

# STICKHANDLING



## FOCUS:

- QUICK HANDS
- EXPANDED REACH
- SOFT HANDS
- STICKHANDLING WITH HEAD UP (feeling and peripheral vision)

If you spend 10-15 minutes two or three times a week doing stickhandling drills, you will notice a significant improvement.

You can use stickhandling balls or pucks designed for off-ice stickhandling or you can make one using a whiffle ball with holes and strips of tennis ball stuffed into it. A puck on a slippery surface is also a good variation. A golf ball is also a good option (using golf balls increases difficulty because the bounce off the blade of the stick: it's like overspeed for stickhandling).

## TIPS:

**\*WEAR YOUR GLOVES – IT WILL GET YOU USED TO THEM**

**\*The length of your stick is a personal preference, BUT IF YOUR STICK IS TOO LONG IT MAKES IT HARD TO SKATE AND HANDLE THE PUCK PROPERLY. A GOOD RULE OF THUMB IS TO MAKE SURE IT COMES UP BETWEEN YOUR NOSE AND COLLARBONE WHEN STANDING WITH SKATES ON.**

**\*BE SURE TO STICKHANDLE IN A GOOD HOCKEY POSITION (knees bent and shoulders up)**

**\*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. (USE FEEL AND PERIPHERAL VISION)**

**\*CHALLENGE YOURSELF: GO BEYOND WHAT YOU ARE COMFORTABLE WITH (YOUR COMFORT ZONE). EXPAND YOUR REACH AND INCREASE YOUR HAND SPEED— WORK TO IMPROVE, NOT JUST TO GET IT OVER WITH.**

\*\*\*SOME VIDEOS THAT DEMONSTRATE SOME OF THE DRILLS AND OTHER IDEAS:

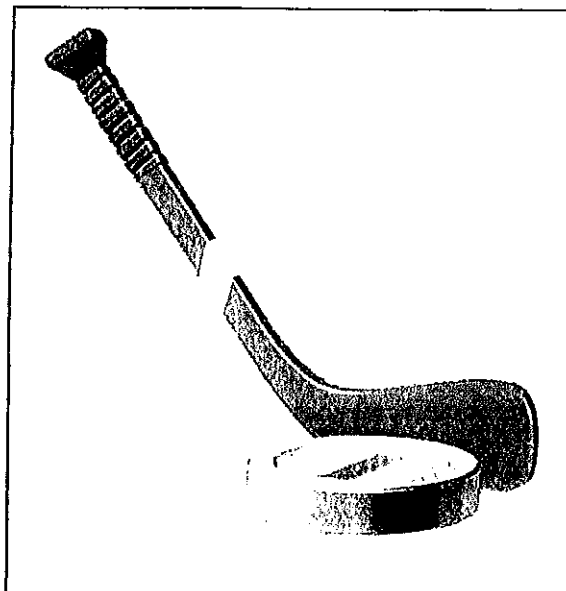
USA HOCKEY VIDEO "OFF-ICE STICKHANDLING" (PART 1)

USA HOCKEY VIDEO "OFF-ICE STICKHANDLING" (PART 2)

STICKHANDLING CONTINUED...

**STICKHANDLING CIRCUIT**

(description of each in off-season packet)



**\*EXPANDED REACH (STATIONARY)**

20 Forehand

20 Backhand

**\*CUPPING**

15 times

**\*GIVE TAKE AWAY, GO TO BACKHAND**

10 times

**\*FIGURE 8**

10 times

**\*WIDE MOVEMENT**

10 times

**\*QUICK STICK**

10 times

GO THROUGH THE CIRCUIT AT LEAST TWICE AND AT LEAST THREE TIMES A WEEK

**OPTIONAL DRILLS:**

PVC PIPE (see diagram)

BALANCE BOARD (see diagram)

HOPPING ON ONE LEG WHILE STICKHANDLING

HOPPING OVER A HURDLE WHILE STICKHANDLING

WATCH TV (or watch what is going on around you) WHILE STICKHANDLING

HACKEY (keep a ball bounding in the air off your stick)

GROUP HACKEY

OBSTACLE COURSE (spread a bunch of pucks around and stickhandle, pulling your stickhandling ball  
Through and around those pucks)

DC

THERE ARE COUNTLESS OTHER THINGS YOU CAN DO FOR A VARIETY, BUT IF YOU JUST THE CIRCUIT  
THREE TIMES A WEEK YOUR STICKHANDLING WILL IMPROVE.

## STICKHANDLING CIRCUIT EXPLANATION

### **\*EXPANDED REACH (2 SETS)**

EXPANDED REACH FOREHAND—Stickhandle in front of you then quickly extend way out to your forehand (bringing hands closer together) then quickly back in front.  
REP 20 TIMES

EXPANDED REACH BACKHAND—Stickhandle in front of you then quickly extend way out to your backhand (release bottom hand or bring hands closer together) then quickly back in front. REP 20 TIMES

#### **FOCUS ON:**

QUICK AND WIDE RELEASE AWAY FROM BODY  
QUICK RETURN IN FRONT

### **\*CUPPING (2 SETS)**

Stickhandle on forehand side—push puck way out in front and then with the tip of your stick quickly pull back to stickhandle on your forehand. DO THIS 15 TIMES

Work to increase the distance you push puck out and the quickness in which you bring it back.

