

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.
- 2 • Extend ball to maximum distance on forehand side of body.
- 2 • Short, quick dribble in front of body.
- 3 • Extend ball to maximum distance on backhand side of body.
- Extend to the forehand 10x.
- 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.



10U/12U PHASE I - PUCK HANDLING

EXPANSION OF REACH

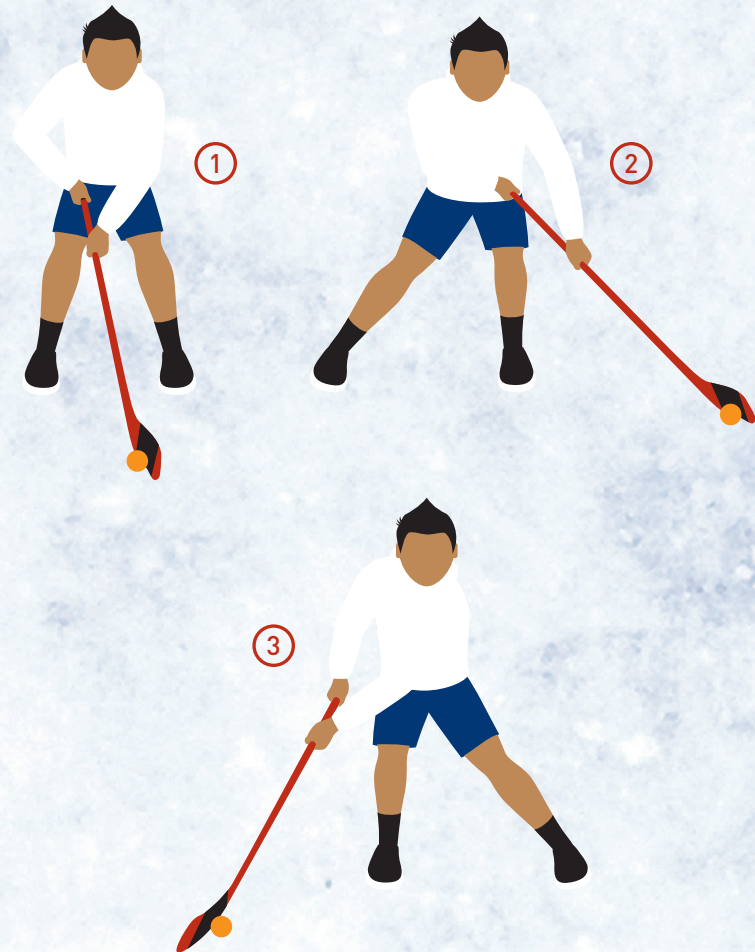


FIGURE 8s

FOCUS

- Wrist action and cupped blade.

SETUP

- Use hockey ball to perform drill.
- Place 2 cones 3-4 feet apart from each other.
- Stand 2 feet in front of cones positioned in the middle.

TECHNIQUE

- Feet are 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.
- ① Move the ball wide with the backhand side of the blade.
- Catch the ball with the cupped backhand of the blade and push it forward around the cones before bringing the ball across the body.
- Continue to handle the ball in a Figure 8 pattern in front of the body.
- Top hand controls the movement of the ball.

Have players change Figure 8 direction halfway through station. Execute for 30 seconds, rest for 30 seconds. Repeat.

ADVANCED

Perform Figure 8s while using PVC piping with bottom hand.



FIGURE 8s



①



10U/12U PHASE I - PUCK HANDLING

PVC PIPE STICKHANDLING

FOCUS

Top hand control, top hand strength, loose bottom hand.

SETUP

- 6 inch x 1.5 inch diameter piece of PVC pipe placed over shaft of stick and held with bottom hand.

MOVEMENT

- Perform stationary Quick Stick movements and stickhandle around the body.
- Top hand will fatigue quickly.
- 20 seconds active 20 seconds rest...

