

# Niles Rangers 5000 Puck Challenge Rules

- ✓ **5000 Puck Challenge Duration:**
  - Monday, April 6 – Friday, June 12, 2020
- ✓ **Who is eligible to participate in this challenge?**
  - All current Niles Rangers players
- ✓ **What is the 5000 Puck Challenge?**
  - The challenge was developed in order to have players improve their shooting skills. The 5000 shot challenge is 100 shots a day, 5 days a week. That is a total of 500 shots a week for 10 weeks and that comes out to 5000 shots!
- ✓ **Why?**
  - Improve your shooting skills
  - Stay active
  - Have Fun!
- ✓ **Where can the shots be taken?**
  - Anywhere! If you have a net, use it!
- ✓ **Directions:**
  - Each week, the players will watch a short tutorial on how execute the selected shot of the week. The players being coached on how to take their shots, will then go out and take their 100 shots per day. The players will check off each day that they completed their 100 shots on their tracking form.
  - Week 1- Wrist Shot      Week 2- Backhand Shot      Week 3- Snap Shot
  - Week 4- Wrist Shot (Balancing on one foot)      Week 5- Snap and Backhand Shots
  - Week 6- Drag and Shoot    Week 7- Slapshots      Week 8- Stickhandle and Quick Release
  - Week 9- Players' Choice    Week 10- Players' Choice
- ✓ **Goalies:**
  - You can still participate in the 5000 Shot challenge! Have a parent or sibling shoot on you using various shots and from a variety of different angles. Goalies should focus on rebound control (directing pucks to the corner, trapping or covering the rebounds quickly). Goalies will fill out the tracking sheet the same way that someone who is taking the 5000 shots would.
- ✓ **Tracking:**
  - Players will track their shots each day on the tracking sheet.
- ✓ **Award:**
  - The Rangers players who complete the challenge during the time frame will receive a prize. Once June 12 arrives, players should either bring in their tracking sheet to the Hockey Director or email it to him at [alex@niles-parks.org](mailto:alex@niles-parks.org). The Hockey Director will be in contact with those who completed the challenge about how they can receive their prize.

