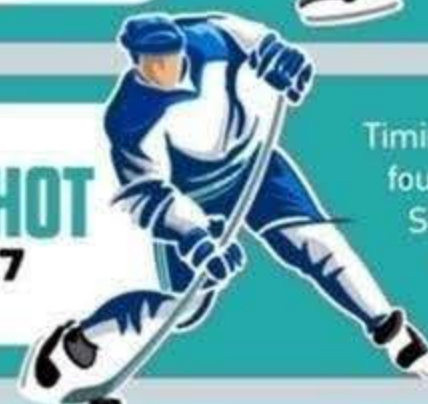
Seldom is a player in the perfect position for a shot on goal, this drill works on proper technique while in an off-balanced position.

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.

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.

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.

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. We will be 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.

Need help with proper shot technique?

Click on the links on the CrGHA website for videos on each shot type.

Track
Your
Progress
Here

WEEK 1 - WRIST SHOT

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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

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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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