### **\*GIVE TAKE AWAY, GO TO BACKHAND (2 SETS)**

Stickhandle on forehand side—push puck way out in front and then with the tip of your stick quickly pull back (as in #2) then pull quickly across your body to your backhand then quickly back to forehand. DO THIS 10 TIMES

WORK TO INCREASE THE DISTANCE YOU PUSH PUCK OUT AND THE QUICKNESS IN WHICH YOU BRING IT BACK, AND THEN THE QUICKNESS YOU BRING IT ACROSS YOUR BODY AND THE DISTANCE YOU CAN BRING IT TO YOUR BACKHAND AND THE QUICKNESS BACK TO FOREHAND.

### **\*FIGURE 8 (2 SETS)**

STICKHANDLING IN A FIGURE 8 PATTERN AROUND TWO PUCKS  
(see diagram)  
DO 10 TIMES

**\*WIDE MOVEMENT (2 SETS)**

(see diagram)

USE 7 PUCKS FOR PATTERN

GO DOWN THE MIDDLE AND EXTEND TO BOTH SIDES

RELEASE BOTTOM HAND ON BACKHAND

WORK ON EXPANDING REACH AND INCREASING SPEED AT WHICH YOU PUT PUCK  
OUT AND BRING BACK

DO THIS 10 TIMES

**\*QUICK STICK (2 SETS)**

(see diagram)

PUT 10 PUCKS IN A STRAIGHT LINE ONE FOOT APART FOR PATTERN

STICKHANDLE THROUGH AS FAST AS POSSIBLE (start slow)

**\*SOFT HANDS**

STATIONARY QUICK STICK

FOCUS ON:

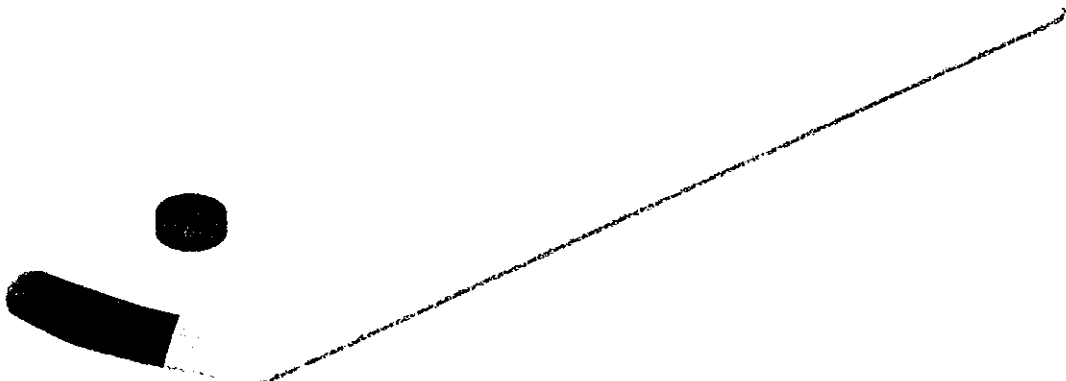
SOFT HANDS

QUICK HANDS

CONTROL USING HANDS AND WRISTS WITH LITTLE OR NO ARM

QUICK MOVEMENT OF PUCK

CUP BLADE



# Stickhandling

## Stick Handling Diagrams

### Quick Stick

Straddle Middle



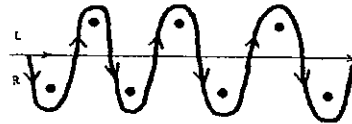
Left side of Pucks



Right side of Pucks



### Wide Movement



### Figure 8's (with 8 on its side):

Standing in Front of 8:

Starting Counter-Clockwise



Starting Clockwise:



Standing on Left Side of 8:

Starting Counter-Clockwise



Starting Clockwise



Standing on Right Side of 8:

Starting Counter-Clockwise



Starting Clockwise



## Stickhandling

### Figure 8's (with 8 Upright):

Standing in Front of 8:

Starting Counter-Clockwise

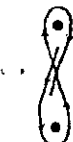


Starting Clockwise



Standing on Left Side of 8

Starting Counter-Clockwise

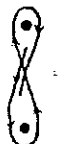


Starting Clockwise

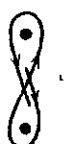


Standing on Right Side of 8

Starting Counter-Clockwise



Starting Clockwise



### Balance Board

Stick handle while keeping your balance.

Stick handle in the middle, wide to forehand, wide to backhand, figure eights, toe drags to backhand pulls.

Have a partner throw a ball to a player on the balance board. The player catches and places the ball on the ground, stick handles and then flips the ball back to the partner.



USA Hockey

### PVC Pipe

Cut a piece of PVC pipe about 6" long and slide it down over your stick.

Hold the PVC pipe with your bottom hand.

This drill will force you to control the stick with your top hand, and will prevent you from gripping the stick too tight with your bottom hand.



USA Hockey

### 360° Stickhandling

Move the puck back and forth on all sides of the body

Advanced: Combine this drill with jumping and/or sliding.



USA Hockey