

MOORHEAD SPUDS STICKHANDLING CIRCUIT

We will do today what most people won't and do tomorrow what most people can't.

1. EXPANSION OF REACH

20 Times extend to forehand side.
20 Times extend to the backhand side, releasing bottom hand.

- *extend as wide as possible.
- *stickhandle in front of you - then extend way out - back in front - way out - back in front
- *.....Do 20 times each way.

2. CUPPING

15 Times

- *on forehand side, push ball way out and then cup over and quickly pull back (get some distance)

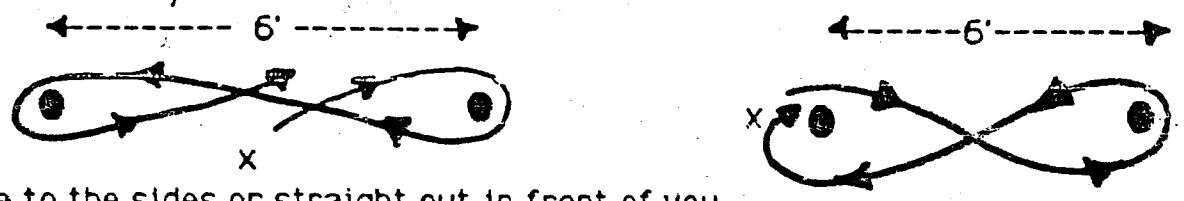
3. GIVE, TAKE AWAY, GO AROUND

10 Times

- *push ball out, cup back (as in #2), then reach across to backhand (release to one hand)

4. FIGURE 8's

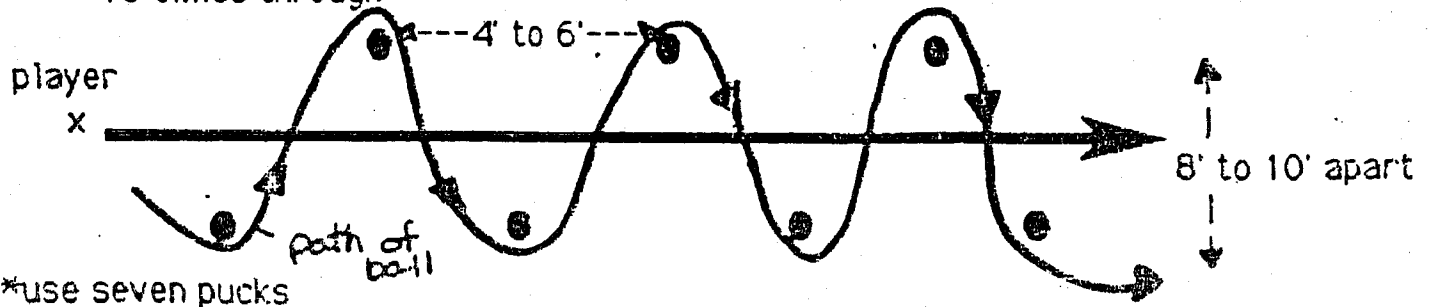
10 times each way



- *pucks can be to the sides or straight out in front of you

5. WIDE MOVEMENT

10 times through



- *use seven pucks
- *go down the middle, extend to both sides

6. QUICK STICK

10 times through



- *ten pucks in a straight line, pucks one foot apart.
- *stickhandle through as fast as possible