



Coaches Program Resources

STICK HANDLING DRILLS

Objective: Develop “Soft and Fast Hands”. Work towards a competency similar to typing or playing the piano, you don’t need to look at your stick, hands or puck it just quickly “happens”.

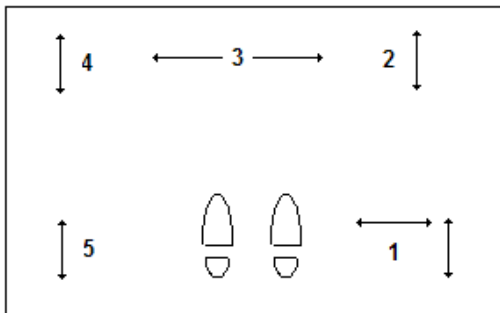
Key Points:

- Keep hands away from the body
- Top hand is firm and provides the “magic” to the blade
- Bottom hand is “soft” and slides along the stick like playing a violin
- Angle of the stick to the ice changes as required

Drills can be done with a plastic ball or a puck on or off ice.

1. Increase the Range of Motion


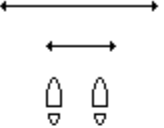
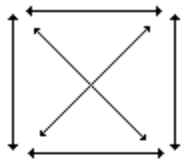

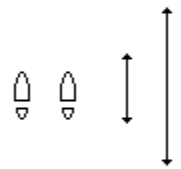


Using the follow zones:



- Keep the toes and hips straight ahead
- Roll your wrists like you are “buttering bread”
- Move the “puck” through each zone.
- Eyes open, eyes closed, switch hands / sticks and repeat

ZONE 1	Stickhandle the “puck” back and forth and side to side
ZONE 2	Handle the “puck” back and forth
ZONE 3	Handle the “puck” side to side shoulder width apart
ZONE 4 & 5	Wrist across handle the puck back and forth

2. Range, Rhythm, Deception

<p>Fig 8 Tall</p>  <p>Both ways</p>	<p>44 Wide - Short</p> 	<p>Zorro</p> 
<p>Fig 8 Flat</p>  <p>Both ways</p>	<p>44 Beside body</p> 	<p>Fake "out"- then Lateral move "in"</p> 
<p>Figure 8 with chair</p> <p>Same as Fig 8 flat but use chair legs rather than pylons or pucks</p> <p>Both ways</p>	<p>44 Extra wide, one hand on stick on backhand</p> 	<p>Into feet, kick back up to stick</p> 