



The 5000 Puck Challenge

The Ontario Minor Hockey Association (OMHA) has launched a program for you to develop your shooting & scoring skills at home.

This program is an extension of the **Matt Duchene Shootout Challenge** which is an interactive game that will accompany the OMHA Events Team at tournaments and special events throughout Ontario this season.

This program also reinforces the concepts introduced Hockey Canada's **Long Term Player Development (LTPD)** which sets out a development progression or pathway for hockey players. One of the key factors influencing LTPD is the 10-Year Rule, where scientific research has concluded that it takes a minimum of 10 years and 10,000 hours of training for a talented athlete to reach elite levels. Our goal is to educate players, coaches, and parents on the LTPD model in a fun and easy way.

So, how well do you think your shot would improve if you were to take 5000 shots over a 10-week period?

Think it can't be done, think again. If you have a plan to achieve this and you are consistent with this plan there is no doubt you can achieve this goal. To help give you an idea of how this works we have put together a plan for you to follow over 10 weeks to accomplish this goal, IF YOU CHOOSE to reach this goal.

Goal: Shoot 5000 pucks in 10 weeks. Increase shot speed, quickness and accuracy

Weekly Goal: 5000 shots divided by 10 equals 500 shots per week

Daily goal 5 days per week: 500 shots per week divided by 5 days per week equals 100 shots per day

Suggestions for making the challenge of completing 5000 shots easier:

1. Get 20 pucks and shoot 5 sets of 20 for 100 pucks in a day. This should take about 20 minutes given no distractions.
2. Have a dedicated place to shoot.
3. Get into a routine. Choose a time when you can shoot at the same time every day.
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.

Here are the rules for the 5000 Puck Challenge:

1. You must track your shots to receive entry into the 5000 Puck Club
2. You must reach at least 5000 shots between January 17th & April 30th, 2011
3. Parents are required to sign-off on the number of shots you completed each day
4. Return your Tracking Sheet to the OMHA Office by May 15th, 2011 to be entered into a draw to win autographed prizes from Matt and Reebok!
5. Must be under the age of 18 and a member of the OMHA in order to win
6. Go to OMHA.net or HometownHockey.com to view video instruction from Hockey Canada's Skill of Gold series and print off your Tracking Sheet

What you will need:

- A regulation size net (Street hockey, or ice hockey, can even be an area drawn on a concrete wall)
- Shooter tutor or targets (Can be made out of plywood or purchased)
- Shooting surface (concrete floor, driveway, 3'x3' heavy plastic sheet)
- 10-100 pucks
- Stick (should be a few inches shorter than the one used on the ice as player will not be wearing skates)
- Hockey gloves
- Players must follow the directions for each week and meet the minimum number of shots required for that week. Players may and are encouraged to shoot more than the minimum required shots per week.
- If any player can not 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

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

Week #3 • 100 pucks per day / 5 days (500 Pucks total)**Backhand shots only - Low corners only**

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**

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)**Novice & Atom – Regular wrist shots only (All corners)****Peewee through Midget – Snap shots only****250 to lower corners & 250 to upper corners**

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)

Novice & Atom – 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.

- 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 your 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 heel, 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 harder 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)

Novice & Atom – Backhand shots only. All corners.

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

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

Novice & Atom – Alternate shots and alternate targets

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

Congratulations! You are a member of the OMHA 5,000 Puck Club

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

Do not forget to submit your Tracking Sheet with each day signed by a Parent

For more information on the Matt Duchene Shootout Challenge – visit www.hometownhockey.com

For more information on the Long Term Player Development (LTPD) model and other Development programs offered by the OMHA – visit www.omha.net