HOW WELL DO YOU THINK YOUR STICK HANDLING WOULD IMPROVE IF YOU PERFORMED 10,000 TOUCHES OVER AN 8 WEEK PERIOD?

GOAL: Improved puck control skills through increased hand speed, quickness and coordination

PLAN: Develop stick handling skills performing 10,000 Touches

WEEKLY GOAL: 75-150 minutes per week

DAILY GOAL: 15-30 stick handling minutes per day

WHAT’S A ‘TOUCH’? A ‘TOUCH’ CAN SIMPLY BE DEFINED AS EVERY TIME THERE IS A CHANGE IN DIRECTION OF THE BALL.

TRACK YOUR STICKHANDLING TOUCHES BY CHECKING OFF EACH BOX ONCE YOU HAVE FINISHED THE TASK. SUBMIT YOUR SHEET TO COLLECT YOUR PRIZE!

TOTAL 10,000

Scan the page or take a photo and send it to playersclub@omha.net or mail to:

OMHA
C/O Players Club
25 Brode Drive, Unit 3
Richmond Hill, ON
L4B 3K7

Visit youtube.com/ontariominorhockey to watch how it’s done

For more information on the Long Term Player Development (LTPD) model and other development programs offered by the OMHA – visit www.omha.net

NAME: ___________________________

AGE: ____________________________

EMAIL: __________________________

TEAM: ___________________________

POSITION: _______________________