

# **WEISS TECH HOCKEY**

## **30 Days to a Better Shot**

### **2nd Edition**



**Daily Drills and Worksheets to Improve  
Your Shot from Home in 30 Days**  
<http://weisstechhockey.com>



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# Introduction

Welcome to Weiss Tech Hockey's 30 Days to a Better Shot. This manual was designed to give players a quick checklist of things they can do to improve their shots away from the rink.

This program is segmented into six 5-day periods, for a total of 30 days. Each 5-day period contains a checklist of "homework" items, objectives, and challenges that you need to complete during those 5 days. As you work your way through the course, you'll find your shot improving in Accuracy, Velocity, and in Quickness of Release, which are the three main areas goal scorers should be working to improve on.

## Exclusive Videos for Members Only

We have added a private, "members only" area as a brand new feature for the Second Edition of 30 Days to a Better Shot. The members area contains exclusive training and demo videos so you can see what the drills in this book look like in action.

Throughout the manual, you'll notice links to products that Weiss Tech Hockey recommends. These products are all tools I have used myself, and are available at [HockeyShot.com](http://HockeyShot.com), your #1 source for off-ice training aids.

So, before we get straight to the checklists, let's jump into a little bit of "development strategy" and set up our expectations for the next 30 days!

Jeremy Weiss  
President/Founder  
Weiss Tech Hockey



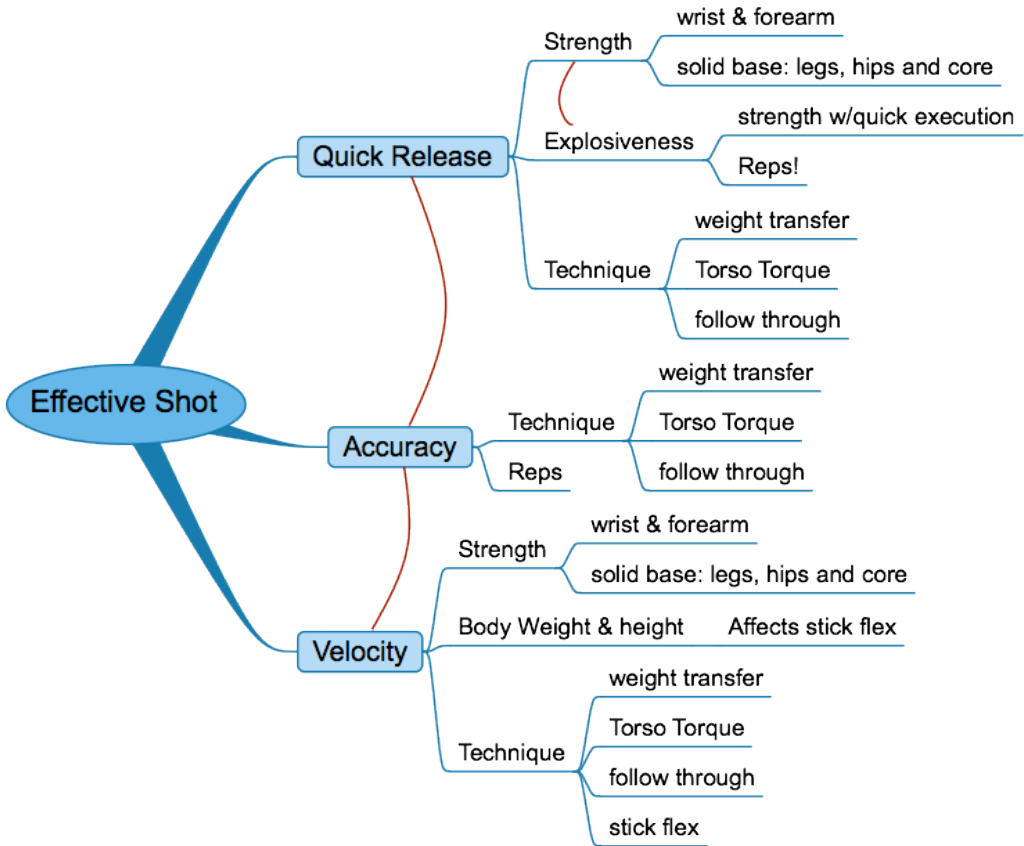
# Development Strategy for Shooting

Players must be proficient in three main areas in order to shoot well, and score lots of goals. Each of these areas is important, and each is connected with the others. But there is definitely an order of importance if you want to maximize your chances of scoring. Here are the three main areas, listed from most important to least important:

1. **Quick Release:** how quickly a player can release the puck after receiving a pass. The quicker your release, the more likely you are to catch the goalie before he gets set.
2. **Accuracy:** how well you pick and hit your spot.
