

INSTRUCTIONS AND INFO

How would you like to score the game winning goal? The offseason is the time that you develop the skills to make it a possibility. With some hard work and time, we all can become goal scorers. Have fun and shoot hard. This challenge is not just shooting pucks it is a combination of stickhandling and shooting.



Rules and Tips:

1. Keep track of your shots. This number doesn't need to be 100% accurate, just estimate the best you can!
2. Don't just practice shooting. Take time to work on stick handling and being creative! We suggest using a green-biscuit or a golf ball for this. Take a look at the clock and track those minutes.
3. Try different things. Work on all shots, from different angles. Hang some targets from the net and challenge yourself. Remember, this is to help you improve.
4. Knowledge is power! If you are unsure on the proper mechanics while shooting, ask your parents/guardians to pull up some instructional YouTube videos.
5. Have fun! Hockey shouldn't be a chore. If you are feeling exhausted from the challenge, take a break.