

## **BHC SNIPERS & DANGLERS CHALLENGE**

### **SHOOTING & STICKHANDLING GOALS**

**7/15/08 – 9/17/08**

#### **MITES / U8:**

**Complete Mite / U8 Stickhandling Circuit 30 times**

**3000 SHOTS TOTAL**

**FOREHAND WRIST SHOTS = 2400**

**BACKHAND SHOTS = 600**

**Record Daily activity on recording sheet.**

#### **SQUIRTS / U10:**

**Complete Squirt / U10 Stickhandling Circuit 35 Times**

**3500 SHOTS TOTAL**

**FOREHAND WRIST SHOTS = 2000**

**FOREHAND SNAP SHOTS = 750**

**BACKHAND SHOTS = 750**

**Record Daily activity on recording sheet**

#### **PEE WEE / U12:**

**Complete Pee Wee / U12 Stickhandling Circuit 40 Times**

**4000 SHOTS TOTAL**

**FOREHAND WRIST SHOTS = 2000**

**FOREHAND SNAP SHOTS = 750**

**BACKHAND SHOTS = 750**

**SLAP SHOTS = 500**

**Record Daily Activity on recording sheet**

#### **BANTAM / U14**

**Complete Bantam / U14 Stickhandling Circuit 40 times**

**4500 Shots Total**

**FOREHAND WRIST SHOTS = 2000**

**FOREHAND SNAP SHOTS = 750**

**BACKHAND SHOTS = 1000**

**SLAP SHOTS = 750**

**Record Daily Activity on Recording Sheet**

