

HERMANTOWN HOCKEY PUCK RAT PROGRAM



Objective:

- * To encourage kids to shoot pucks outside of the HAAA season

Goal:

- * To strengthen & improve players shooting technique and accuracy

Guidelines:

- * Shoot **500** pucks a week for **12** weeks, **6,000** pucks are the goal to earn a Puck-Rat t-shirt.
- * For a player that wants the challenge of shooting **10,000** pucks, they will receive a special edition Gold Puck-Rat t-shirt
- * Work on puck handling, shooting (forehand, backhand, wrist-shot, slapper & snapper) shooting games with friends/family (horse, around the world, etc.....)
- * Use the form below to record your child's progress
- * Return your sheet to your level coordinator **NO LATER** than **September 15th**
- * Any other questions, contact your level coordinator or player development

| Week | Daily Shots | | | | | Total |
|------|-------------|--|--|--|--|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |

Player:

Parent Signature:

Level:

Total Pucks Shot:

Shirt Size (circle): Youth: S M L XL

Adult: S M L XL