3. **Velocity:** how hard you shoot. A hard shot is great, but if you are slow to get it off, and can't hit the net, it's useless (think Happy Gilmore)

This 30-day course is designed to help you to improve in each of these three areas. In order to do this, we must first understand what makes a player effective at each of the areas mentioned above; Quick Release, Accuracy, and Velocity.

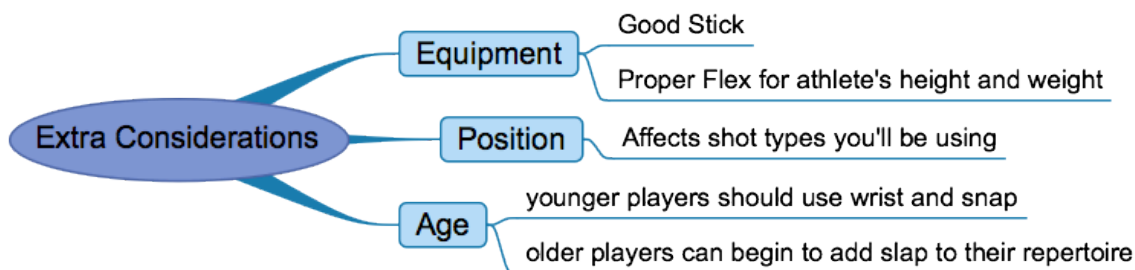
As is always the case with dissecting good hockey, this is a complicated topic, with many different factors that come into play. See the chart below:



In addition to the chart above, there are also some extra considerations that will come into play as you set your goals and expectations for shot improvements. Some of these include the following:

- **Equipment:** the more advanced you get, the more important it becomes to have top-notch equipment. Like it or not, you perform better when you have better gear. Also, the equipment needs to fit the athlete's size, strength, and performance level. For example, giving a 6-year-old an adult, 110 flex stick makes no sense, and will hinder his or her ability to get a decent shot off.
- **Position:** players should be proficient with all types of shots, but certain shots will be used more or less, depending on the position. Wrist and snap shots will be used more often as a forward, whereas defensemen will have more opportunities to use slap shots.
- **Age:** age, size, and strength are all factors that affect which shots can and should be focused on.

The development order I prefer is *wrist->snap->slap*. Players shouldn't move on to the more difficult shots until the easier ones have been mastered.



## Period 1 Objective: Strengthen Shooting Muscles, Develop Habits

### Items Needed:

- wrist strengthener (buy one or make your own)
- [shooting tarp or net with targeting system](#)
- [shooting pad or dryland tiles](#)
- [weighted pucks](#)
- [standard 6 oz black pucks](#)

### Checklist (do each item on the list every day this period):

- wrist rollers (2 sets of 2 - all the way up, all the way down)
- 20 wrist shots with weighted puck
- 20 snap shots with weighted puck
- 20 backhand shots with weighted puck
- 20 wrist shots with regular puck
- 20 snap shots with regular puck
- 20 backhand shots with regular puck



