

30 IN 30 SHOTS DAYS



DAY 1

ONE HAND
COLLECT

DAY 2

IN TIGHT
SNIPE

DAY 3

TOE DRAG
SNIPE

DAY 4

CATCH
AND
RELEASE

DAY 5

BACKHAND
IN TIGHT

DAY 6

GOAL-LINE
DEFLECTIONS

DAY 7

BACKHAND
SLIP

DAY 8

THE SMACK

DAY 9

OFF-FOOT
SHOT

DAY 10

KNEE DROP

DAY 11

FOREHAND
FIVE-HOLE SLIP

DAY 12

FAR SIDE TUCK

DAY 13

HARDEST SPOT
FOR GOALIES
TO STOP

DAY 14

REBOUND
DRILLS
AND TIPS

DAY 15

NEVER MISS
BACK DOOR

DAY 16

BACKDOOR
FAKE

DAY 17

PUSHOUT
SHOT

DAY 18

THROUGH
THE LEGS

DAY 19

THE WALK-IN

DAY 20

WALK-IN
ONE-T

DAY 21

CREASE CUT
SHORT SIDE

DAY 22

ONE HAND
RECEIVE & SHOOT

DAY 23

MID-AIR
DEFLECTION

DAY 24

MAKAR
OPEN-HIP SNAP

DAY 25

MCDAVID
SHOULDER FAKE

DAY 26

MCDAVID
PULL BACK
THREAT

DAY 27

THE SVECH

DAY 28

SPLIT STANCE
ROCKET

DAY 29

BAD ANGLE
SNIPES

DAY 30

ONE HAND
NET DRIVE