

10U/12U PHASE I - PUCK HANDLING

EXPANSION OF REACH

FOCUS

- Loose bottom hand, hand slide, expansion of reach.

MOVEMENT

- 1 • Stickhandle ball out in front of body cone to cone.
• Short, quick dribble in front of body.
- 2 • Extend ball to maximum distance on forehand side of body.
• Short, quick dribble in front of body.
- 3 • Extend ball to maximum distance on backhand side of body.
• Extend to the forehand 10x.
• Extend to the backhand 10x.

TECHNIQUE

- Stand in basic hockey stance with feet shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Extend reach to maximum distance from body-slide hands together.
- More arm movement is necessary, but still use wrists to cup the ball.
- To pull ball close to body-hands are wide.
- Players should transfer body weight during expansion.

Use split vision to survey surroundings and the ball.



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