

10U/12U PHASE I - PUCK HANDLING

WIDE DRIBBLE

FOCUS

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

SETUP

- 8 Stationary pucks in a slalom pattern approximately 6 feet wide and 3 feet in distance between pucks.
- Distance separating pucks dictates level of difficulty.
- Use a hockey ball to perform drill.

① MOVEMENT

- Alternate extending ball to both sides of the body while moving down the middle of the obstacles.

TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- 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.
- Arms loose and away from body.
- Use a wide dribble from side to side.
- Hands slide together for a greater reach.
- Wrist movement is key to cupping the ball and maintaining control.
- Cup ball on forehand and backhand side of blade.

ADVANCED

Player jogs through course performing Wide Dribbles.

*Slow down drill for younger or beginner players.
Speed dictates level of difficulty.*



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