



Sabre Summer Stickhandling Program

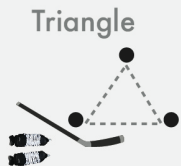


8 Week Program:

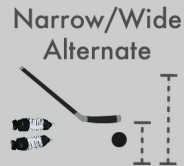
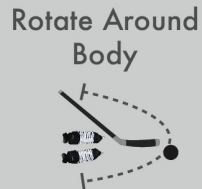
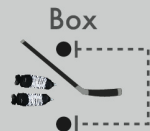
Improve our stickhandling skills, which directly converts to on-ice playmaking abilities. Complete 50 reps of each drill below weekly.

Invite a buddy over a couple times a week & have fun getting better together. Make every rep a quality one!

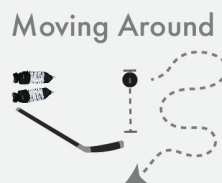
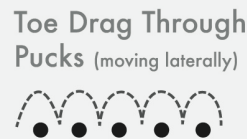
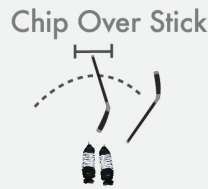
QUICK HANDS



EXPAND REACH



MOVING AROUND PUCKS/ OBSTACLES



PASSING WITH A FRIEND

