WEEK 6

CURL + SNAP

This shot helps you change the angle of your shot as you pull the puck into you. Use a cone or other obstacle to act as a defender’s stick or body as you practice deceiving goalies. Keep your eyes up!

SHOT TOTAL: __________
PARENT INITIALS: __________

WEEK 7

BACK TO FOREHAND

This works on getting the puck on and off your stick as quickly as possible from backhand to forehand, putting you in a shooting position quicker. Remember, eyes up!

SHOT TOTAL: __________
PARENT INITIALS: __________

WEEK 8

CURL + SNAP 2

This is a progression from Week 6 Curl & Snap. Now, remove your obstacle and work on changing the angle of your shot without a barrier in front of you. Remember, eyes up!

SHOT TOTAL: __________
PARENT INITIALS: __________

BONUS

ROLLERBLADING:

Back to rollerblading! Perhaps you’re back on the ice by now and skating a bit. Let’s keep working on your conditioning and lengthening your stride. Try to rollerblade for at least 20 minutes, but focus on lengthening your stride.

Check off the days you rollerblade.

NAME: ____________________________________________
AGE: _______________ EMAIL: _________________________________

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