



# Stick Handling Homework and Drills

Remember what you put into these drills is what you will get out of it. These drills must be practiced many times over for improvements in puckhandling/control to be obtained.

- Top hand controls and bottom hand is your guide and power hand. Roll top hand in thumb up, thumb down motion.
- Knees bent and a slight forward lean from waist mimics skating stride. Head and chin slightly down to help with peripheral vision. It's o.k. to look/glance down at puck/ball but DO NOT perform full drill staring at puck/ball.

Players name: \_\_\_\_\_

Dates practiced: \_\_\_\_\_

\_\_\_\_\_

## HOMEWORK 1

- 1) Short dribble: foot to foot 3X :15 sec.
- 2) Shift dribble: use shift knee bend 3X :15 sec.
- 3) Wide dribble: use expansion of reach and slide hands together 3x:15 sec
- 4) FH in front of body to BH in front (hands/arms away) 3x :15 sec
- 5) FH on side of body to FH in front 3X :15 sec
- 6) BH on side of body to BH in front 3X :15 sec

**\*Remember you don't always handle/control puck in front of body so having control in all areas is important to better puck skills.**

## HOMEWORK 2

- 1) Short dribble: foot to foot 3X :15 sec.
- 2) Shift dribble : use shift knee bend 3X :15 sec
- 3) Combo short and shift. 3X :15 sec
- 4) Short dribble then expansion 1 hand on BH 3 X:15 sec
- 5) Short dribble then 2 hand slide expansion to FH 3 X:15 sec
- 6) "around the world": Start FH behind body and dribble across front of body to BH behind body. Repeat 4 to 6 times. If you keep losing control of puck/ball during any of these drills SLOW DOWN.

### **HOMEWORK 3**

- 1) **Combination dribble :Short-Shift-Wide dribbles combined together 3 X :20 sec**
- 2) **“Around the world” 5 times**
- 3) **“4 touch puck” dribble twice and pull to outside of foot and kick out to stick. Dribble twice pull in to inside of foot kick to stick. Repeat 3X :20sec**
- 4) **Dribble with Cross-overs (Hands and feet drill)**
  - **Dribble in front of body and cross over twice to right stop (continue dribble), cross over to left and repeat 3X :20 sec**
- 5) **Parallel stick: Figure “8” pattern on FH in front of body 3 X :20 sec**  
**Figure “8” pattern on BH in front of body 3 X :20 sec**

**\*\* Remember you don't always control puck in front of your body. You must be able to control puck in different areas of your body (game situations).**

### **HOMEWORK 4**

- 1) **Combination drill (short-shift-wide) 3X 20sec**
- 2) **Tight and away: dribble away from body and bring puck tight to feet. Bottom hand should change positioning on stick and slide down. 3X20sec. Use a skill stick for the drill.**
- 3) **2 puck switch: 2 pucks in front of body. 1 puck on FH and 1 on BH dribble 6 times and switch and repeat. 3X 20sec**
- 4) **1 foot dribble: stand on 1 foot and dribble (slight knee bend) use both legs. 2 x both legs :15 sec**
- 5) **Stride jumps: start by standing on 1 ft. and jump laterally to opposite foot. Puck should move FH/BH with jumps. 2X 15 sec**

### **HOMEWORK 5**

- 1) **FH dribble behind body to FH in front. BH dribble behind body to BH in front. Both sides 3X 20sec**
- 2) **“Around the World”. Repeat 6 – 8 times**
- 3) **Parallel sticks: Figure “8” on FH side of body 3X 20 sec**  
**Figure “8” on BH side of body 3X20 sec**
- 4) **Opposite hands: dribble puck with your natural hand placement then switch to different (opposite) hand then repeat. 3 X 20 sec.**
  - **Great drill for coordination and hand dexterity.**
- 5) **Puck toss: Put puck on blade of stick and flip in the air and catch.**
  - **Hand/ eye coordination drill**

## **HOMWORK 6**

- 1) Combination drill (short-shift-wide) 3 X20 sec**
- 2) Tight and away: See homework #4 drill 2. 3X 20 sec**
- 3) Dribble with cross- overs: See homework #3 drill 4. 3 X 20 sec**
- 4) “3 puck drill”: move puck between 2 other pucks and continue switching pucks while changing distance between them. Start drill stationary and then progress to walking while performing. 4 X 20 sec**
- 5) Stride jump dribble. See homework # 4 drill 5. 3X 20 sec**
- 6) “4 touch puck”. See homework #3 drill 3.**

## **HOMWORK 7**

- 1) Combination drill (short-shift-wide) 3X:20 sec**
- 2) “3 puck drill”. See homework #6 drill 4. 3X :20 sec**
- 3) “1-2 fake fwd. 1-2 fake backwds”: Dribble FH side of body and fake fwd. using expansion of reach, pull back to FH dribble side and fake backwards using expansion of reach and repeat fwd. 3X :20sec**
- 4) “Toe Control”: Toe-heel pull back movement front to back on FH move puck/ball 12”-24”.**
- 5) “Toe Control”: Toe –heel movement puck/ball begins on FH side of body and is push out with heel of stick and pulled back with toe of stick.**
  - Top hand should be pushed away from body as puck/ball is moved back towards outside of foot.**

## **HOMWORK 8**

- 1) Combination drill (short-shift- wide) 4X :20 sec**
- 2) FH in front of body to BH in front of body 3X :20 sec**
  - Use toe control to move across**
- 3) “Toe control”: FH in front 12”-24”: 3 X 20 sec**
- 4) “Toe control” :Side of body push-pull movement: 3X:20sec**
- 5) “L drill”: start with puck/ball in front of body and pull with toe toward feet and push to side of body of body catching on BH. 3X :20 sec**
- 6) “W drill”: toe control drill in the pattern of “W”: 3X :20 sec**
  - Use pucks if needed for guiding path of puck/ball**
- 7) Puck toss: Put puck on blade of stick flip up and catch. 3X :20 sec**
  - Hand/eye coordination drill**

## **HOMEWORK 9**

- 1) **Combination drill (short-shift-wide) 3X :20 sec**
- 2) **FH dribble in front of body to BH dribble in front of body 3X :20sec**
  - **Use toe-control to move puck/ball across from FH/BH**
- 3) **“Toe control” : FH front to back move ball/puck 12”-36”**
- 4) **“L drill”: See homework #8 drill 5**
- 5) **“T drill”: Same as the “L” drill except instead of ending drill on BH, pull across in front of feet to FH expansion of reach.**
- 6) **“Spoke drill”: use toe –heel control in different areas. Puck/ball movement should look like spokes of a wheel. Repeat 3-5 times**

## **HOMEWORK 10**

- 1) **FH dribble in front of body to BH in front of body and repeat 3X :20sec**
- 2) **“Around the world”: See homework #2 drill 6. Repeat 6-8 times**
- 3) **“Figure 8”: Using top hand only 3x:20 sec.**
  - **Add bottom hand 3X:20sec**
- 4) **“L drill” 1X:20 sec and then switch to “T drill” 1X:20 sec. Repeat 3-5 times.**
- 5) **“Spoke drill”: toe-heel drill. See homework #9 drill 6. Repeat 3-5 times**
- 6) **“ V drill”: toe-heel drill in pattern of the letter “V”**

## **DRILL PATTERNS**

"T" Drill