TECHNIQUE

- 1
 - Feet are shoulder width apart.
 - Head and chest up.
 - Hands are closer together within a standard range.
 - Tight grip with top hand.
 - The top of the stick shaft should be held in the top hand with a hammer grip.
 - Loose grip with bottom hand holding pvc piping.
 - Arms loose and away from body.
 - Emphasis is on wrist movement, not arm movement.
- 2
 - Cup ball on forehand side of blade.
- 3
 - Cup ball on backhand side of blade.
 - Player rolls top wrist to cup the ball.

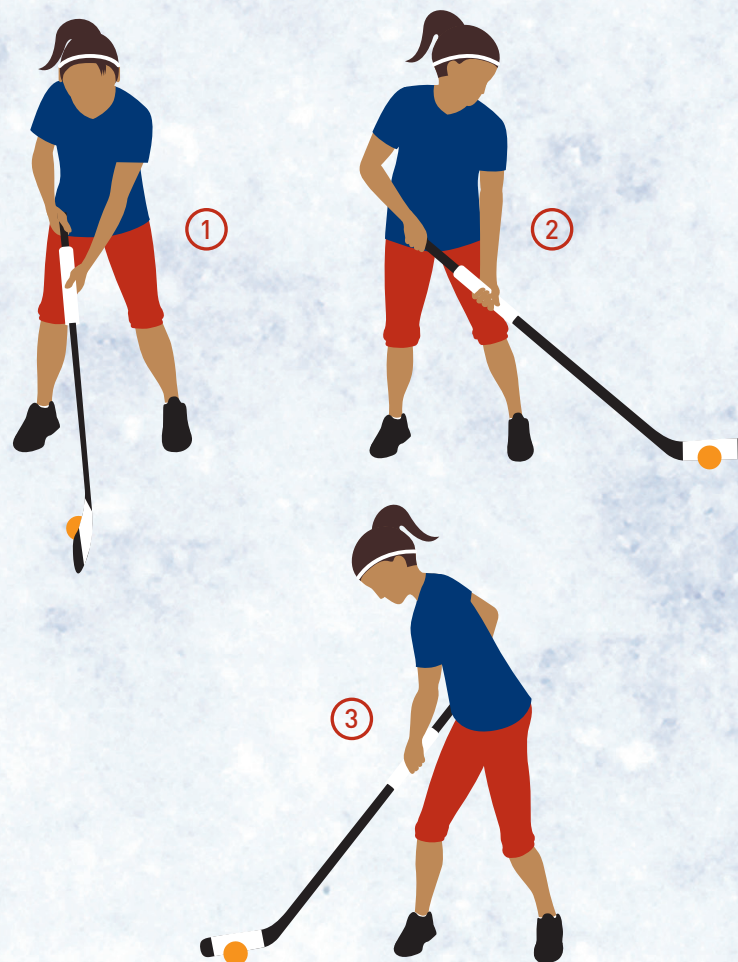
ADVANCED

"Chaos" stickhandle in designated area with other players.



10U/12U PHASE I - PUCK HANDLING

PVC PIPE STICKHANDLING



10U/12U PHASE I - PUCK HANDLING

QUICK STICK

FOCUS

- Hand speed, wrist action, cupped blade.
- Short dribbles.

SETUP

- 8 pucks in a vertical line, pucks are about 2 feet apart.
- Use a hockey ball to perform drill.

① MOVEMENT

- Player stickhandles ball between each puck while straddling the vertical row of obstacles.

