

**LMH Players--Win a Hockey Stick valued at $200!!!!**

How well do you think your shot would improve if you were to take 2500 shots over a 5-week period?

Think it can’t be done, think again. Shooting one hundred pucks a day, five days a week for five weeks will help you develop your shooting & scoring skills at home. This program reinforces the concepts introduced by Hockey Canada’s Long Term Player Development [LTPD] which sets out a development progression or pathway for hockey players.

There’s evidence to show that daily micro-practice is effective and often superior to longer practice sessions once or twice a week. When you practice a little each day, skills don’t erode. In fact, they consolidate. It’s like a [bank account](http://www.ohf.on.ca/news/it%E2%80%99s-back-shoot-lights-out-5000-puck-challenge) earning compound interest: a virtuous spiral where skill accrues quickly.

“This is a great program because it’s simple, it gives players the opportunity to develop their skills and its fun!” said former LMH President, Randy Bauman. Coach’s raved about the improvement following the program therefore we’ve put the program together for the 5th year in a row.

Coach: don’t miss the chance to assign as homework and offer your own internal competition....

Excerpt from OHF website 2013:

“This is a really great initiative…my son Mitch is in the third week and he has already seen significant results…three goals in his past two games and all on great wrist shots! He is more motivated than ever now…I have to keep him from going too crazy down stairs! Thx again and keep up the great [work](http://www.ohf.on.ca/news/it%E2%80%99s-back-shoot-lights-out-5000-puck-challenge) within the OMHA.” – Hockey Parent

"I can see the improvement in my son’s shot already, so does his coach. He is on week 4 and determined to complete the program. Great idea by OMHA to motivate kids to [work](http://www.ohf.on.ca/news/it%E2%80%99s-back-shoot-lights-out-5000-puck-challenge) on their skill improvement.” – Hockey Parent

The Goal: Increase shot speed, quickness and accuracy   
The Plan: Shoot 2500 pucks in 5 weeks. That’s 100 shots a day / 5 days a week for 5 weeks!

The challenge begins November 11, 2019. Tracking Sheets to be returned to Danielle Pentz, daniellepentz@hotmail.com by December 16, 2019 to be entered into a draw to [win](http://www.ohf.on.ca/news/it%E2%80%99s-back-shoot-lights-out-5000-puck-challenge) a hockey stick—valued at $200. Draw for stick to be at the Friday December 20, 2019.



**2500 PUCK CHALLENGE**

Rules:

1. You must track your shots to receive entry in the Challenge
2. The challenge begins November 11, 2019. Tracking sheets to be returned to Listowel Minor Hockey Executive Danielle Pentz, daniellepentz@hotmail.com by December 16, 2019 to be entered into a draw to win a hockey stick, valued at $200.
3. Parents required to sign-off on the number of shots you complete each day-honesty and integrity are key.
4. Must be under the age of 18 and a member of LMH in order to win
5. Visit the Listowel Minor Hockey website for the instructions and extra tracking sheets

***Week #1*** 100 shots per day / 5 days (500 pucks total)

Wrist shots only – low corners only

***Week #2*** 100 shots per day / 5 days (500 puck total)

Wrist shots only – top corners only

***Week #3*** 100 shots per day / 5 days (500 puck total)

Backhand shots only – low corners only

***Week #4*** 100 shots per day / 5 days (500 puck total)

Backhand shots only – top corners only

***Week #5*** 100 shots per day / 5 days (500 puck total)

Novice & Atom – regular wrist shots only (all corners)

Pee Wee through Midget – snap shots only (250 to lower corners, 250 to upper corners)

**Goalie Program**

**Goalies, you can participate too. You receive this many shots per day in the areas shown using a ballhockey ball at home and you qualify!!!**

**CONGRATULATIONS!**  You are a member of LMH 2500 Puck Challenge

After taking 2500 shots in 5 weeks, you have dramatically improved your shooting skills! Don’t forget to submit your Tracking Sheet filled out and signed by a Parent.



**2017 Listowel Minor Hockey 2500 Puck Challenge**

**Tracking Sheet**

**GOAL:** Increase shot speed, quickness and accuracy

**THE PLAN:** Shoot 2500 pucks in 5 weeks

**WEEKLY GOAL:** 500 shots per week

**DAILY GOAL:** 100 shots per day (5 days a week)

WEEK #1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Date | Shots Total | Parental Initials |
| Day 1 | 100 wrist shots low Corners |  |  |  |
| Day 2 | 100 wrist shots low Corners |  |  |  |
| Day 3 | 100 wrist shots low Corners |  |  |  |
| Day 4 | 100 wrist shots low Corners |  |  |  |
| Day 5 | 100 wrist shots low Corners |  |  |  |

WEEK #2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Date | Shots Total | Parental Initials |
| Day 1 | 100 wrist shots top Corners |  |  |  |
| Day 2 | 100 wrist shots top Corners |  |  |  |
| Day 3 | 100 wrist shots top Corners |  |  |  |
| Day 4 | 100 wrist shots top Corners |  |  |  |
| Day 5 | 100 wrist shots top Corners |  |  |  |

WEEK #3

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Date | Shots Total | Parental Initials |
| 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 | Parental Initials |
| 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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Date | Shots Total | Parental Initials |
| 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 |  |  |  |

\*\* Novice & Atom wrist shots any corner; Pee Wee to Midget slap shots\*\*\*\*\*

CONGRATULATIONS! You are a member of LMH 2500 Puck Challenge

After taking 2500 shots in 5 weeks you have dramatically improved your shooting skills

Don’t forget to submit your Tracking Sheet to enter in the draw for a hockey stick valued at $200.

**Summary**

Player Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Category: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total shots taken in 5 weeks

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature