

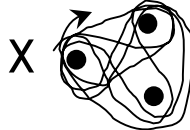
DISTRICT 9 HOCKEY SKILL DEVELOPMENT—Do today what others won't; tomorrow do what others can't.

Soft Hands-Drills:

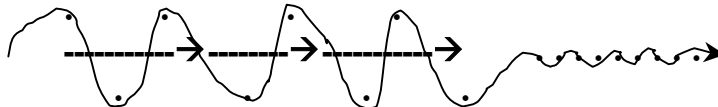
- **Paddle Ball:** Good for hand eye coordination.
- **Juggling:** Soft hands/eye coordination/split vision (use 3 balls).
- **Push-up War:** Partner head to head in push-up position; each tries to sweep partner's hands away and throw the other off balance.
- **Wall Pass:** Partner faces wall 5 ft away; other partner throws ball at wall and the partner has to react and catch the ball with one hand (good drill for goalies).
- **Wrist roller:** good forearm strengthener. Arms straight out at shoulder level.

Stickhandling circuit: Use a whiffle ball with a cut up tennis ball inside which will reduce bounce in the ball.

1. **Expansion of reach:** 20 times extend to forehand side; 20 times extend to backhand side, releasing bottom hand.
 - Extend as wide as possible
 - Stickhandle in front—then extend way out—back in front—way out—back in front
 - Do 20 times each way
2. **Cupping (Toe pulls):** 15 times—on forehand side, push ball way forward, then cup and quickly pull back with toe of blade. Get some distance!
3. **Give, Take away, Go around:** 10 times—push ball out, cup back, then reach across to backhand (release to one hand).
4. **Russian circle dribbling:** 3 times 30 seconds each way—keeping blade on the floor, circle it around the ball, brushing the ball with forehand and backhand. Try to move ball side to side while the blade circles it—should be able to get the ball spinning rapidly.
5. **Bounce ball on stick blade:** 3 times 30 seconds—good hand-eye coordination. Try catching the ball on the blade briefly, then lofting it up again.
6. **Puck Rotations on stick blade:** 5 to each side—place puck on blade of stick and rotate stick forward and backward.
7. **Slam Dunk:** Bucket and 10 balls. How many can you dunk in 30 seconds? (cup stick and flip ball up in air and then tap into bucket) NHL players can do 1 per second! Fun Drill off-ice.
8. **Triangle Golf Ball Drill:** 3 times for 30 seconds each—Place 3 pucks in a triangle. Stick handle in and out in different directions throughout the triangle with a golf ball. Better if no tape on the stick. Works speed in the hands and wrist rotation.



9. **Savard Drill:** 10 times through—Can be done on ice or dryland. Stick handle wide around above while moving up the middle (forehand then backhand). Once you get to the pucks in a straight line you must work quick hands stick handling through the pucks in a row.



10. **Figure 8 Drill:** 5 times 30 seconds each way—Place two pucks on the floor and stick handle around the two pucks with a ball or puck in a figure 8 motion. Change directions.



11. **Figure 8 Pivots:** 5 times 30 seconds each way—Same setup as 8s above, but this time player follows puck instead of remaining stationary.

When you have completed these 11 exercises, you have completed one stickhandling circuit.

- Hold your stick properly—Keep both hands out in front of you, about a foot apart on your stick, and keep the V that forms between your thumb and palm on the upper, narrow portion of the shaft.
- Cup the puck—Be sure to rotate your upper hand from palm down (when puck is on backhand) to palm up (when puck is on forehand). Exaggerating this motion will soften your hands and help you cup the puck better, improving control.
- Use pucks to mark where the ball travels. (You may want to mark the garage/floor where they go, so you don't waste time in setting up.)
- Challenge yourself: go beyond what you are comfortable with (your comfort zone). Reach further and faster.
- Deep Practice: It's not "Practice Makes Perfect," it's "Perfect Practice Makes Perfect." Be smart, don't waste your time . . . practice by challenging yourself . . . work to improve, not just fill in the blanks of the chart!
- Have fun.

Here's how you record on your chart.

Example: Monday, May 3rd, you shoot 200 pucks and do the stickhandling circuit 3 times. **Mon. May 3** 200 | 3

Other Drills with a Stick:

- **Puck Toss:** Using the stick blade, toss a puck or ball back and forth between two players.
- **Windshield wiper drill:** (can be done on-ice also) Partner kneels on the ground and swipes stick back and forth in a windshield wiper fashion, while the other partner stick handles and or toes the puck in and out between the wiper.
- **Pendulum Drill (Quick hands/quick feet):** (can be done on-ice also) Partner kneels on the ground and swipes stick back and forth in a windshield wiper fashion, while the other partner stick handles with back to partner, stepping over the stick as it sweeps.
- **Panorama stickhandling:** keeping your feet stationary, stickhandle all the way around your body, twisting your torso to keep control of the puck.
- **Uneven ground stickhandling:** stickhandle rapidly and continuously while climbing plyo boxes, chairs, or other obstacles.