

Stickhandling

Day 3

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.

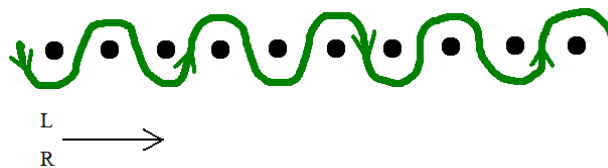
Toilet Paper tubes work better for teaching grip tension on lower hand

Quick Stick (Quick hands)

Left side of Pucks



Right side of Pucks



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

Stickhandling

Emphasize Short Dribble
10 Times through

Expansion of Reach

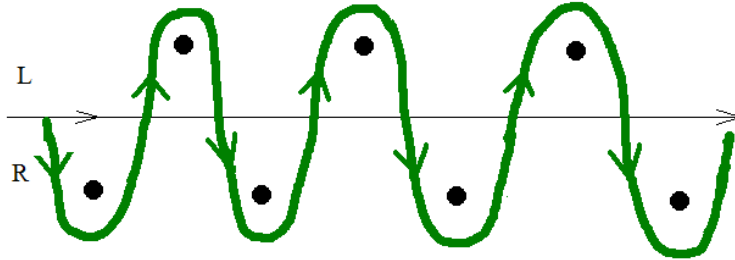
Stickhandle in front of you – then extend way out – back in front – way out – back in front

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

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 on Forehand Side of 8:

Starting Counter-Clockwise



Starting Clockwise



Stickhandling

Tight and Away

Working on: Hand Slide
Quick Soft Touches
Toe and Heel of Blade

Soft touches in a large arc Away from the body,

The hands are close together and you are stickhandling with the heel of the stick

When the arc is completed, pull the ball in Tight, close to the feet

The bottom hand slides down the shaft and you are stickhandling with the toe of the stick

Soft touches in a Tight arc close to the body in the opposite direction of the large Away arc.

When the Tight arc is completed move the ball back out to the large arc, sliding the bottom hand back up the shaft.

Perform drill in both directions

Balance Board – Tight & Away

(2) 2' pieces of 2x4 one on top of the other to form a cross

Working on: Coordination
Dexterity
Core Balance

Hockey

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 Hockey