



ONE THOUSAND pucks

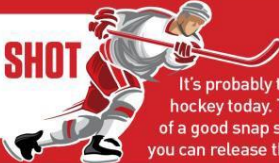
Hockey!
PAUL HRUBY
ICE ARENA

WRIST SHOT



The Wrist Shot is a valuable tool for players of all ages. This is the most accurate shot in hockey as the puck is in contact with the stick throughout the shooting motion.

SNAP SHOT



The Snap Shot is quicker than a wrist shot and more accurate than a Slap Shot. It's probably the most widely used shot in hockey today. The most important attribute of a good snap shot is the speed with which you can release the puck.

DRAG & SHOOT



The ability to shoot the puck in various situations that arise during a hockey game is an invaluable skill. The Drag & Shoot drill provides a game-like situation that includes a set-up move prior to the shot changing the angle of the shot and creating more speed on the shot.

STICK HANDLE & QUICK RELEASE



Quickness often trumps power when it comes to generating quality scoring chances. Whether in traffic or off the rush not giving the goalie a chance to get into their set position is key.

BACKHAND SHOT



The Backhand Shot is maybe the most difficult for a goalie to save, and probably the most difficult to master.

WRIST SHOT BALANCING ON ONE FOOT



Seldom is a player in the perfect position for a shot on goal, this drill works on proper technique while in an off-balanced position.

SLAP SHOT



Timing and proper technique are the foundation of mastering a powerful Slap Shot. Of all the shots in hockey, the Slap shot has the most speed and power.

ONE TIMER BONUS



A difficult skill to master, but one well worth practicing, the one-timer slap shot can be executed while stationary, or in motion. Again as with any one-time shot, timing is the key.



PARK DISTRICT of OAK PARK



The Park District of Oak Park invites you to take part in a new and exciting challenge to help develop your game at home! By taking the challenge you will keep your hockey skills sharp during this time away from the rink and also get a chance to win awesome prizes! Prizes include: Rink/Pool Pass, a Week of Hockey Summer Camp, and more!

All participants must take at least the minimum amount of shots per week (see requirements below) and submit their weekly totals through Survey Gizmo. The Challenge will begin on March 23 and continue for four weeks until April 17. Submissions of weekly totals to Survey Gizmo will be due by 5pm each Saturday of the Challenge (3/28, 4/4, 4/11, 4/18).

Those who are completing at least the minimum amount of shots per week will be entered in a raffle to win prizes! A leaderboard will also be posted each week as you submit your scores so you can compete with your friends!

8 and Under: 25 shots/day = 500 total in 4 weeks

10 and Under: 50 shots/day = 1000 total in 4 weeks

12 and Under: 50 shots/day = 1000 total in 4 weeks

14 and Under: 75 shots/day = 1500 total in 4 weeks

18 and Under: 75 shots/day = 1500 total in 4 weeks



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