



**BOW VALLEY HOCKEY SOCIETY** is committed to providing opportunities and resources for our players. Players who complete the minimums will receive a BV Puck Challenge Hat. Deadline to complete and submit this form to [mho@bvhs.ca](mailto:mho@bvhs.ca) is Sept 1, 2023.

We have also [linked](#) each shot type to a video so that our players can get a visual on how to properly complete the shot ([mouse click each title](#)).

U7 Age Group – Complete 3,000 + shots

U9 Age Group – Complete 4,000 + shots

U11 Age Group – complete 5,000 + shots

U13-U18 Age Group – Complete 7,000 + shots

### BACKHAND SHOOTING OFF WING

Players practice shooting on their back hand on their off wing.

### BARDOWNSKI'S

Players line up pucks around the crease and practice getting the puck under the bar on both their forehand and backhand.

### CROSS BODY BARDOWNSKI'S

Players pull puck across their body and get the puck up under the bar. Players practice this motion to both forehand and backhand.

### EBERLE

Players will come in and fake a shot with a top hand drop. They will then sharply cut across the ice with the puck on their forehand and release in one motion.

### SLAP SHOT

The slap shot is the most powerful shot a player can make. Players should practice taking slap shots with toes facing the net as well as practice with toes facing boards.

### STICKHANDLING QUICK RELEASE

Players stick handle on the spot and then quickly pull the puck to their forehand or backhand and release puck on net for a quick shot.

### WRIST SHOT ONE FOOT

Players balance on one foot and practice taking wrist shots with toes facing the goalies. Alternate feet every few shots.

### BACKHAND SHOOTING STRONG SIDE WING

Players practice shooting on their back hand on their strong side wing.

### CATCH PASS ACROSS BODY SHOT ON NET

Players will catch a pass across their body, then take a shot on net. Practice on both forehand and backhand. Puck should be cradled, pulled back and shot on net.

### DRAG AND SHOOT

The drag and shoot provides a game like situation where the player needs to make a move before releasing the puck. Players should practice a drag and shoot motion for wrist shots, slap shots and snap shots.

### SHOOTING IN MOTION

This shot is done with the players toes facing the net, and the puck is pulled back in line with players heels, and hands are pushed out in front of body. Players walk on the spot as they shoot to simulate shooting in motion.

### SNAP SHOT

The Snap shot is done for a quick release. Player should keep puck on toe of blade and snap wrists taking a shot on net.

### WRIST SHOT

The wrist shot is one of the most common shots used and the puck should stay on the blade the entire time that the shot is taken.

### WRIST SHOT TOES FACING GOALIE

This shot is done with the players toes facing the net, and the puck is pulled back in line with players heels, and hands are pushed out in front of body.

### BUCKET CHALLENGE AND OR KANE FLIPS

**BUCKET:** Players pull puck towards body using toe of blade, then pop puck in air by using wrist flip. As puck goes into the air, player tries to knock puck into bucket out of air.

**KANE:** Players uses an apparatus to practice flipping a puck over to their forehand and backhand. Player use this move to get around a defenders stick and follow it up with a quick shot on net.



## PLAYERS!

Please initial inside the box each time you take 45 shots for each specific skill set. There is no right or wrong sequence for doing the shots. You are encouraged to shoot as many pucks as you can to increase your shooting and scoring skill sets!

#### BACKHAND SHOOTING OFF WING

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#### BACKHAND SHOOTING STRONG SIDE WING

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#### BARDOWNSKI'S

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#### CATCH PASS ACROSS BODY SHOT ON NET

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#### CROSS BODY BARDOWNSKI'S

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#### DRAG AND SHOOT

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#### EBERLE

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#### SHOOTING IN MOTION

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#### SLAP SHOT

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#### SNAP SHOT

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#### STICKHANDLING QUICK RELEASE

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#### WRIST SHOT

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#### WRIST SHOT ONE FOOT

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#### WRIST SHOT TOES FACING GOALIE

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#### BUCKET CHALLENGE AND OR KANE FLIPS

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#### PLAYER'S INFO:

Full Name \_\_\_\_\_

Age \_\_\_\_\_

Email \_\_\_\_\_

Team \_\_\_\_\_

Position \_\_\_\_\_

#### TOTAL SHOTS TAKEN

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Scan and send a copy of this completed form to:



**Trevor Morgan**  
Manager of Hockey Operations  
[mho@bvhs.ca](mailto:mho@bvhs.ca)