

10U/12U PHASE I - PUCK HANDLING

PVC PIPE STICKHANDLING

FOCUS

Top hand control, top hand strength, loose bottom hand.

SETUP

- 6 inch x 1.5 inch diameter piece of PVC pipe placed over shaft of stick and held with bottom hand.

MOVEMENT

- Perform stationary Quick Stick movements and stickhandle around the body.
- Top hand will fatigue quickly.
- 20 seconds active 20 seconds rest...

TECHNIQUE

- ①
 - Feet are shoulder width apart.
 - Head and chest up.
 - Hands are closer together within a standard range.
 - Tight grip with top hand.
 - The top of the stick shaft should be held in the top hand with a hammer grip.
 - Loose grip with bottom hand holding pvc piping.
 - Arms loose and away from body.
- ②
 - Emphasis is on wrist movement, not arm movement.
 - Cup ball on forehand side of blade.
- ③
 - Cup ball on backhand side of blade.
 - Player rolls top wrist to cup the ball.

ADVANCED

"Chaos" stickhandle in designated area with other players.



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