

6U/8U - RUNNING & JUMPING

STICK CATCHERS

① SETUP

- Divide players into partners.
- Each player has a hockey stick resting on the butt end of the shaft.
- Players stand 3 feet apart with stick positioned in left hand.

② MOVEMENT

- One player counts 1, 2, 3...on 3 each player lets go of his/her stick, and explodes to catch partner's stick before it falls to the ground.

ADVANCED

After 3 successful attempts at 3 feet apart, players progress to 4 feet and then 5 feet apart.

Switch to right hand after a few repetitions.



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