



10,000 TOUCHES CHALLENGE

Program Overview

The Ontario Minor Hockey Association (OMHA) is proud to present **10,000 Touches**, part of the OMHA's Players Club.

This program was created as a skill development opportunity for hockey players to develop stick handling skills at home.

It also reinforces the concepts introduced Hockey Canada's **Long Term Player Development (LTPD) model** which sets out a development progression or pathway for hockey players.

There's evidence to show that daily micropractices are effective and often superior to longer practice sessions once or twice a week. When you practice a little each day, skills don't erode. In fact, they consolidate. It's like a bank account earning compound interest: a virtuous spiral where skill accrues quickly.

This program also aims to educate players, coaches, and parents on the LTPD model in a fun and interactive way.

So, how well do you think your stick handling would improve if you performed 10,000* Touches stickhandling over an 8-week period?

We have created a plan for players of all ages and abilities to follow over 8 weeks to accomplish this goal.

The GOAL: Improved puck control skills through increased hand speed, quickness and coordination

The PLAN: Develop stickhandling skills performing 10,000* touches

Weekly Goal: 5 days per week | 75-150 minutes per week

Daily Goal: 15-30 minutes per day

** Don't stop at 10,000! This is the minimum goal over the 8-week period*



Getting Started | What You Need

- Space – Have a dedicated place to practice. A safe, flat, practice surface (floor, driveway) ideally with a wall or rebounding surface (wall, curb)
- Equipment - Hockey gloves; ball to stick handle with (tennis ball, stickhandling ball [heavier]); Stick (should be a few inches shorter than the one used on the ice as player will not be wearing skates)
- Additional sticks, pucks, pylons, gloves or other house hold items to use as obstacles
- Skills are divided into 5 Skill Buckets; each Skill Bucket has a Goal Number of Touches and includes recommended skills and number of touches
- Skill = Simple – These are technique building, foundational movements
- Start slow – Rehearse each movement/skill then convert each movement into *Game Speed*
- Identify Weaknesses – Don't just work on your favourite skill or ones that you're good at
- Keep going - Players are encouraged to complete more than the minimum required number of touches

Create a Daily Practice Routine

- Visit the [OMHA website](#) to view video clips of each skill.
- Get into a routine. Choose a time when you can practice at the same time every day
- Plan ahead for days that you can't practice
- Be accountable – Do what you can without technique breaking down or losing your focus – don't just go through the motions. Break your workout into smaller chunks- for example, do half the workout early in the day and finish the rest later on that day
- Progressions - Combine skills to double or triple your touches per round of drills

What's a 'Touch'?

- A 'touch' can simply be defined as every time there is a change in direction of the ball
- With some skills, you will be able to perform many touches in a short period of time, ie. Quick Hands – Front; whereas, Wide Reach is a more deliberate motion with wide motion and path.

Tracking your Progress

- Players must track your shots on the **10,000 Touches Challenge** Tracking Sheet
- Submit completed tracking sheets to win prizes
- Parents are required to sign-off on the number of shots completed each day
- Must be under the age of 18 and a member of the OMHA in order to win



Skills Buckets & Drills

- Skills are divided into 5 Skill Buckets
- Each Skill Bucket has a Goal number of touches and includes recommended skills and number of touches

1.0	Quick Hands 3500 Touches	1.1. Quick Hands - Front	500
		1.2. Quick Hands - Side	500
		1.3. Quick Hands - 2-3 balls	500
		1.4. Circular Stickhandling	500
		1.5. Quick Hands - in Motion	500
		1.6. Obstacle Course	750
		1.7. Juggling	250
2.0	Around Body 2250 Touches	1. Around Body	500
		2. Around Body - Box	500
		3. Figure 8 - Stationary	500
		4. Figure 8 - in Motion	500
		5. Forehand only	250
3.0	Narrow & Wide 2000 Touches	1. Narrow/Wide Combo	500
		2. Wide Throw & Catch	500
		3. Hand-Slide Wide	250
		4. Ball Through Legs	250
		5. Stick through Legs	250
		6. Wide Reach	250
4.0	Toe Drags 1250 Touches	1. Toe Drag - Front & Side	250
		2. Toe Drag - Attack Triangle	250
		3. Toe Drag - Moving (Forehand & Backhand)	250
		4. Chip over Stick	250
		5. Transition Sticks	250
5.0	Passing 1000 Touches	1. Passing - Stickhandle & Pass	500
		2. Passing - One Touch	500
Total Number of Touches			10,000

Remember ...

Build a foundation of technique skills ➤ Be consistent/accountable ➤ Increase proficiency & confidence ➤ Have fun building your skills!

For more information on the OMHA Players Club, the Long Term Player Development (LTPD) model and other Development programs offered by the OMHA, [click here](#).