

6U/8U - PUCK HANDLING

## EXPANSION OF REACH

### FOCUS

- Loose bottom hand, hand slide, expansion of reach.

### MOVEMENT

- 1 • Stickhandle ball out in front of body.  
• Short, quick dribble in front of body.
- 2 • Extend ball to maximum distance on forehand side of body.  
• Short, quick dribble in front of body.
- 3 • Extend ball to maximum distance on backhand side of body.  
• Extend to the forehand 10x.  
• Extend to the backhand 10x.

### TECHNIQUE

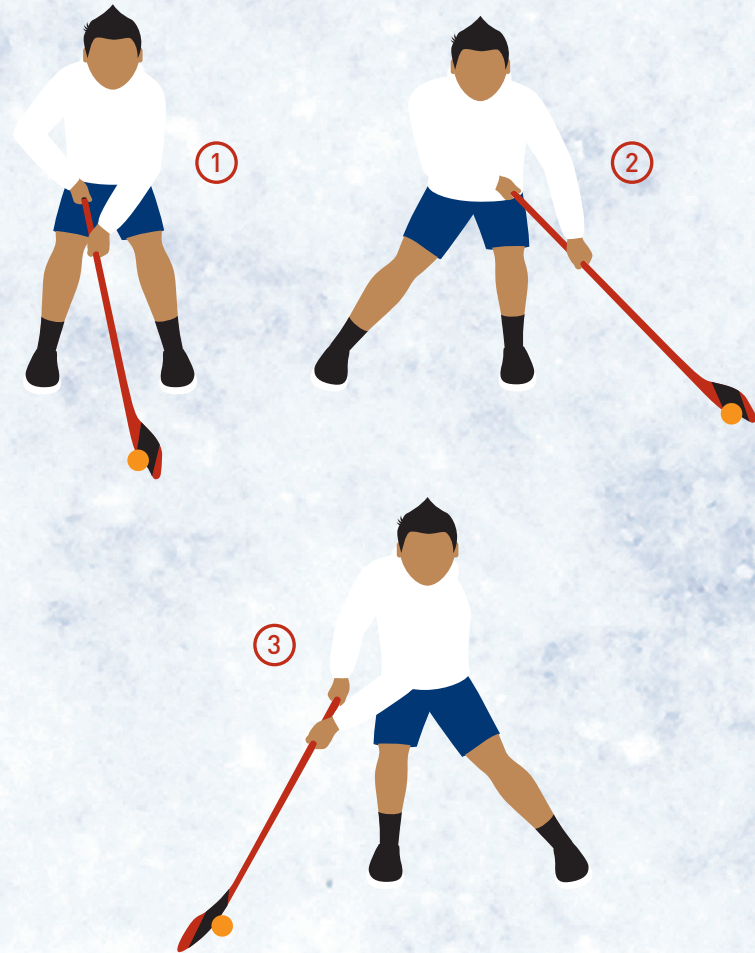
- Stand in basic hockey stance with feet shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Extend reach to maximum distance from body-slide hands together.
- More arm movement is necessary, but still use wrists to cup the ball.
- To pull ball close to body-hands are wide.
- Players should transfer body weight during expansion.

*Use split vision to survey surroundings and the ball.*



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## EXPANSION OF REACH



## FIGURE 8s

### FOCUS

- Wrist action and cupped blade.

### SETUP

- Use hockey ball to perform drill.
- Place 2 cones 3-4 feet apart from each other.
- Stand 2 feet in front of cones positioned in the middle.

### TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- ① Move the ball wide with the backhand side of the blade.
- Catch the ball with the cupped backhand of the blade and push it forward around the cones before bringing the ball across the body.
- Continue to handle the ball in a Figure 8 pattern in front of the body.
- Top hand controls the movement of the ball.

*Have players change Figure 8 direction halfway through station. Execute for 30 seconds, rest for 30 seconds. Repeat.*

## FIGURE 8s



①

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# QUICK STICK

### FOCUS

- Hand speed, wrist action, cupped blade.
- Short dribbles.

### SETUP

- 8 pucks in a vertical line, pucks are about 2 feet apart.
- Use a hockey ball to perform drill.

### ① MOVEMENT

- Player stickhandles ball between each puck while straddling the vertical row of obstacles.

### TECHNIQUE

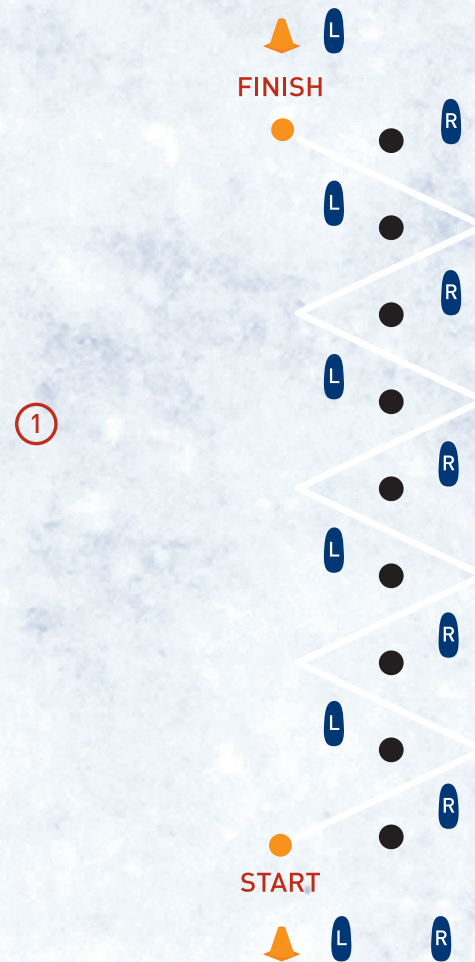
- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- The top of the stick shaft should be held in the top hand with a hammer grip.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Emphasis is on wrist movement, not arm movement.
- Cup ball on forehand and backhand side of blade.
- Player rolls wrist to cup the ball.

*Slow down drill for younger or beginner players.*



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# QUICK STICK



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# SOFT TOUCH

### SETUP

- Use a **wooden** or **plastic hockey ball**. Golf balls should only be used for more advanced players as they are harder to control.

### MOVEMENT

- 1 • Stickhandle ball out in front of body from cone to cone.
  - 2 • Stickhandle ball on left side of body from cone to cone.
  - 3 • Stickhandle ball on right side of body from cone to cone.
- Soft Touch 20-30 Seconds in each range and repeat.

### TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Emphasis is on wrist movement, not arm movement.
- Cup ball on forehand and backhand side of blade.

*Use split vision to survey surroundings and the ball.*

### ADVANCED

Quicker touches, look up at coach, walk around stickhandling and avoiding other players.



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# SOFT TOUCH



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## WIDE DRIBBLE

### FOCUS

- Loose bottom hand, hand slide, expansion of reach.

### SETUP

- 8 Stationary pucks in a slalom pattern approximately 6 feet wide and 3 feet in distance between pucks.
- Distance separating pucks dictates level of difficulty.
- Use a hockey ball to perform drill.

### ① MOVEMENT

- Alternate extending ball to both sides of the body while moving down the middle of the obstacles.

### TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Tight grip with top hand.
- The top of the stick shaft should be held in the top hand with a hammer grip.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Use a wide dribble from side to side.
- Hands slide together for a greater reach.
- Wrist movement is key to cupping the ball and maintaining control.
- Cup ball on forehand and backhand side of blade.

*Slow down drill for younger or beginner players.  
Speed dictates level of difficulty.*



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## WIDE DRIBBLE

