WEEK 3
WRIST SHOT:
FROM ONE FOOT! Seldom is a hockey player in the perfect position for a shot on goal. Taking a wrist shot from one foot works on proper technique while in an off balance position. Make sure you are moving towards the net and your eyes are up!

SHOT TOTAL: __________
PARENT INITIALS: __________

WEEK 4
SNAP SHOT:
The Snap Shot is quicker than a wrist shot and more accurate than a Slap Shot. It's also the most widely used shot in hockey today! Check out this NHL "Ice Time" video on YouTube: www.youtube.com/watch?v=FP0X4AtvAMM

SHOT TOTAL: __________
PARENT INITIALS: __________

WEEK 5
BACKHAND SHOT:
This type of shot is often used on breakaways, penalty shots and in shootouts and is used for deking. Compared to a forehand shot, it is less accurate and less powerful, but more deceptive to goaltenders. Eyes up!

SHOT TOTAL: __________
PARENT INITIALS: __________

BONUS
STRENGTH WORK
Building back those hockey muscles will help your endurance on the ice. Try these workouts on Even/Odd numbered days:

EVEN DAYS (E) | 3 SETS OF:
Skater lunge: 10/ea side
Jump squats: 20

ODD DAYS (O) | 4 SETS OF:
Mountain climbers: 10/ea side
Russian twists: 10/ea side

NAME: __________________________________________
AGE: ___________ EMAIL: __________________________________________

5 Kelly Road, Salem, NH | 603.898.7777 | www.tsrhockey.com
* Email your signed form to marketing@tsrhockey.com when completed *

Stay updated with our Snipers Of The Week @tsr_hockey