## Period 1 Worksheets

### DAY 1

- wrist rollers (2 sets of 2 - all the way up, all the way down)
- 20 wrist shots with weighted puck
- 20 snap shots with weighted puck
- 20 backhand shots with weighted puck
- 20 wrist shots with regular puck
- 20 snap shots with regular puck
- 20 backhand shots with regular puck

### DAY 2

- wrist rollers (2 sets of 2 - all the way up, all the way down)
- 20 wrist shots with weighted puck
- 20 snap shots with weighted puck
- 20 backhand shots with weighted puck
- 20 wrist shots with regular puck
- 20 snap shots with regular puck
- 20 backhand shots with regular puck

### DAY 3

- wrist rollers (2 sets of 2 - all the way up, all the way down)
- 20 wrist shots with weighted puck
- 20 snap shots with weighted puck
- 20 backhand shots with weighted puck
- 20 wrist shots with regular puck
- 20 snap shots with regular puck
- 20 backhand shots with regular puck

### DAY 4

- wrist rollers (2 sets of 2 - all the way up, all the way down)
- 20 wrist shots with weighted puck
- 20 snap shots with weighted puck
- 20 backhand shots with weighted puck
- 20 wrist shots with regular puck
- 20 snap shots with regular puck
- 20 backhand shots with regular puck

## DAY 5

- wrist rollers (2 sets of 2 - all the way up, all the way down)
- 20 wrist shots with weighted puck
- 20 snap shots with weighted puck
- 20 backhand shots with weighted puck
- 20 wrist shots with regular puck
- 20 snap shots with regular puck
- 20 backhand shots with regular puck



## Period 2 Objective: Continue Strengthening, Start Sniping!

### Items Needed:

- wrist strengthener (buy one or make your own)
- [shooting tarp or net with targeting system](#)
- [shooting pad or dryland tiles](#)
- [weighted pucks](#)
- [standard 6 oz black pucks](#)

### Checklist (do each item on the list every day this period):

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 10 wrist/snap/backhand shots with weighted puck (aim upper left)
- 10 wrist/snap/backhand shots with weighted puck (aim upper right)
- 10 wrist/snap/backhand shots with weighted puck (aim lower left)
- 10 wrist/snap/backhand shots with weighted puck (aim lower right)
- 10 wrist/snap/backhand shots with weighted puck (aim 5-hole)
- 10 wrist/snap/backhand shots with regular puck (aim upper left)
- 10 wrist/snap/backhand shots with regular puck (aim upper right)
- 10 wrist/snap/backhand shots with regular puck (aim lower left)
- 10 wrist/snap/backhand shots with regular puck (aim lower right)
- 10 wrist/snap/backhand shots with regular puck (aim 5-hole)

## Period 2 Worksheets

### DAY 1

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 10 wrist/snap/backhand shots with weighted puck (aim upper left)
- 10 wrist/snap/backhand shots with weighted puck (aim upper right)
- 10 wrist/snap/backhand shots with weighted puck (aim lower left)
- 10 wrist/snap/backhand shots with weighted puck (aim lower right)
- 10 wrist/snap/backhand shots with weighted puck (aim 5-hole)
- 10 wrist/snap/backhand shots with regular puck (aim upper left)
- 10 wrist/snap/backhand shots with regular puck (aim upper right)
- 10 wrist/snap/backhand shots with regular puck (aim lower left)
- 10 wrist/snap/backhand shots with regular puck (aim lower right)
- 10 wrist/snap/backhand shots with regular puck (aim 5-hole)

### DAY 2

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 10 wrist/snap/backhand shots with weighted puck (aim upper left)
- 10 wrist/snap/backhand shots with weighted puck (aim upper right)
- 10 wrist/snap/backhand shots with weighted puck (aim lower left)
- 10 wrist/snap/backhand shots with weighted puck (aim lower right)
- 10 wrist/snap/backhand shots with weighted puck (aim 5-hole)
- 10 wrist/snap/backhand shots with regular puck (aim upper left)
- 10 wrist/snap/backhand shots with regular puck (aim upper right)
- 10 wrist/snap/backhand shots with regular puck (aim lower left)
- 10 wrist/snap/backhand shots with regular puck (aim lower right)
- 10 wrist/snap/backhand shots with regular puck (aim 5-hole)

