

REDWOOD HOCKEY  
SNIPER/DANGLER CHALLENGE

MITES (3,500 Shots)

- 3000 Wrist Shots
- 500 Backhand Shots
- Complete Mite Puckhandling Circuit 35 times

SQUIRTS (4,000 Shots)

- 2,000 Wrist Shots
- 1,500 Snap Shots
- 500 Backhand Shots
- Complete Squirt Puckhandling Circuit 40 times

PeeWees (4,500 Shots)

- 2,000 Wrist Shots
- 1,000 Snap Shots
- 1,000 Backhand Shots
- 500 Slap Shots
- Complete PeeWee Puckhandling Circuit 45 times

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Download and print the age appropriate puckhandling circuit and shooter log as needed. Go to [www.youtube.com/rvplayerdevelop](http://www.youtube.com/rvplayerdevelop) to view the demonstration videos. Record all your activities between May 1<sup>st</sup> and Sept. 1<sup>st</sup>. Turn in all log sheets and this signature page to Steve Pacheco, Nate Sunderman, Jason Sommers, or Joe Ryan.

\*\*\*By signing below I am certifying that all information on the attached log sheets is true to the best of my knowledge in the spirit of honesty and fairness for all participating in the program\*\*\*

Player Name \_\_\_\_\_  
(Print)

Parent Name \_\_\_\_\_  
(Print)

Sign \_\_\_\_\_

Sign \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

T-Shirt Size (circle):    S    M    L    XL    XXL
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# Mites

Puckhandling Circuit for Sniper/Dangler Challenge

\* Remember to check out [www.youtube.com/rvplayerdevelop](http://www.youtube.com/rvplayerdevelop) for videos on how to do each exercise

Each exercise is done 2 times for 30 seconds before you move on to next one. Rest as needed between sets. Go in order.

- 1. Dribble in front of body small**
- 2. Dribble side of body (forehand) small**
- 3. Dribble side of body (backhand) small**
- 4. Wide dribble in front of body**
- 5. Full extension in front of body**
- 6. Dribble small to full extension in front of body**
- 7. Figure 8s**
- 8. Move & dribble at same time**
- 9. Freestyle/Creative Dribbling**