**Bowie Hockey Club**

**5000 Shot Challenge**

The Bowie Hockey Club in conjunction with the Ontario Minor Hockey Association presents the Bowie Hockey Club 5000 Shot Challenge patterned after The Corey Perry 5000 Puck Challenge- a program created for hockey players in Canada to develop shooting skills at home. Daily micro-practices are effective and often superior to longer practice sessions. **Hockey is supposed to be fun! Be active, play other sports, eat well, and get enough sleep. Remember: Whenever you have a hockey stick in your hand you should have a smile on your face!**

***How well do you think your game would improve if you took 5000 shots over a 10-week period? Sound like a lot? Not if you break it down into small chunks…***

|  |  |
| --- | --- |
|

|  |
| --- |
| **Purpose: Increase shot speed, quickness and accuracy** **Plan:** Shoot 5000 pucks in 10 weeks (with some breaks if you need them)**Goals:** 500 shots per week (100 shots per day) |

 |

 ***Plan to take 5000 shots from now to December 21, 2013***

1. Shoot 5 sets of 20 pucks = 100 pucks in a day. This should take about 20 minutes.

2. Have a dedicated time and place to shoot.

4. Plan ahead for days that you can’t shoot.

5. Set up a shooting area with a hockey net or a tarp with targets marked in the corners.

6. Pucks are best but if you can’t use pucks, substitute tennis balls or tape balls.

7. You can also do this at a Stick and Puck session at the rink!

***Here are the rules for the 5000 Shot Challenge:***

1. All players who take 5000 shots receive a BHC 5000 Shot Club Patch.

2. Tracking Sheets can be returned via email to Andrej Kolaja, akolaja@yahoo.com or hard copies can be given to Randy Richardson at the Bowie Ice Rink.

3. There will be individual prizes for most shots taken for each age level.

4. Parents are required to sign-off on the Tracking Sheet.

5. Must be under the age of 18 and a member of any BHC team in order to win.

6. Go to the OMHA YouTube channel to view video instruction from Hockey Canada’s Skill of Gold series to ensure you are doing the drills properly (links are in the instructions below).

7. Follow the directions for each week. You may shoot more than the minimum.

8. Tracking sheets are available on the BHC website under documents, or request via email at akolaja@yahoo.com.

9. If you need extra time to complete the challenge don’t worry about it, do what fits your schedule.

***What you will need:***

• A regulation size net, Street hockey, or ice hockey, or an area against a wall with a tarp, etc.

• Pucks and a Shooter tutor or targets

• Shooting surface (concrete floor, driveway, 3'x3' heavy plastic sheet)

• Stick (a few inches shorter than regular stick as player will not be on skates) and gloves

• Players must follow the directions for each week. Players may and are encouraged to shoot more than the minimum required shots per week.

• If a 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.

**Weekly Shot Instructions**

**Week #1 • 100 pucks per day / 5 days (500 Pucks total)**

**Wrist shots only - Low corners only**

[**Hockey Canada Skills of Gold Video Tip**](http://goo.gl/GKdN6)

The wrist shot is the most accurate shot. When practicing the wrist shot follow the following guidelines:

• Hands one forearm length apart.

• Puck is at the side of the body and behind the back foot. Side of the body faces the net.

• Cup the puck with the blade of the stick. The blade is to be at a 45-degree angle.

• Weight transfers as you shoot from your back leg to your front leg. Start with feet together and step toward the net to start the shot. Toe of front foot should point towards puck not the net. Back leg should come off floor as shot finishes. Body moves first then hands and then puck. Puck should be dragged toward net.

• Follow-through will dictate the height and accuracy of the shot. Snap lower thumb down toward the ice and upper palm up toward the ceiling. (Finish with blade pointing to your target).

• Puck starts at the heel of the blade and moves toward the toe as you sweep. Spin the puck heel to toe.

• Eyes should always be on the target, not on the puck

**Week #2 • 100 pucks per day / 5 days (500 Pucks total)**

**Wrist shots only - Top corners only**

[**Hockey Canada - Skills of Gold Video Tip**](http://goo.gl/ZyV9s)

**Week #3 • 100 pucks per day / 5 days (500 Pucks total)**

**Backhand shots only - Low corners only**

[**Hockey Canada - Skills of Gold Video Tip**](http://goo.gl/iPT50)

Like the wrist shot, it is very important to generate speed of the stick blade. Remember that form and accuracy come before attempting quicker shots.

• Hands held approximately 12 to 15 inches apart.

