

10U/12U PHASE II - PUCK HANDLING

TOE DRAG DECEPTION

FOCUS

- Push/pull/hand slide-push with heel of blade, pull with toe of blade, top hand control.

MOVEMENT

- 1 • Push ball away from body to entice opponent.
• Quickly pull ball back using toe of blade.
• Quick, short dribble in front of body then push ball away from front of body as far as possible and quickly pull back.
• In tight, hands are wide. The ball is pushed forward with the heel out in front of the body while the hands slide together.
- 2 • The ball is stopped with toe of blade pulled back in tight to body.
• The same process is repeated out to the forehand side.

ADVANCED

Perform movement #1 and #2 in one fluid movement.

SET UP-TOE DRAG DECEPTION

- 8 Stationary pucks 2 feet apart in a vertical line.

FOCUS

- Push/pull/hand slide-push with heel of blade, pull with toe of blade, top hand control.

MOVEMENT

- 3 • Push ball away from body, with heel of blade (to entice opponent), towards puck.
• Quickly pull ball back using toe of blade.
• Top hand wrist roll controls the stick and ball while the bottom hand is kept loose and used as a guide.
• Repeat through entire course.



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