### DAY 3

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 10 wrist/snap/backhand shots with weighted puck (aim upper left)
- 10 wrist/snap/backhand shots with weighted puck (aim upper right)
- 10 wrist/snap/backhand shots with weighted puck (aim lower left)
- 10 wrist/snap/backhand shots with weighted puck (aim lower right)
- 10 wrist/snap/backhand shots with weighted puck (aim 5-hole)
- 10 wrist/snap/backhand shots with regular puck (aim upper left)
- 10 wrist/snap/backhand shots with regular puck (aim upper right)
- 10 wrist/snap/backhand shots with regular puck (aim lower left)
- 10 wrist/snap/backhand shots with regular puck (aim lower right)
- 10 wrist/snap/backhand shots with regular puck (aim 5-hole)

## DAY 4

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 10 wrist/snap/backhand shots with weighted puck (aim upper left)
- 10 wrist/snap/backhand shots with weighted puck (aim upper right)
- 10 wrist/snap/backhand shots with weighted puck (aim lower left)
- 10 wrist/snap/backhand shots with weighted puck (aim lower right)
- 10 wrist/snap/backhand shots with weighted puck (aim 5-hole)
- 10 wrist/snap/backhand shots with regular puck (aim upper left)
- 10 wrist/snap/backhand shots with regular puck (aim upper right)
- 10 wrist/snap/backhand shots with regular puck (aim lower left)
- 10 wrist/snap/backhand shots with regular puck (aim lower right)
- 10 wrist/snap/backhand shots with regular puck (aim 5-hole)

## DAY 5

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 10 wrist/snap/backhand shots with weighted puck (aim upper left)
- 10 wrist/snap/backhand shots with weighted puck (aim upper right)
- 10 wrist/snap/backhand shots with weighted puck (aim lower left)
- 10 wrist/snap/backhand shots with weighted puck (aim lower right)
- 10 wrist/snap/backhand shots with weighted puck (aim 5-hole)
- 10 wrist/snap/backhand shots with regular puck (aim upper left)
- 10 wrist/snap/backhand shots with regular puck (aim upper right)
- 10 wrist/snap/backhand shots with regular puck (aim lower left)
- 10 wrist/snap/backhand shots with regular puck (aim lower right)
- 10 wrist/snap/backhand shots with regular puck (aim 5-hole)

## Period 3 Objective: Snipe, Snipe, Snipe!

### Items Needed:

- wrist strengthener (buy one or make your own)
- [shooting tarp or net with targeting system](#)
- [shooting pad or dryland tiles](#)
- [weighted pucks](#)
- [standard 6 oz black pucks](#)

### Checklist (do each item on the list every day this period - 5 minute time cap on each target):

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck



## Period 3 Worksheets

### Day 1

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck

### Day 2

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck

### Day 3

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck

## Day 4

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck

## Day 5

- wrist rollers (3 sets of 2 - all the way up, all the way down)
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with weighted puck
- 3 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 3 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck



## Period 4 Objective: Quick Release... Snipe, Snipe, Snipe!

### Items Needed:

- wrist strengthener (buy one or make your own)
- [shooting tarp or net with targeting system](#)
- [shooting pad or dryland tiles](#)
- [weighted pucks](#)
- [standard 6 oz black pucks](#)
- [passing rebounder](#)

### Checklist (do each item on the list every day this period - 5 minute time cap on each target):

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 20 pass, receive, shoot to the right side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 5 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck



## Period 4 Worksheets

### DAY 1

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 20 pass, receive, shoot to the right side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 5 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck

### DAY 2

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 20 pass, receive, shoot to the right side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 5 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck

