**12,000 Puck Challenge**

**Goals:**

* **The challenge will increase shot speed, quickness and accuracy.  We look forward to seeing the results as we strive to raise more Championship banners across all levels of play. Let’s get these kids off the electronic devices and bring our program potential to new levels.**

**The Challenge:**

* **The challenge will start on July 1, 2021 and end on September 30, 2021. All players who were a registered player during the previous hockey season qualify. Shots must be documented on the shot tracker sheet, once a sheet is filled, sheets should be emailed to** [**nkramar@minnkota.com**](mailto:nkramar@minnkota.com) **by October 15, 2021. This may seem like an easy challenge on paper; parents-your child will need your help to succeed!**

**Getting Started:**

* **Shooter tutor or net, along with a solid shooting surface works best**
* **10- 100 pucks, (they are $1 a piece on amazon)**
* **Hockey gloves and stick**
* **Choose a routine time when you can practice every day, plan ahead for days you can’t practice. Choose a dedicated place to shoot.**
* **Be accountable! Do what you can without breaking proper shot techniques and losing your focus- Don’t just go through the motions!**

**Tracking your progress:**

* **Each player will track their own shots, remember- you are on the honor system, please be truthful with yourself and the program!**
* **Parents are required to audit the number of shots taken.**
* **Please use the attached excel sheet that will automatically sum your totals, or if you prefer, record your shots in another organized way.**

**Weekly Shot Instructions/ Rules:**

* **Mites should shoot from 8-18 feet from net. Their goal for the summer is 4,000 shots. This is about 44 shots per day!**
* **Squirts should shoot from 12-25 feet from the net. Their goal for the summer is 7,000 shots. This is about 77 shots per day!**
* **Pee Wees should shoot from 15-30 feet from the net. Their goal is 9,000 shots. This is about 99 shots per day!**
* **Bantam/ High School will shoot from 15-40 feet from the net, with a goal of 12,000 shots. This is about 133 shots per day!**
* **Players age group and shot requirements will reflect their status for the upcoming 2021 season.**
* **Remember to practice all shots you are capable of making. This includes the wrist shot, snap shot, back hand, and slap shot. You tube videos are a great reference for proper form.**
* **Be creative! Use a puck passer or another person to work on your 1-timers.**

**Rewards:**

* **All players who successfully complete the challenge will be given a T-shirt for their efforts.**

**Sponsor:**

**Neil Kramar**

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