



10,000 Shot Challenge Sheet



Shooter _____

Note: For greatest skill development, train at a distance and hardness so over 8/10 shots hit chute and puck is received back

Week	One					Two				Three				Four				Five			
Session	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Date																					
Distance from goal	14'																				
Wrist Shot	25																				
	25																				
Around the World	50																				
SuperShooter2 30 Second Challenge																					
Snap Shot	25																				
	25																				
Around the World	50																				
SuperShooter2 30 Second Challenge																					
Backhand Shot	10																				
	10																				
Around the World	30																				
SuperShooter2 30 Second Challenge																					
Total	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	
Cumulative Total	250	250	500	750	1000	1250	1500	1750	2000	2250	2500	2750	3000	3250	3500	3750	4000	4250	4500	4750	5000

Week	Six				Seven				Eight				Nine				Ten				
Session	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
Date																					
Distance from goal																					
Wrist Shot	25																				
	25																				
Around the World	50																				
SuperShooter2 30 Second Challenge																					
Snap Shot	25																				
	25																				
Around the World	50																				
SuperShooter2 30 Second Challenge																					
Backhand Shot	10																				
	10																				
Around the World	30																				
SuperShooter2 30 Second Challenge																					
Total	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	250	
Cumulative Total	250	5250	5500	5750	6000	6250	6500	6750	7000	7250	7500	7750	8000	8250	8500	8750	9000	9250	9500	9750	10000

SuperShooter2 30 Second Challenge

Once a week take the **SuperShooter2 30 Second Challenge**. From the practice shooting distance, take a wrist/snap shot following the "Around the World" pattern of: (Starting corner shown is for left hand shooters, right hand shooters start bottom right)

- Second • Upper Left Corner
- First • Lower Left Corner
- Third • Upper Right Corner
- Fourth • Bottom Right Corner
- Last • Then drain puck in the Upper Center Chute
- Fifth • Bottom Center Chute

For more information contact:

John E Jackson, Inventor, President at supershooter2@comcast.net 952-270-5084 (US Patent No 7,662,054 B2)



- To score a point, player must hit the defined corner (target) AND receive the returned puck.
- **Shooter advances to the next target (corner) after the current corner is hit AND puck is received back.**

Record total number of shots made in 30 seconds. Compare week to week progress Repeat with the snap and backhand shots.

General training guide: When taking the defined 25 shots, focus on one or two corners for the count of 25 shots. When shooting around the world, shoot in a circle and proceed to next corner only after the shooter hits current targeted corner and puck is received back.