• Shot begins with the puck at the side of the body and behind the back foot. Side of body facing the net. Hand should be in front of puck at all times, do not let the puck get in front and scoop it toward the net.

• The blade of the stick is to be cupped over the puck.

• Weight transfers as you shoot from your back skate to your front skate. Start with feet together and step toward the net to start the shot. Front toes should point at the net.

• Start with the puck in the heel of the stick blade while spinning it towards the toe during the shot.

• Follow-through snap your hands bottom palm up and top palm down, pointing the shaft of the stick at the target.

• Eyes should always be on the target, not on the puck

**Week #4 • 100 pucks per day / 5 days (500 Pucks total)**

**Backhand shots only – Top corners only**

[**Hockey Canada - Skills of Gold Video Tip**](http://goo.gl/s4xZl)

Midway through your shot, begin to open the stick blade and follow through will end with an open blade rather than a straight or closed blade.

**Week #5 • 100 pucks per day / 5 days (500 Pucks total)**

**Mite and Squirt – Regular wrist shots only (All corners)**

**Peewee through Midget – Snap shots only**

**250 to lower corners & 250 to upper corners**

[**Hockey Canada - Skills of Gold Video Tip**](http://goo.gl/41iX8)[**Hockey Canada - Skills of Gold Video Tip**](http://goo.gl/w6ka4)

To perform the snap shot, remember that the line for shooting needs to be closer to the body than a wrist shot. The snap shot is performed quickly and can be effective in catching a goalie off guard. Follow the instructions below for correct procedure:

• In the wind up, position the stick 10-14 inches behind the puck and 4-5 inches off the surface (ice or floor) with the blade centered on the puck.

• Rotate your wrists to make the blade of the stick parallel to the floor. Your weight should be on your back foot at this point.

• As you transfer your weight forward while making the shot, snap through the puck hitting the surface a few inches before the puck.

• Follow through will be the same as the wrist shot.

• Eyes should always be on the target, not on the puck

**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**

• All weight should be on front foot and extra snap of the wrists will help generate more power to the net.

• Eyes should always be on the target, not on the puck

**Week #7 • 100 pucks per day / 5 days (500 Pucks total)**

**Backhand shots only - All corners**

• The backhand shot is maybe the most difficult for a goalie to save, and probably the most difficult to master.

• Practice it as much as possible – you will score from it! As with all shots, the key element is form. Refer to Week #3 for technique tips.

**Week #8 • 100 pucks per day / 5 days (500 Pucks total)**

**Mite and Squirt – Wrist shots only**

**50 on the front foot (as in week #6) - 50 both feet with step at net /per day**

**Peewee through Midget – Slap shots only - Lower corners only.**

[**Hockey Canada - Skills of Gold Video Tip**](http://goo.gl/ss6Qi)[**Hockey Canada - Skills of Gold Video Tip**](http://goo.gl/78aBH)

• Position the puck 2-6 inches behind the front foot before shooting. You will find it easier to keep the shot low the further you move the puck back.

• Hold your stick tightly with your bottom hand just below mid stick.

• Keep the line of shooting close enough for comfort but far enough away to allow good extended arm movement.

• Once you have positioned the puck, view your target and draw your stick back between your waist and shoulder. At this point your weight is on your back foot. Both arms should be straight.

• With force, drive your stick downward leaning into the shot and transferring your weight to the front foot. Keep you back arm straight, do not bend your back elbow.

• Contact the surface 2-3 inches behind the puck. The more flex in the shaft of the stick the harder the shot will be.

• Contact with the puck should be in the middle of the blade or slightly toward the heal, with the blade closed. Hitting the puck toward the toe of the blade will result in a weak and uncontrolled shot.

• As you hit through the puck, snap your wrists. Bottom thumb down and top palm up to ceiling. The harder the snap of the wrist the hard the shot will be.

• Your follow through should be low as you point your shaft toward the target.

**Week #9 • 100 pucks per day / 5 days (500 Pucks total)**

**Mite and Squirt – Backhand shots only. All corners.**

**Peewee through Midget – Slap shot - Mid to high corner.**

[**Hockey Canada - Skills of Gold Video Tip**](http://goo.gl/xY3xG)

**Week #10 •100 pucks per day / 5 days (500 Pucks total)**

**Mite and Squirt – Alternate shots and alternate targets**

**Peewee through Midget – Slap shots alternating upper and low corners.**

**Congratulations! You are a member of the BHC 5000 Shot Club**

After taking 5000 shots, you have dramatically improved your shooting skills!