



### The 2019 BHB Dirty Dangler Challenge

The Dirty Dangler Challenge is a program to encourage our BHB kids to do off-season skill work. The challenge is to complete **25hrs of stick handling practice** before next season. That equates to about an hour per week.

Hockey camps and summer AAA teams are fun. But if your kids really want to become elite hockey players, they can do a lot of the work at home without all the expense and travel. Encourage them to put down their phones and pick up their sticks.

Below are some of the excellent stickhandling videos available. It's important that the kids are starting with the proper fundamentals (top hand grip, bottom hand slide, hand spacing, hands away from body). These points are covered in many of these videos.

Make sure your kids keep track of their practice time. Notify Bill Curl at [whcurl@gmail.com](mailto:whcurl@gmail.com) when they have completed their 25hrs and we'll get them a cool t-shirt and inducted into the BHB Dirty Dangler Club.

Videos:

[USA Hockey Video "Off-Ice Stickhandling" \(part 1\) Patrick Kane before NHL](#)

[USA Hockey Video "Off-Ice Stickhandling" \(part 2\)](#)

[USA Stick Handling Drills](#)

[Off-Ice Hockey training: Stickhandling workout](#)

[Fast Hands Hockey - Training Drills](#)

[Shooting and Stick Handling \(stick handling begins at 4:25\)](#)

[M2 Hockey Off Ice Skill Training Part 1 \(basic skills\)](#)

[M2 Hockey Off Ice Skill Training Part 2](#)

[M2 Hockey Off Ice Skill Training Part 3](#)