

Stickhandling

Day 1

Tips

- Wear your gloves – it will get you used to them
- It's not "Practice Makes Perfect", it's "Perfect Practice Makes Perfect". Start slow, get your form correct, then start to increase speed. Always try to get faster.
- Keep your head up
- Challenge yourself: Go beyond what you are comfortable with (your comfort zone). Reach further and faster... work to improve not just to get it over with.

Stickhandling Drills

Soft Touch

Stationary Quick Stick

Want soft, quick touches

Focus on: Soft Hands

Quick Touches

Control using hands and wrists with little or no arm movement

Cup Blade

Cup ball on both Forehand and Backhand sides of blade

PVC Pipe (or TP Tubes)

Working on: Top Hand Control

Top Hand Strength

Loose Bottom Hand

6" piece of 1 1/2" dia. PVC pipe slid over shaft of stick and held by bottom hand

Isolates control to the top hand

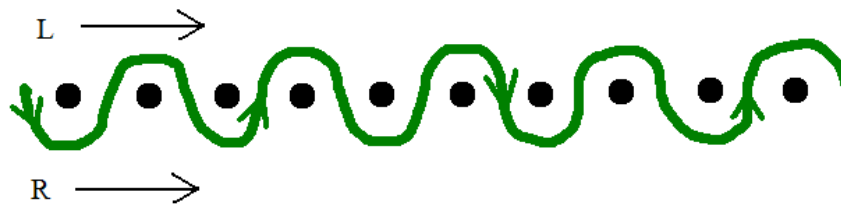
Hold PVC Pipe with fingers only.

Toilet Paper tubes work better for teaching grip tension on lower hand

Quick Stick (Quick hands) *see diagrams in next section*

Variations:

Straddle Middle



Working on: Hand Speed

Wrist Action

Cupped Blade

10 Pucks in a single row – one foot apart

Stickhandle through as fast as possible

Roll Wrist to cup puck

Emphasize Light touches of ball

Emphasize Short Dribble

10 Times through

Stickhandling

Expansion of Reach

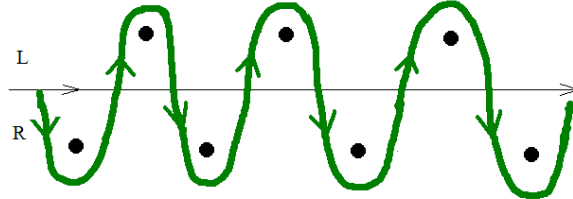
Stickhandle in front of you – then extend way out – back in front – way out – back in front

Extend as wide as possible

20 Times extend to forehand side.

20 Times extend to backhand side, releasing bottom hand

Wide Movement (Wide Dribble Drill)



Working on: Expansion of Reach
Quick Hands
Hands Away from Body

Stagger 7 Pucks in two rows

(You may want to mark on the garage floor where they go, so you don't waste time setting up.)

Walk thru the middle of the two rows, extending the ball to both sides

Top hand extended in front and away from body to maximize reach (applies to both the forehand side and backhand side)

(Option: end with a couple of Quick Stick moves)

10 Times through

Cupping (Pull-in Move)

Ball pushed forward with the heel of the stick to the front of the body, while the hands are slid together

Stop ball with forehand toe of blade

Pull ball straight back tight into body

15 Times

Give, Take Away, Go to Backhand

Push puck out, cup back (as in cupping), then reach across to backhand (releasing bottom hand)

10 Times

Figure 8's see diagrams in next section

Working on: Bottom Hand Slide
Expansion of Reach
Cupped Blade
Pulling puck diagonally across the front of the body

The wider the obstacles, the more difficult the exercise

Cup the blade

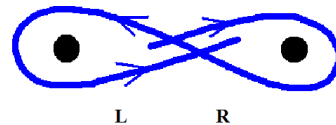
Use both the heel and toe of the stick blade

Standing in Front of 8:

Starting Counter-Clockwise



Starting Clockwise:



Stickhandling

Around the Body

Soft Touches around front of body

Start on Right side of body, stick handle in an arc around front of body to the Left side of body, then back again to Right (or Forehand side to Backhand side etc.)

Hands should be kept free and away from body

Single Leg Hop

Hop on one leg around the room while stickhandling

Quick hands and feet

Head up

Good Body Posture

Alternate legs

Hackey

Hand/Eye/Stick Coordination skills

Bounce tennis ball off of blade of stick

Keep hands in position that you would use for stickhandling on the ice. Don't Cheat!

The farther down the shaft you slide your hand, the easier the drill becomes

Advanced: Alternate contact between backhand side and forehand side of blade

Group Hackey