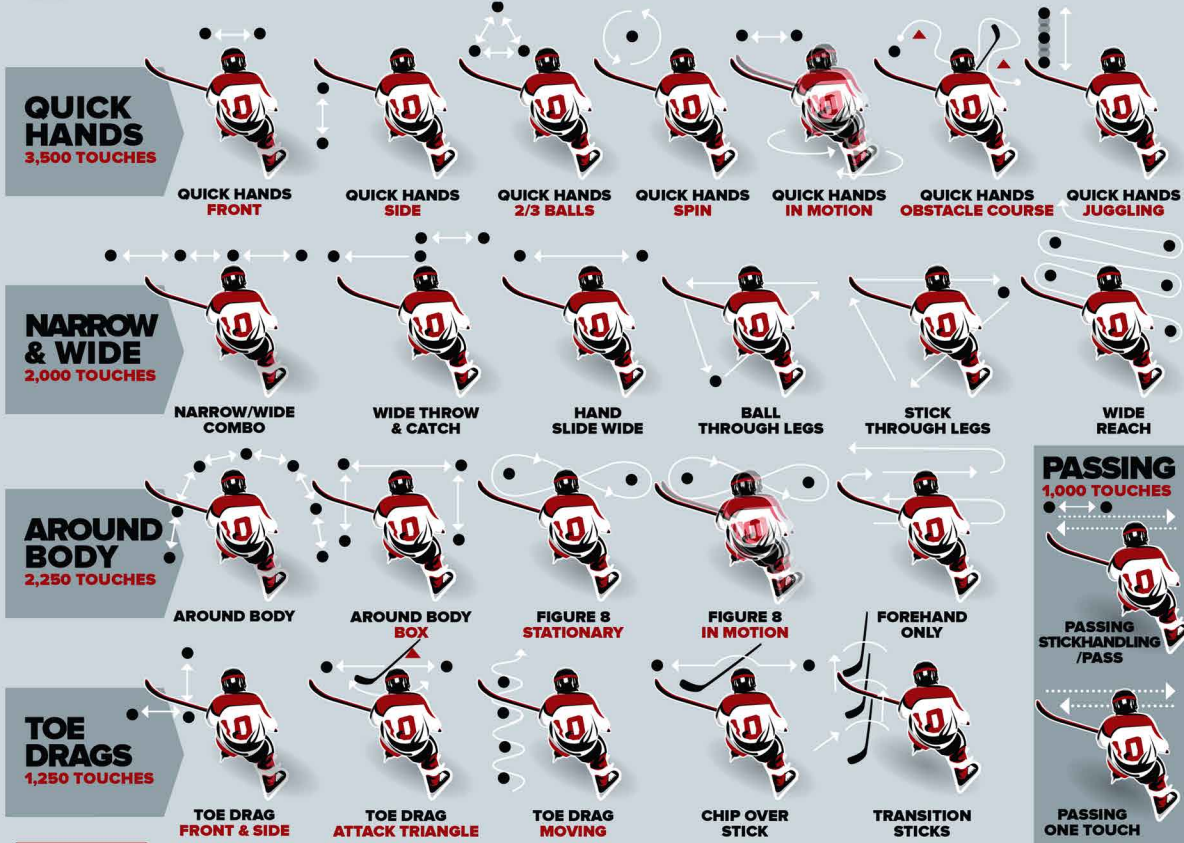




GOAL: Improved puck control skills through increased hand speed, quickness & coordination
PLAN: Develop stickhandling skills performing 10,000 touches over an 8 week period
WEEKLY GOAL: 75-150 minutes per week
DAILY GOAL: 15-30 stickhandling minutes per day



WHAT IS 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.

QUICK HANDS 3,500 TOUCHES	QUICK HANDS - FRONT	50 50 50 50 50 50	500
	QUICK HANDS - SIDE	50 50 50 50 50 50	500
	QUICK HANDS - 2/3 BALLS	50 50 50 50 50 50	500
	QUICK HANDS - SPIN	50 50 50 50 50 50	500
	QUICK HANDS - IN MOTION	50 50 50 50 50 50	500
NARROW & WIDE 2,000 TOUCHES	NARROW/WIDE COMBO	50 50 50 50 50 50	500
	WIDE THROW & CATCH	50 50 50 50 50 50	500
	HAND - SLIDE WIDE	50 50 50 50 50 50	250
	BALL THROUGH LEGS	50 50 50 50 50 50	250
	STICK THROUGH LEGS	50 50 50 50 50 50	250
	WIDE REACH	50 50 50 50 50 50	250
TOTAL			3,500

AROUND BODY 2,250 TOUCHES	AROUND BODY	50 50 50 50 50 50	500
	AROUND BODY - BOX	50 50 50 50 50 50	500
	FIGURE 8 - STATIONARY	50 50 50 50 50 50	500
	FIGURE 8 - IN MOTION	50 50 50 50 50 50	500
	FOREHAND ONLY	50 50 50 50 50 50	250
TOE DRAGS 1,250 TOUCHES	TOE DRAG - FRONT & SIDE	50 50 50 50 50 50	250
	TOE DRAG - ATTACK TRIANGLE	50 50 50 50 50 50	250
	TOE DRAG - MOVING	50 50 50 50 50 50	250
	CHIP OVER STICK	50 50 50 50 50 50	250
	TRANSITION STICKS	50 50 50 50 50 50	250
PASSING 1,000 TOUCHES	PASSING - STICKHANDLE & PASS	50 50 50 50 50 50	500
	PASSING - ONE TOUCH	50 50 50 50 50 50	500
TOTAL			10,000

NAME _____

LAST SEASON OMGHA TEAM _____

TOTAL 10,000