### DAY 3

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 20 pass, receive, shoot to the right side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 5 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck



## DAY 4

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 20 pass, receive, shoot to the right side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 5 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck

## DAY 5

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 20 pass, receive, shoot to the right side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (quick-release wrist or snap shots, using passing rebounder). Regular pucks
- 5 upper left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 upper right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower left goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 lower right goals IN A ROW, wrist/snap/backhand shots with regular puck
- 5 5-hole goals IN A ROW, wrist/snap/backhand shots with regular puck

## Period 5 Objective: One-T's, Game Time!

### Items Needed:

- wrist strengthener (buy one or make your own)
- [shooting tarp or net with targeting system](#)
- [shooting pad or dryland tiles](#)
- [weighted pucks](#)
- [standard 6 oz black pucks](#)
- [passing rebounder](#)
- **PARTNER**

### Checklist (do each item on the list every day this period):

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 10 slap shots with regular puck (aim upper left)
- 10 slap shots with regular puck (aim upper right)
- 10 slap shots with regular puck (aim lower left)
- 10 slap shots with regular puck (aim lower right)
- 10 slap shots with regular puck (aim 5-hole)
- 20 pass, receive, shoot to the right side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 1 game of PIG with partner (same as HORSE in basketball - one player calls a shot, if he makes it, the other player has to match it. If the other player misses, he or she gets a letter until PIG is spelled)



## Period 5 Worksheets

### Day 1

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 10 slap shots with regular puck (aim upper left)
- 10 slap shots with regular puck (aim upper right)
- 10 slap shots with regular puck (aim lower left)
- 10 slap shots with regular puck (aim lower right)
- 10 slap shots with regular puck (aim 5-hole)
- 20 pass, receive, shoot to the right side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 1 game of PIG with partner (same as HORSE in basketball - one player calls a shot, if he makes it, the other player has to match it. If the other player misses, he or she gets a letter until PIG is spelled)

### Day 2

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 10 slap shots with regular puck (aim upper left)
- 10 slap shots with regular puck (aim upper right)
- 10 slap shots with regular puck (aim lower left)
- 10 slap shots with regular puck (aim lower right)
- 10 slap shots with regular puck (aim 5-hole)
- 20 pass, receive, shoot to the right side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 1 game of PIG with partner (same as HORSE in basketball - one player calls a shot, if he makes it, the other player has to match it. If the other player misses, he or she gets a letter until PIG is spelled)

### Day 3

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 10 slap shots with regular puck (aim upper left)
- 10 slap shots with regular puck (aim upper right)
- 10 slap shots with regular puck (aim lower left)
- 10 slap shots with regular puck (aim lower right)
- 10 slap shots with regular puck (aim 5-hole)
- 20 pass, receive, shoot to the right side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (one-timer slap shots, using passing rebounder). Regular pucks

- 1 game of PIG with partner (same as HORSE in basketball - one player calls a shot, if he makes it, the other player has to match it. If the other player misses, he or she gets a letter until PIG is spelled)

#### Day 4

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 10 slap shots with regular puck (aim upper left)
- 10 slap shots with regular puck (aim upper right)
- 10 slap shots with regular puck (aim lower left)
- 10 slap shots with regular puck (aim lower right)
- 10 slap shots with regular puck (aim 5-hole)
- 20 pass, receive, shoot to the right side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 1 game of PIG with partner (same as HORSE in basketball - one player calls a shot, if he makes it, the other player has to match it. If the other player misses, he or she gets a letter until PIG is spelled)

#### Day 5

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 10 slap shots with regular puck (aim upper left)
- 10 slap shots with regular puck (aim upper right)
- 10 slap shots with regular puck (aim lower left)
- 10 slap shots with regular puck (aim lower right)
- 10 slap shots with regular puck (aim 5-hole)
- 20 pass, receive, shoot to the right side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 20 pass, receive, shoot to the left side of the net (one-timer slap shots, using passing rebounder). Regular pucks
- 1 game of PIG with partner (same as HORSE in basketball - one player calls a shot, if he makes it, the other player has to match it. If the other player misses, he or she gets a letter until PIG is spelled)

