

Week #1						
Goal: Shoot 100 pucks 5 days a week (500 total)						
Development Focus: Wrist shots, shoot for low corners						
	Monday	Tuesday	Wednesday	Thursday	Friday	Total
# of Pucks						
Parents Initials						

Week #2						
Goal: Shoot 100 pucks 5 days a week (500 total)						
Development Focus: Wrist shots, shoot low and high						
	Monday	Tuesday	Wednesday	Thursday	Friday	Total
# of Pucks						
Parents Initials						

Week #3						
Goal: Shoot 100 pucks 5 days a week (500 total)						
Development Focus: 50 Wrist shots / 50 backhand shots --- low and middle						
	Monday	Tuesday	Wednesday	Thursday	Friday	Total
# of Pucks						
Parents Initials						

Week #4						
Goal: Shoot 100 pucks 5 days a week (500 total)						
Development Focus: 50 Wrist shots / 50 backhand shots --- low & high						
	Monday	Tuesday	Wednesday	Thursday	Friday	Total
# of Pucks						
Parents Initials						

Week #5						
Goal: Shoot 100 pucks 5 days a week (500 total)						
Development Focus: 50 snapshots / 50 wrist shots – pick your target						
	Monday	Tuesday	Wednesday	Thursday	Friday	Total
# of Pucks						
Parents Initials						

YOU ARE HALFWAY TO YOUR GOAL. KEEP IT UP!!!!

Week #6						
Goal: Shoot 100 pucks 5 days a week (500 total)						
Development Focus: 30 backhand / 30 snapshots / 40 wrist shots – pick your target						
	Monday	Tuesday	Wednesday	Thursday	Friday	Total
# of Pucks						
Parents Initials						

Week #7						
Goal: Shoot 100 pucks 5 days a week (500 total)						
Development Focus: 40 slapshots / 30 wrist shots / 30 snapshots – pick your target						
	Monday	Tuesday	Wednesday	Thursday	Friday	Total
# of Pucks						
Parents Initials						

Week #8						
Goal: Shoot 100 pucks 5 days a week (500 total)						
Development Focus: 30 slapshots / 40 backhand / 30 wrist						
	Monday	Tuesday	Wednesday	Thursday	Friday	Total
# of Pucks						
Parents Initials						

Week #9						
Goal: Shoot 100 pucks 5 days a week (500 total)						
Development Focus: 35 Wrist shots / 35 backhand / 30 snapshots						
	Monday	Tuesday	Wednesday	Thursday	Friday	Total
# of Pucks						
Parents Initials						

Week #10						
Goal: Shoot 100 pucks 5 days a week (500 total)						
Development Focus: 25 Wrist shots / 25 snapshots / 25 slapshots / 25 backhand						
	Monday	Tuesday	Wednesday	Thursday	Friday	Total
# of Pucks						
Parents Initials						

YOU HAVE COMPLETED YOUR GOAL... 5,000 PUCKS... YOU WILL SEE THE RESULTS THIS SEASON!

Send to: 5,000 pucks, c/o DJ LaVarre, 490 Hibbard, Winnetka, IL 60093