



3000 Shot Challenge Tracking Sheet

- Track the types of shots you took and how many for each day
- Goal is to take 100 shots a day and 500 a week

Name _____ Age _____ Previous Team _____

Email _____

Week 1 *Shot of the week: Wrist Shots

50 Wrist Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Snap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Slap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Backhanders:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 In Tight Snipes:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Breakaway's	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	

Week 2 *Shot of the week: Snap Shots

50 Wrist Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Snap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Slap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Backhanders:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 In Tight Snipes:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Breakaway's	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	

Week 3 *Shot of the week: Slap Shots

50 Wrist Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Snap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Slap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Backhanders:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 In Tight Snipes:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Breakaway's	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	

Week 4 *Shot of the week: Backhanders

50 Wrist Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Snap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Slap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Backhanders:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 In Tight Snipes:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Breakaway's	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	

Week 5 *Shot of the week: In Tight Snipes

50 Wrist Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Snap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Slap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Backhanders:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 In Tight Snipes:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Breakaway's	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	

Week 6 *Shot of the week: Breakaway's

50 Wrist Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Snap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Slap Shots:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Backhanders:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 In Tight Snipes:	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	
10 Breakaway's	Mon		Tues		Wed		Thurs		Fri		Sat		Sun	