



2010-2011 5000 Puck Challenge • Tracking Sheet

Player Name: _____

Age: _____ Phone: _____

Email: _____

Team: _____

Category (please circle): AAA AA A BB B CC C DD D E
 AE HL LL

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

WEEK 1:

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Wrist Shot Low Corners			
Day 2	100 Wrist Shot Low Corners			
Day 3	100 Wrist Shot Low Corners			
Day 4	100 Wrist Shot Low Corners			
Day 5	100 Wrist Shot Low Corners			

WEEK 2:

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	100 Wrist Shot Top Corners			
Day 2	100 Wrist Shot Top Corners			
Day 3	100 Wrist Shot Top Corners			
Day 4	100 Wrist Shot Top Corners			
Day 5	100 Wrist Shot Top Corners			

WEEK 3:

		DATE	SHOTS TOTAL	PARENT INITIAL
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	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:**Novice & Atom – Regular wrist shots only (all corners)****Peewee through Midget – 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:**Novice & Atom – Wrist shots only (50 on front foot [as in wk 6]; 50 both feet with step at net /per day)****Peewee through Midget – Slap shots only (Lower corners only)**

		DATE	SHOTS TOTAL	PARENT INITIAL
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			

WEEK 9:**Novice & Atom – Backhand shots only (all corners)****Peewee through Midget – 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:**Novice & Atom – Alternate shots and alternate targets****Peewee through Midget – Slap shots alternating upper and low corners**

		DATE	SHOTS TOTAL	PARENT INITIAL
Day 1	Any shot / Slap shot			
Day 2	Any shot / Slap shot			
Day 3	Any shot / Slap shot			
Day 4	Any shot / Slap shot			
Day 5	Any shot / Slap shot			

Congratulations! You are a member of the OMHA 5000 Puck Club

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

Send in your Tracking Sheet

Return your Tracking Sheet to the OMHA by **May 15th, 2011** to be entered into a draw to win autographed prizes from Matt Duchene and Reebok!

Send us a picture or video of you in action! Show us your best shot or where you shot your 5000 pucks!



Via email: 5000puckchallenge@omha.net

Via fax: 905-780-0344

Via mail: Ontario Minor Hockey Association
25 Brodie Drive, Unit 3, Richmond Hill, ON L4B 3K7

Total shots taken in 10 weeks _____

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

Player Signature

Parent or Guardian Signature

☐ I do not wish to receive the OMHA Insider e-Newsletter