

STICKHANDLING CIRCUIT

- I. Deke Drills (4 or 5 rows of 3 cones)**
 1. Expansion of Reach (Forehand & Backhand)
 2. Cupping the Puck
 3. Single Deke (Forehand & Backhand)
 4. Double Deke (Forehand & Backhand)
 5. Give (Cup), Take Away & Pull to Backhand
 6. Fake Slap Shot to Forehand & Backhand

- II. Agility Drills (4 or 5 rows of 3 cones)**
 1. Through Feet (Forehand & Backhand)
 2. Stick – to Outside of Blade – Back to Stick
 3. 360 Control Turn (Forehand & Backhand)
 4. Face up Ice – 360 Turn on Cones (Fwd. to Bkwd. To Fwd.)
 5. Bobby Orr Escape Move (Forehand & Backhand)
 6. Mohawks Around Cone

- III. Quick Stick Drills (3 or 4 rows of 7-8 cones)**
 1. Weave Through Cones Skating Forward
 2. Expansion of Reach (Forehand & Backhand)
 3. Give (Cup), Take Away & To Backhand
 4. Slide Puck – Pull Stick – Recover (Forehand & Backhand)
 5. Weave Without Puck Skating Backwards

- IV. Attacking the Triangle (With Cones or Players)**
 1. Slide Through Stick (Forehand & Backhand)
 2. Slide Through Legs (Forehand & Backhand)
 3. Slide Around (Forehand & Backhand)

- V. Stress the Following Points During Stickhandling**
 1. “Don’t Be Afraid To Lose the Puck--Get Out of Comfort Zone”
 2. Stickhandle with Your Head Up
 3. Hands Must Move Laterally with the Stick
 4. Use a Wide Base and Transfer the Weight using the Inside Edges (Swizzle)
 5. Three Parts to Every Move (Offer, Take Away & Cut Back)
 6. Create Width (Lateral Movement of the Puck) & Quick Hands
 7. During the drills, have the players face the same direction instead of going to forehand or backhand (Face the bleachers or players box), then alternate going the other direction during next set of repetitions.
 8. On average, it takes 24 practice times to reach an 80% accuracy rate. Repetition!
 9. When players are communicated the target of learning or the drill (3-5 second explanation), player learning is increased by 28%.