



# 10,000 Touch Challenge Directions



## GETTING STARTED

- Space – Have a dedicated place to practice. A safe, flat, practice surface (floor, driveway) ideally with a wall or rebounding surface (wall, curb)
- Equipment - Hockey gloves; ball to stick handle with (tennis ball, golf ball or stickhandling ball); Stick (should be a few inches shorter than the one used on the ice as player will not be wearing skates)
- Additional sticks, pucks, pylons, gloves or other household items to use as obstacles
- Skills are divided into 5 Skill Buckets; each Skill Bucket has a Goal Number of Touches and includes recommended skills and number of touches
- Skill = Simple – These are technique building, foundational movements
- Start slow – Rehearse each movement/skill then convert each movement into Game Speed
- Identify Weaknesses – Don't just work on your favorite skill or ones that you're good at
- Keep going - Players are encouraged to complete more than the minimum required number of touches
- Get into a routine. Choose a time when you can practice at the same time every day
- Plan ahead for days that you can't practice
- Be accountable – Do what you can without your technique breaking down or losing your focus – don't just go through the motions.
- Break your workout into smaller chunks- for example, do half the workout early in the day and finish the rest later on that day
- Progressions - Combine skills to double or triple your touches per round of drills



Front



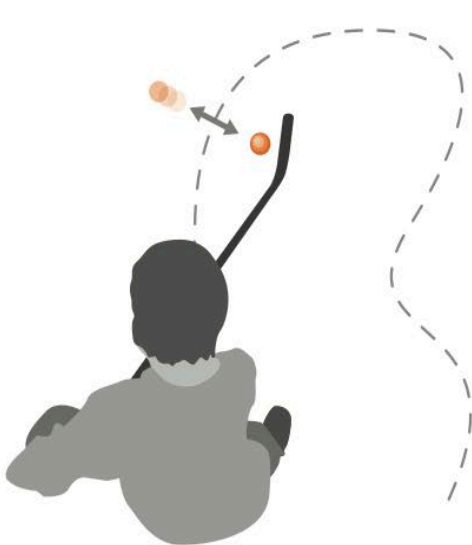
Side



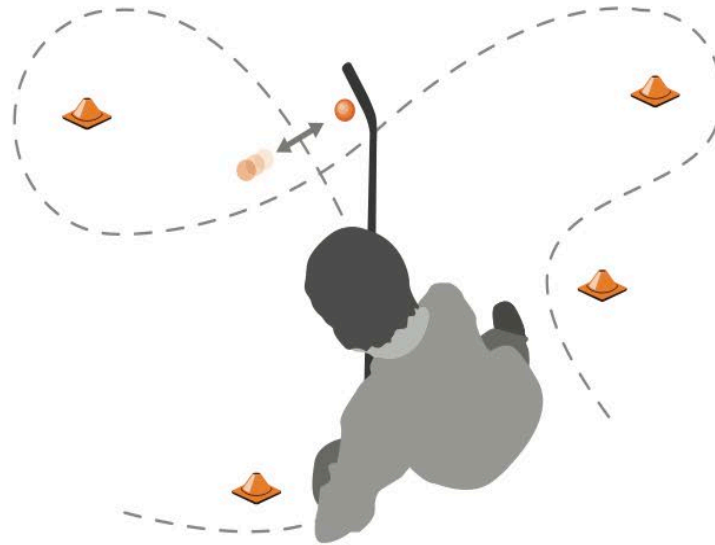
2/3 Balls



Spin



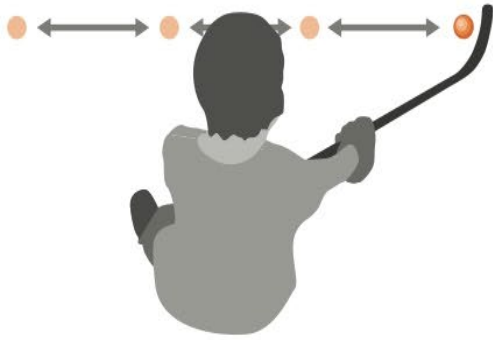
In Motion



Obstacle Course



Juggling



Narrow/Wide Combo



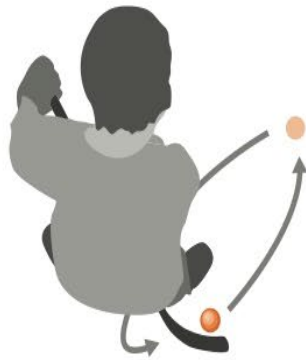
Wide Catch & Throw



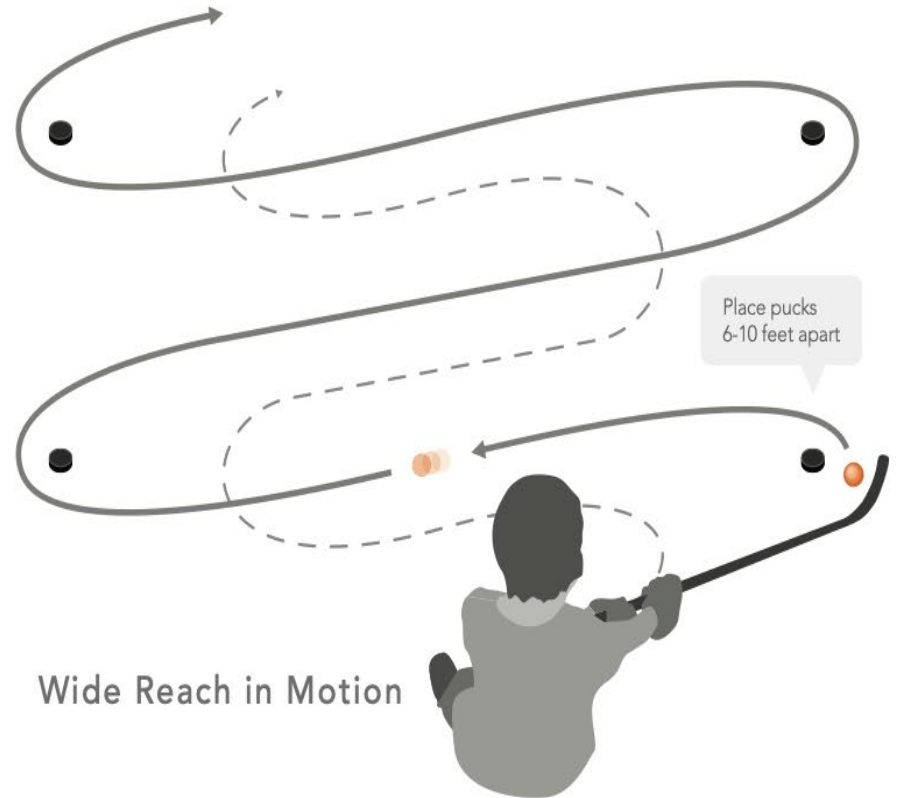
Hand Slide Wide



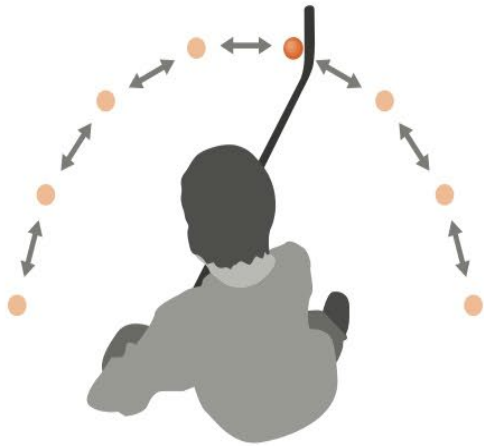
Ball Through Legs



Stick Through Legs



Wide Reach in Motion



Half Circle



Box

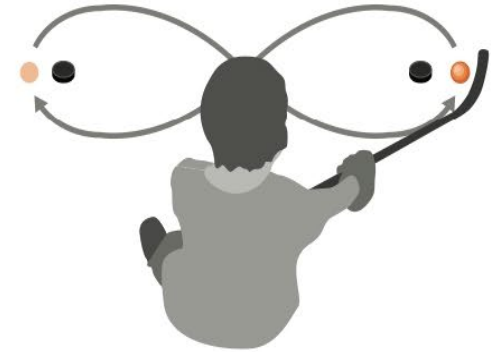


Figure 8

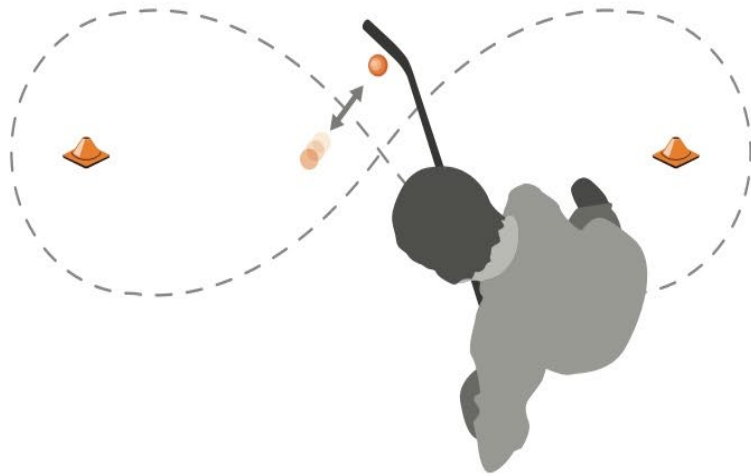


Figure 8 in Motion

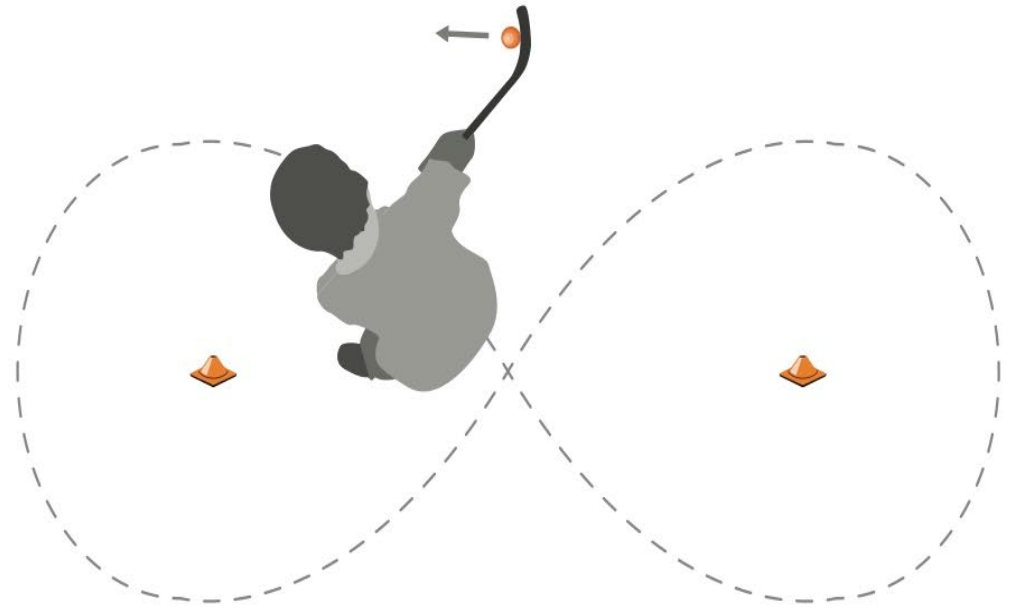
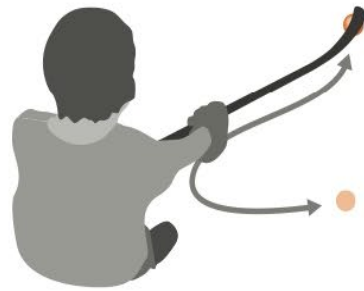
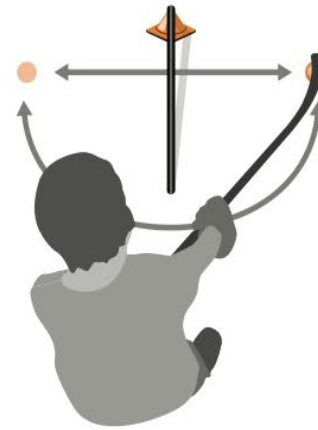


