WEEK 9
COLLECT+SHOOT:

This is a quick shot release where you have to step into your shot. Pull the puck towards you and collect it on your forehand before punching through the shot. Remember: eyes up! Having a quick release from anywhere on the ice can deceive a goalie!

SHOT TOTAL: __________________

PARENT INITIALS: __________________

WEEK 10
ONE TIMERS:

One timers are so much fun! Use a passer/passback or have a shooting buddy pass you a puck. Using all your positive muscle memory, make sure you are paying attention to stepping towards the net as you follow through.

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:**
- Split squat jumps: 10/ea side
- Push ups: 10

**ODD DAYS (O) | 4 SETS OF:**
- Cross under squats: 10/ea side
- Plank jump ins: 15

You can search online for any drill you are unsure of.

NAME: _________________________________

AGE: _________________

EMAIL: _______________________________

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* Email your signed form to marketing@tsrhockey.com when completed *

Stay updated with our Snipers Of The Week @tsr_hockey