



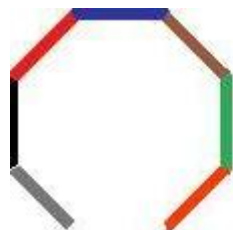
Octa - V_{ision} C_{ontrol} F_{eel}

Stickhandling System

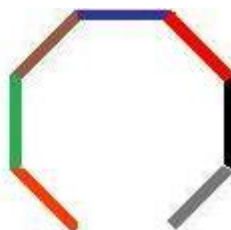
- Purpose of the Octa-VCF is to provide coaches and players a practical, easy to follow training aid to enhance player stickhandling skills.
- The following puck handling/control patterns should be repetitively practiced to obtain maximum puck handling skills.
- When performing these drills/patterns: a few of the primary items coaches should look for, correct and continue to remind players of... include the following:
 - Maintain proper grip.. form a “v” with index finger and thumb of top hand that points straight down the shaft of the stick (this is especially important to look for with younger players. They may “open” their grip to compensate for a lack of hand strength). A good rule of thumb for bottom hand is to place it, roughly, at tip of fingers to elbow distance from end of the stick.
 - Use top hand control, thumb up and thumb down motion (roll wrist). Don’t be afraid to exaggerate wrist role (especially in warm-ups or early progression patterns).
 - Head/chin position should be slightly down to help with peripheral vision. It’s O.K. to look down briefly, but do not perform drill looking at ball/puck. (you should be able to feel the puck/ball on blade of stick). VISION IS OUT.
 - Maintain proper athletic / hockey stance. Keep feet forward and have hands and arms away from body. Body position should have a forward lean from waist to mimic skating position.

The diagram below illustrates the initial setup position of the Octa-VCF.

(Left Handed Shooter)



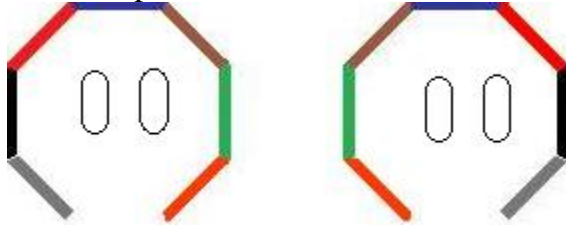
(Right Handed Shooter)



October – November Octa-VCF Patterns.

Single zone dribble patterns:

Begin with feet in middle of Octagon and toes pointing at Blue:
Stick and puck/ball will be on the outside of Octagon



- Focus on exaggerated wrist roll.
- Top hand does the work. Bottom hand is the guide.
- Dribble distance should be approx. 6"-12"
- Looking for control, not necessarily speed.

<u>Dribble Location</u>	<u># of Sets</u>	<u>Duration of Set</u>
Blue	2	:15sec
Red	2	:15sec
Brown	2	:15sec
Black	2	:15sec
Green	2	:15sec
Gray	2	:15sec
Orange	2	:15sec

“Around the world and Back”

(Begin at Gray; go to black, then red, etc. all the way to orange and work back to gray)

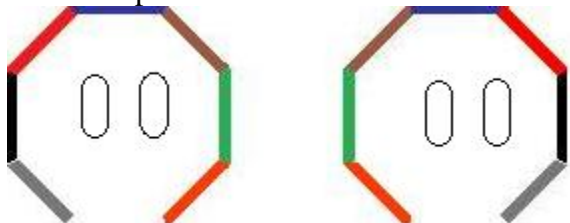
Repeat above patterns with Puck/Ball on inside of Octagon:

Purpose: to enhance ability to control puck close to body/skates.

October – November Octa-VCF Patterns.

Wide Dribble, Expanded reach Patterns:

Begin with feet in middle of Octagon and toes pointing at Blue:
Stick and puck/ball will be on the outside of Octagon



- Focus on exaggerated wrist roll.
- Top hand does the work. Bottom hand is the guide
- Maintain proper hockey stance, bend knees and transfer weight (simulate skating stride).
- Use bottom hand as a guide and allow stick to slide when expanding reach.
- Dribble distance should be approx. 6”-12”
- Consistently reinforce head, eye and chin position to enhance “vision”

Dribble Location	# of Sets	Duration of Sets.
Blue – Red	2	:15sec
Blue – Brown	2	:15sec
Brown – Red (expand reach, Slide hand)	2	:15sec
Black – Red	2	:15sec
Green – Brown	2	:15sec
Gray – Red (keep toes pointing @ blue)	2	:15sec
Orange – Brown (keep toes pointing @ blue)	2	:15sec
Black – Blue – Green	2	:15sec
Gray – Red – Brown – Orange (Slide hand)	2	:15sec

Repeat above patterns with Puck/Ball on inside of Octagon:

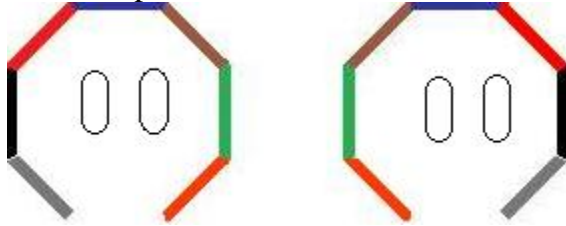
Patterns inside the octagon no longer exercise wide dribble and expanded reach: however the purpose of this progression is to enhance the ability to control puck close to body/skates using multiple location patterns.

Encourage: foot movement to create space inside the octagon, improve balance and maintain proper body position and stability (although toes should point to blue as much as possible).

October – November Octa-VCF Patterns.

