**2015 Pee Wee C Shooting Contest**

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| --- |
| **GOAL: Increase shot speed, quickness and accuracy****The Plan:** Shoot as many pucks as possible |

**WEEK 1:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | DATE | SHOTS TOTAL | PARENT INITIAL |
| Day 1 | Wrist Shot Low Corners |  |  |  |
| Day 2 | Wrist Shot Low Corners |  |  |  |
| Day 3 | Wrist Shot Low Corners |  |  |  |
| Day 4 | Wrist Shot Top Corners |  |  |  |
| Day 5 | Wrist Shot Top Corners |  |  |  |
| Day 6 | Wrist Shot Top Corners |  |  |  |
| Day 7 | Wrist Shot Top Corners |  |  |  |

**WEEK 2:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | DATE | SHOTS TOTAL | PARENT INITIAL |
| Day 1 | Backhand Low Corners |  |  |  |
| Day 2 | Backhand Low Corners |  |  |  |
| Day 3 | Backhand Low Corners |  |  |  |
| Day 4 | Backhand Mid-Upper |  |  |  |
| Day 5 | Backhand Mid-Upper |  |  |  |
| Day 6 | Backhand Mid-Upper |  |  |  |
| Day 7 | Backhand Mid-Upper |  |  |  |

**WEEK 3:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | DATE | SHOTS TOTAL | PARENT INITIAL |
| Day 1 | Wrist Shot All Corners |  |  |  |
| Day 2 | Wrist Shot All Corners |  |  |  |
| Day 3 | Wrist Shot All Corners |  |  |  |
| Day 4 | Wrist Shot –1/2 Low/1/2 High |  |  |  |
| Day 5 | Wrist Shot –1/2 Low/1/2 High |  |  |  |
| Day 6 | Wrist Shot –1/2 Low/1/2 High |  |  |  |
| Day 7 | Wrist Shot –1/2 Low/1/2 High |  |  |  |

**WEEK 4:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | DATE | SHOTS TOTAL | PARENT INITIAL |
| Day 1 | Backhand – All corners |  |  |  |
| Day 2 | Backhand – All corners |  |  |  |
| Day 3 | Backhand – All corners |  |  |  |
| Day 4 | Backhand – All corners |  |  |  |
| Day 5 | Backhand – All corners |  |  |  |

**Congratulations! You Have Completed the Shooting Contest!**

After taking these shots in 4 weeks, you have dramatically improved your shooting skills.

**Shooting Contest
Summary Tracking Sheet**

|  |  |
| --- | --- |
| **Total shots taken in 4 weeks:** |  |

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

Player Signature Parent or Guardian Signature