

10U/12U PHASE II - PUCK HANDLING

PVC PIPE FIGURE 8s

FOCUS

- Loose bottom hand, expansion of reach, cupped blade, top hand control.

SET UP

- Place 2 cones 3-4 feet apart from each other.
- Stand 2 feet in front of cones positioned in the middle.
- 6 inch x 1.5 inch diameter piece of PVC pipe placed over shaft of stick and held with bottom hand.

TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- ① • Move the ball wide with the backhand side of the blade.
- Catch the ball with the cupped backhand of the blade and push it forward around the cones before bringing the ball across the body.
- Continue to handle the ball in a Figure 8 pattern in front of the body.
- Top hand controls the movement of the ball.
- Have players change Figure 8 direction halfway through station.
- Execute for 20 seconds, rest for 20 seconds...repeat.

Top hand will fatigue quickly.



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