

SHOOT, TALLY & ENTER TO WIN!

GMHA 5000 PUCK CHALLENGE!

#GMHA5000PUCKCHALLENGE

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HOCKEY SHOP
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INSTRUCTIONS

STEP 1

Find a shooting location that your parents approve of. Your backyard rink, a shooting tarp, a net in your driveway or basement...they all work. If you don't have a place to shoot, find a friend or teammate who does and shoot together.

STEP 2

Use the Tally Sheet to record your progress all the way to 5,000 shots. Have a parent sign the completed sheet.

STEP 3

Submit your completed Tally Sheet by January 26th, 2022, by emailing it to development@guelphminorhockey.com.

STEP 4

All players who complete the challenge will be entered in a drawing to win **\$150 TOWARD A NEW STICK FROM T&T HOCKEY SHOP SOURCE FOR SPORTS!**

***Be sure to tag your progress using #GMHA5000PUCKCHALLENGE**

SHOOTING GAMES

Here are some games and challenges you can use to keep things entertaining:

Around the World – Start with the bottom left corner and shoot until you hit your target. Move to the top left, then top right, then bottom right...then all the way back around. Count the number of shots it takes you to get "Around the World". If you're shooting with a friend, challenge each other.

Aim and Fire – Have a partner stand behind you and call out targets. "Top Right! Bottom Left!" Release your shot as quickly as possible while hitting each target as you go. 10 for 10 – Pick a target and see how many times you can hit that target out of 10 shots. Release Points – Experiment with different release points for your shots. Place an obstacle in front of your puck and work on pulling or pushing the puck before releasing each shot.

TIPS

STICK – Without skates on you are 3" shorter! Typical stick height should be around your chin when standing in skates, so off-ice shooting sticks should be to your chin when in shoes. A long stick can cause straightening of legs, reaching of arms, and a variety of other form breakdowns.

START SLOW & ACCELERATE – 5,000 is a lot of pucks! Watch out for blisters - sore hands can keep you from shooting for a few days.

TUTORIALS – Here are some great videos... or find your own!

WRIST SHOT VIDEO

[youtube.com/watch?v=HQY14pYYWuQ](https://www.youtube.com/watch?v=HQY14pYYWuQ)

SLAP SHOT VIDEO

[youtube.com/watch?v=MyRjsWmPcaA](https://www.youtube.com/watch?v=MyRjsWmPcaA)

Honour System

Counting and final submission of your shot totals will be done using the Honour System. You are trusted to properly track and submit only the shots you actually take. The purpose of this challenge is to improve your shooting. There is no shortcut to excellence!