TECHNIQUE

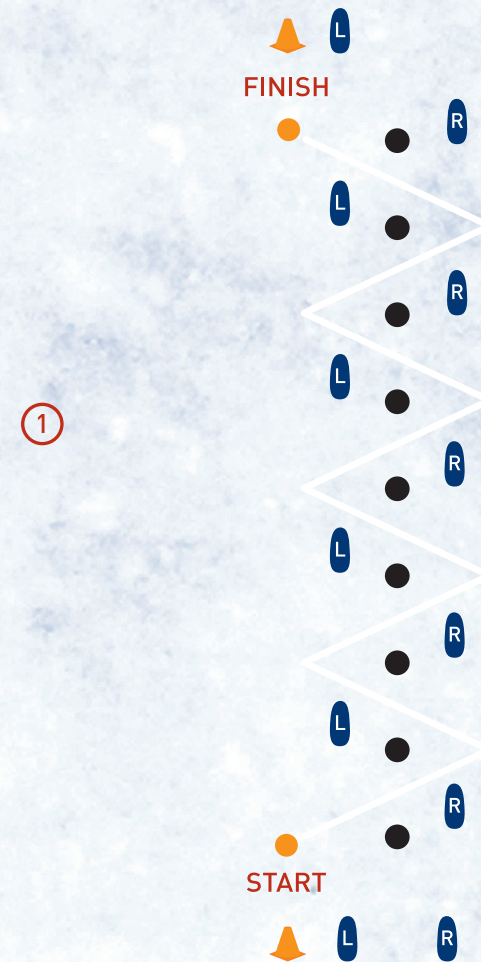
- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- The top of the stick shaft should be held in the top hand with a hammer grip.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Emphasis is on wrist movement, not arm movement.
- Cup ball on forehand and backhand side of blade.
- Player rolls wrist to cup the ball.

Slow down drill for younger or beginner players.



10U/12U PHASE I - PUCK HANDLING

QUICK STICK



10U/12U PHASE I - PUCK HANDLING

TOE DRAG

FOCUS

- Push/pull/hand slide-push with heel of blade, pull with toe of blade, top hand control.

MOVEMENT

- 1 • Push ball away from body to entice opponent.
• Quickly pull ball back using toe of blade.
• Quick, short dribble in front of body then push ball away from front of body as far as possible and quickly pull back.
• In tight, hands are wide. The ball is pushed forward with the heel out in front of the body while the hands slide together.
• The ball is stopped with toe of blade pulled back in tight to body.
- 2 • The same process is repeated out to the forehand side.

ADVANCED

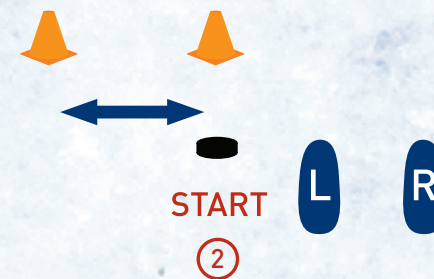
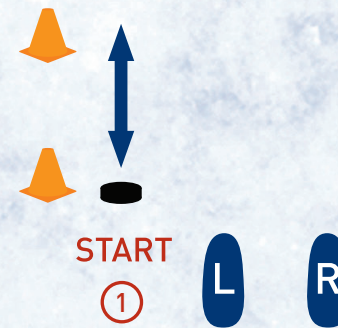
Perform movement #1 and #2 in one fluid movement.



10U/12U PHASE I - PUCK HANDLING

TOE DRAG

LEFT HANDED



10U/12U PHASE I - PUCK HANDLING

WIDE DRIBBLE

FOCUS

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

SETUP

- 8 Stationary pucks in a slalom pattern approximately 6 feet wide and 3 feet in distance between pucks.
- Distance separating pucks dictates level of difficulty.
- Use a hockey ball to perform drill.

① MOVEMENT

- Alternate extending ball to both sides of the body while moving down the middle of the obstacles.

TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Tight grip with top hand.
- The top of the stick shaft should be held in the top hand with a hammer grip.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Use a wide dribble from side to side.
- Hands slide together for a greater reach.
- Wrist movement is key to cupping the ball and maintaining control.
- Cup ball on forehand and backhand side of blade.

ADVANCED

Player jogs through course performing Wide Dribbles.

*Slow down drill for younger or beginner players.
Speed dictates level of difficulty.*



10U/12U PHASE I - PUCK HANDLING

WIDE DRIBBLE