No Dribble Control and Expanded Reach Patterns

Begin with feet in middle of Octagon and toes pointing at Blue:
Stick and puck/ball will be on the outside of Octagon



Patterns are identical to “wide dribble, expanded reach”; however when performing these drills..**do not dribble** between locations. Control puck/ball and create a continuous movement/rhythm from location to location.

- Focus on wrist roll (cupping puck).
- Top hand does the work. Bottom hand is the guide
- Maintain proper hockey stance, bend knees and transfer weight (simulate skating stride).
- Allow stick to slide when expanding reach.
- Consistently reinforce head, eye and chin position to enhance “vision”

Location	# of Sets	Duration of Sets.
Blue – Red	2	:15sec
Blue – Brown	2	:15sec
Brown – Red (expand reach, Slide hand)	2	:15sec
Black – Red	2	:15sec
Green – Brown	2	:15sec
Gray – Red (keep toes pointing @ blue)	2	:15sec
Orange – Brown (keep toes pointing @ blue)	2	:15sec
Black – Blue – Green	2	:15sec
Gray – Red – Brown – Orange (Slide hand)	2	:15sec

Repeat above patterns with Puck/Ball on inside of Octagon:

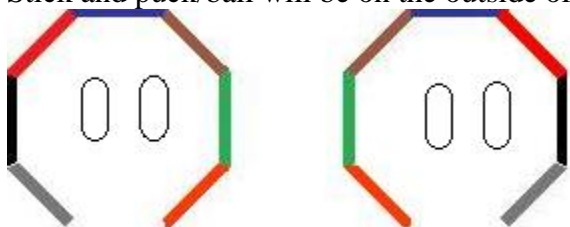
Patterns inside the octagon no longer exercise wide or expanded reach: however the purpose of this progression is to enhance the ability to control puck close to body/skates using multiple location patterns.

Encourage: foot movement to create space inside the octagon, improve balance and maintain proper body position and stability (although toes should point to blue as much as possible).

October – November Octa-VCF Patterns.

Dribble & Control Puckhandling Patterns.

Begin with feet in middle of Octagon and toes pointing at Blue:
Stick and puck/ball will be on the outside of Octagon

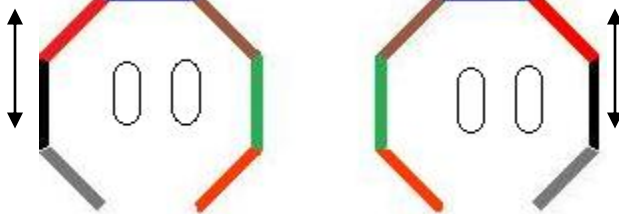


Location	# of Sets	Duration of Sets.
Blue – Red	3	:20sec
Blue – Brown	3	:20sec
Black – Blue – Green (move feet closer to blue)	2	:20sec no dribble – puck/ball pattern movement
<i>(Begin with feet outside octagon and toes pointing to and/or touching orange)</i>		
Blue – Pull through opening	2	:20sec dribble 2X @ each location and puck/ball movement
<i>(Begin with feet outside octagon and toes pointing to and/or touching gray)</i>		
Blue – Pull through opening	2	:20sec dribble 2X @ each location and puck/ball movement
<i>(Begin with feet outside octagon w/ feet parallel to gray and toes pointing toward opening)</i>		
Red – Orange – Pull through opening	2	:20sec No dribble – puck/ball pattern movement
<i>(Begin with feet outside octagon w/ feet parallel to orange and toes pointing toward opening)</i>		
Brown – Gray – Pull through opening	2	:20sec No dribble – puck/ball pattern movement

October – November Octa-VCF Patterns.

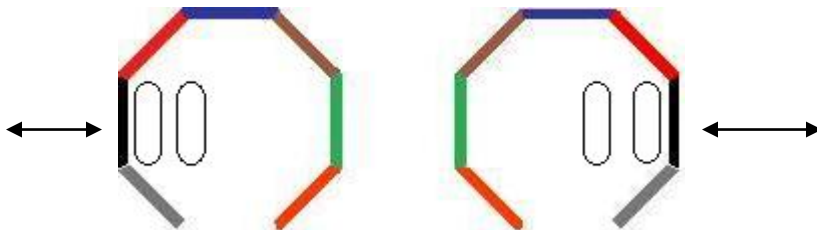
Toe Control Patterns

**A. Begin with feet in middle of Octagon and toes pointing at Blue:
Stick and puck/ball will be on the outside of Octagon**



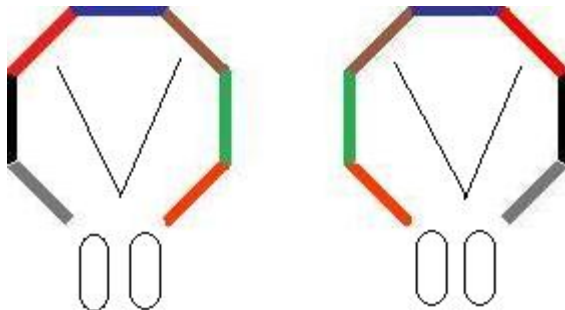
- I. Drill will start on the Forehand(FH) side of body. Push puck/ball from black to red in a straight forward motion. Pull puck/ball back to black using toe of stick.
- II. Add more range of motion by going from gray to red.

B. Begin with feet pointing toward blue, but shifted closer to black.



- I. Push puck/ball away from black and pull back in with toe of stick blade.
- II. Top hand should be pushed away from body to control puck/ball near foot.

C. Begin with feet pointing at blue, but placed outside octagon opening.



- I. Push puck/ball away from feet/body to red. Toe pull back to center (feet) then push to brown, pull to feet, etc.