## Period 6 Objective: Crank up the Pressure!

### Items Needed:

- wrist strengthener (buy one or make your own)
- [shooting tarp or net with targeting system](#)
- [shooting pad or dryland tiles](#)
- [weighted pucks](#)
- [standard 6 oz black pucks](#)
- [passing rebounder](#)
- **PARTNER**

### Checklist (do each item on the list every day this period - 15 minute time cap on "around the horn" drill):

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 3 times "around the horn." Meaning: top left, top right, bottom right, bottom left, 5-hole... without missing, 5 for 5!
- PIG championship with partner... best of 5 series. All shots are in play (wrist, snap, slap, one-timer). All equipment is in play. Loser has to do something embarrassing (i.e. ride the bull through the neighborhood, run backward around the block, do somersaults across the lawn, or simply admit that the other player is "The Boss"... be creative!)





## Period 6 Worksheets

### Day 1

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 3 times “around the horn.” Meaning: top left, top right, bottom right, bottom left, 5-hole... without missing, 5 for 5!
- PIG championship with partner... best of 5 series. All shots are in play (wrist, snap, slap, one-timer). All equipment is in play. Loser has to do something embarrassing (i.e. ride the bull through the neighborhood, run backward around the block, do somersaults across the lawn, or simply admit that the other player is “The Boss”... be creative!)

### Day 2

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 3 times “around the horn.” Meaning: top left, top right, bottom right, bottom left, 5-hole... without missing, 5 for 5!
- PIG championship with partner... best of 5 series. All shots are in play (wrist, snap, slap, one-timer). All equipment is in play. Loser has to do something embarrassing (i.e. ride the bull through the neighborhood, run backward around the block, do somersaults across the lawn, or simply admit that the other player is “The Boss”... be creative!)

### Day 3

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 3 times “around the horn.” Meaning: top left, top right, bottom right, bottom left, 5-hole... without missing, 5 for 5!
- PIG championship with partner... best of 5 series. All shots are in play (wrist, snap, slap, one-timer). All equipment is in play. Loser has to do something embarrassing (i.e. ride the bull through the neighborhood, run backward around the block, do somersaults across the lawn, or simply admit that the other player is “The Boss”... be creative!)

### Day 4

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 3 times “around the horn.” Meaning: top left, top right, bottom right, bottom left, 5-hole... without missing, 5 for 5!
- PIG championship with partner... best of 5 series. All shots are in play (wrist, snap, slap, one-timer). All equipment is in play. Loser has to do something embarrassing (i.e. ride the bull through the neighborhood, run backward around the block, do somersaults across the lawn, or simply admit that the other player is “The Boss”... be creative!)

## Day 5

- wrist rollers (3 sets of 3 - all the way up, all the way down)
- 3 times “around the horn.” Meaning: top left, top right, bottom right, bottom left, 5-hole... without missing, 5 for 5!
- PIG championship with partner... best of 5 series. All shots are in play (wrist, snap, slap, one-timer). All equipment is in play. Loser has to do something embarrassing (i.e. ride the bull through the neighborhood, run backward around the block, do somersaults across the lawn, or simply admit that the other player is “The Boss”... be creative!)

## Conclusion

Practicing your shot off the ice is one of the most fulfilling pastimes a player can engage in. Not only is it a ton of fun while you're doing it OFF the ice, but it results in immediate and measurable differences in your goal scoring production ON the ice!

Weiss Tech Hockey is committed to developing top-notch players, coaches, and TEAMS. We'd love to hear your success stories from using this manual. Please don't hesitate to drop us a quick note, or email testimonial after using 30 Days to a Better Shot.

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