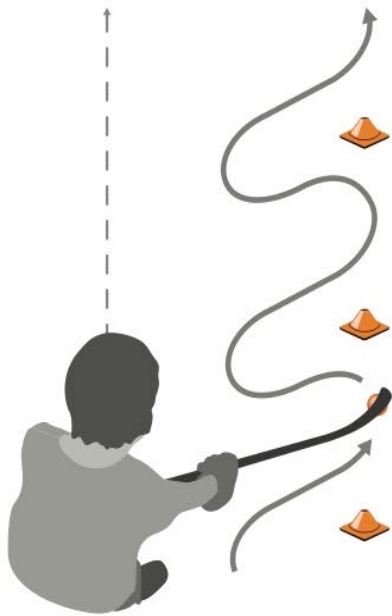
Figure 8 Forehand Only



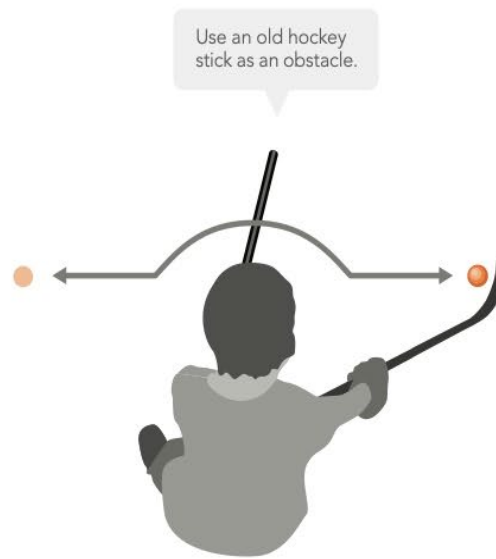
Front & Side



Attack Triangle

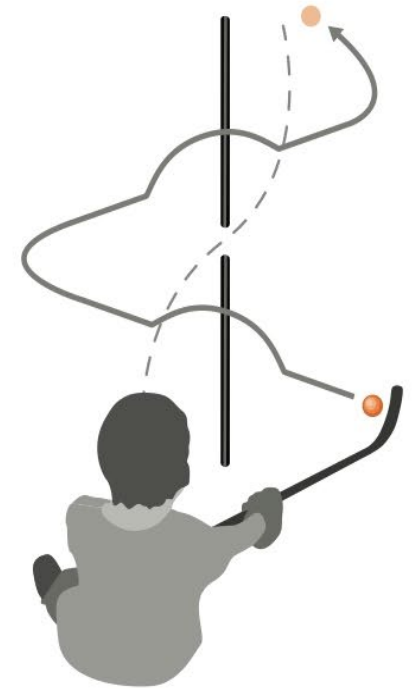


Toe Drag

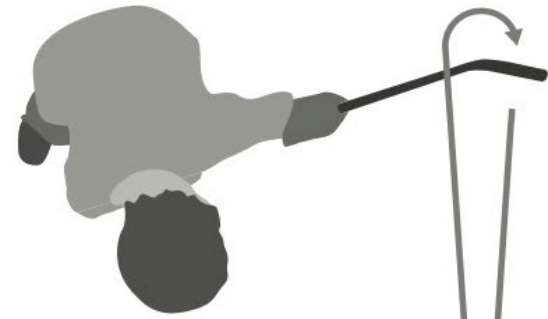
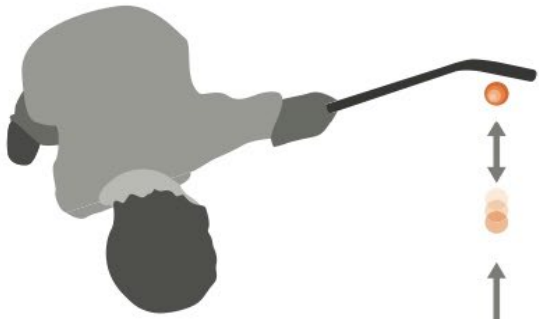


Use an old hockey stick as an obstacle.

Chip Over Stick



Transition Sticks



Stick Handling Pass

One Touch Pass