



STICKHANDLING CIRCUIT



By Terry Cullen
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Moorhead High School

1. EXPANSION OF REACH

20 Times extend to forehand side.

20 Times extend to the backhand side, releasing bottom hand.

*extend as wide as possible

*stickhandle in front of you - then extend way out - back in front - way out - back in front

*.....Do 20 times each way.

2. CUPPING

15 Times

*on forehand side, push ball way out and then cup over and quickly pull back (get some distance)

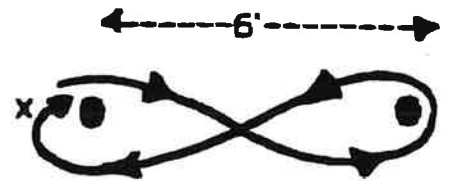
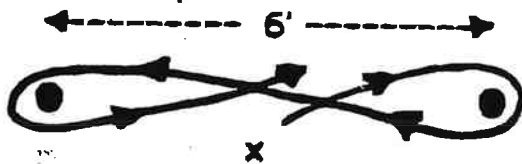
3. GIVE, TAKE AWAY, GO AROUND

10 Times

*push ball out, cup back (as in #2), then reach across to backhand (release to one hand)

4. FIGURE 8's

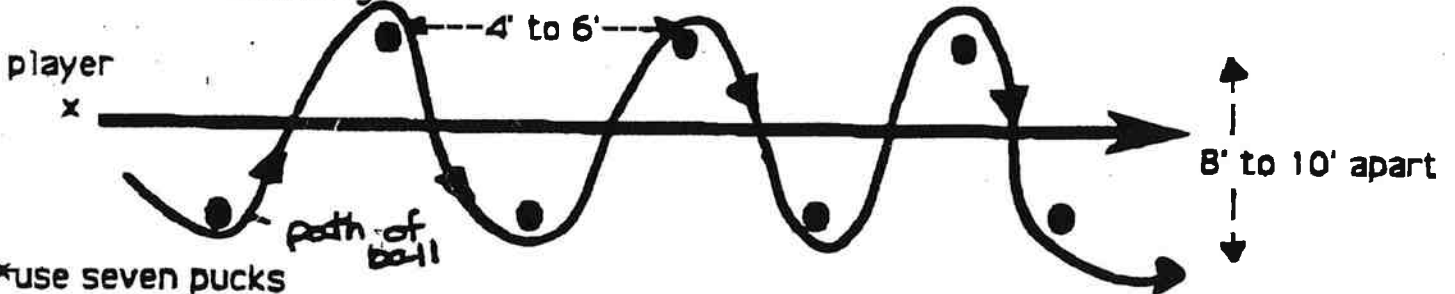
10 times each way



*pucks can be to the sides or straight out in front of you

5. WIDE MOVEMENT

10 times through



*use seven pucks

*go down the middle, extend to both sides

6. QUICK STICK

10 times through



*ten pucks in a straight line, pucks one foot apart.

*stickhandle through as fast as possible

INSTRUCTIONS FOR STICKHANDLING CIRCUIT

- ** When you have completed these six stations, you have completed the circuit once.
- ** Use pucks for marking where ball must travel. (You may want to mark on 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.
- ** 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 to fill in the blanks on the chart!!!
- ** Have fun.

Here's how you record on your chart.

Example: Mon. May 8th you shoot 150 pucks and do the stickhandling circuit two times.

Mon. May 8 150/2

To order a "Stickhandling Video" send \$30.00 plus \$3.00 for shipping and handling to:

Stickhandling
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