10U/12U PHASE I - PUCK HANDLING

EXPANSION OF REACH

FOCUS
- Loose bottom hand, hand slide, expansion of reach.

MOVEMENT
1. Stickhandle ball out in front of body cone to cone.
2. Short, quick dribble in front of body.
3. Extend ball to maximum distance on forehand side of body.
4. Short, quick dribble in front of body.
5. Extend ball to maximum distance on backhand side of body.
6. Extend to the forehand 10x.
7. Extend to the backhand 10x.

TECHNIQUE
- Stand in basic hockey stance with feet shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Extend reach to maximum distance from body—slide hands together.
- More arm movement is necessary, but still use wrists to cup the ball.
- To pull ball close to body—hands are wide.
- Players should transfer body weight during expansion.

Use split vision to survey surroundings and the ball.