

# Equipment

- Hockey Stick
- Hockey Gloves
- One Puck/Ball to stickhandle with
- Five pucks/water bottles/pylons/obstacles to stickhandle around

## Instructions

- Do each drill for 1 minute, followed by a 30 second break
- Do each exercise as fast as you can without making mistakes
- Try to use soft quiet hands when
- Look at the puck as needed, but try to look up as much as possible

## Drills

**Length: 25 Minutes**

Name	Demonstration	Explanation
Side To Side		For this drill we're just stickhandling the puck side to side out in front of us make sure you roll those wrists over so that you can cup that puck on either side.
Forehand Front To Back		We're going from back around your heel of your foot all the way out in front of us as if we were skating the puck up the ice looking for our options so again top hand is doing most of the work rolling those wrists over to control the puck keeping your head up as much as you can.

Name	Demonstration	Explanation
Forehand L		We're going to start with the puck on our forehand side we're gonna do a similar movement where we go up but this time we're going to go across so we're kind of combining those first two drills and it looks like an L shape on your forehand side. An important thing here is we want to stop the puck before pulling it across.
Backhand L		We're going to do the the same L motion but on our backhand side it's important to be able to control that puck over on your backhand side as well.
Around The World		Now we're gonna go to do around the world. We're combining the forehand and backhand Ls and we're just going all around our body so I'm going to start on my forehead side go up and across to the backhand side, all around your body.

Name	Demonstration	Explanation
Narrow To Wide		Next we're gonna do narrow to wide. Start off with about three or four Stick Handles in narrow and then three and three to four out really wide. Really reach with those wide stick handles. Roll your wrists over on either side to catch it when you're out wide to make sure you can pull it in smoothly.
Around The World Toe Drags		Around the world toe drags all we're doing here is toe drags around our body going in a half circle all the way around our body for the toe drags you want to flip that blade up and pull it in using that top hand and then you're going to roll those wrists the other way to push it back out.
Horizontal Figure 8s		Grab two extra pucks or whatever your obstacles are, and put them out in front of you. All we're doing is around move the puck in a figure eight around the two obstacles. Start in one direction, and then switch it to the other direction about halfway through.

Name	Demonstration	Explanation
Vertical Forehand Figure 8s		Move those two obstacles over to your forehand side, now we're gonna do vertical figure eights. There's different ways you can do it you can use the toe of your stick you can use the back side of your stick to pull it but all we want to do is just figure eights on our forehand side vertically.
V Pulls		Make an upside down triangle using three puck, or obstacles. All we're going to do is start with the puck on our forehand side pull it with our toe push it up in a V shape using the back side of our blade we're pulling it back towards us.
Toe Drags		Place all of your obstacles in a line (to mimic the "Dangle stick" in the demo). To do a tow drag, we're going to push the puck up a little bit on our forehand side catch it with the toe of your blade, and pull it in towards your body around the obstacle line. Use your top hand for the majority of the work pulling it back towards your body

Name	Demonstration	Explanation
Side To Side Bottom Hand Release		Side to side with bottom hand release. All we're doing here is we're gonna go side to side but every second time we get to the left side (if your a lefty), we're going to release that bottom hand and control it using only your top hand.
Backhand Toe Drag		We're gonna get set up for the backhand toe drag. Flip your blade up use the back side of the blade pull it across to the backhand side of your body.
Puck Weave		Grab all five pucks, or whatever obstacles you have and set them out in a line and then weave between the obstacles. Spread them out as far as you want the tighter they are the trickier it is. Stick handle between them and walk.

Name	Demonstration	Explanation
One Handed Puck Weave		Same as the puck weave, but only your top hand!