



HOW WELL DO YOU THINK YOUR STICK HANDLING WOULD IMPROVE IF YOU PERFORMED 10,000 TOUCHES OVER AN 8 WEEK PERIOD?

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

PLAN: Develop stickhandling skills performing 10,000 Touches

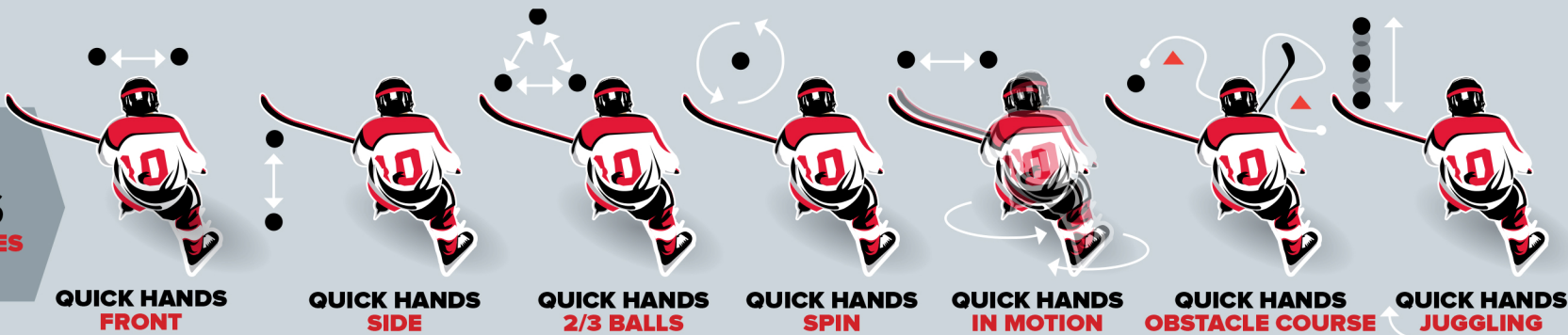
WEEKLY GOAL: 75-150 minutes per week

DAILY GOAL: 15-30 stickhandling minutes per day

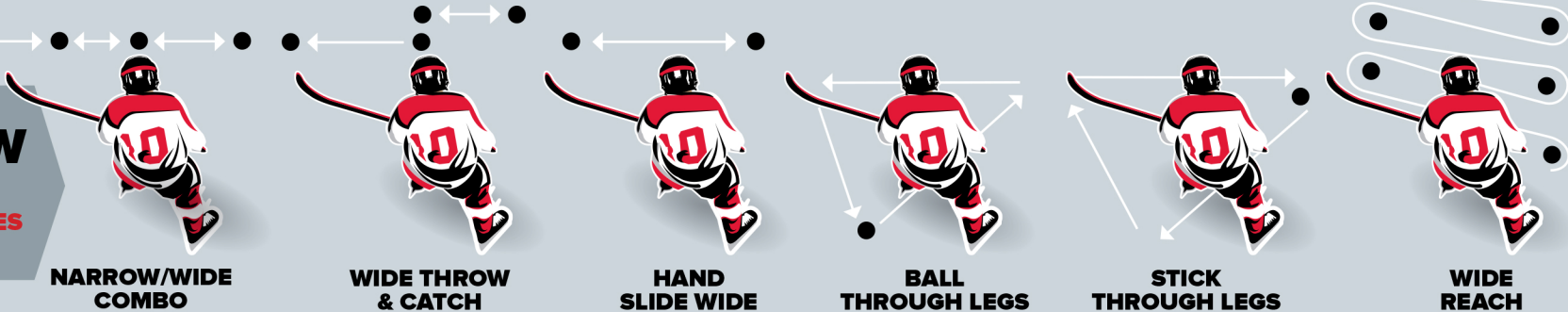


WHAT'S A 'TOUCH'? A 'TOUCH' CAN SIMPLY BE DEFINED AS EVERY TIME THERE IS A CHANGE IN DIRECTION OF THE BALL.

QUICK HANDS 3,500 TOUCHES



NARROW & WIDE 2,000 TOUCHES



AROUND BODY 2,250 TOUCHES



TOE DRAGS 1,250 TOUCHES



TRACK YOUR STICKHANDLING TOUCHES BY CHECKING OFF EACH BOX ONCE YOU HAVE FINISHED THE TASK. SUBMIT YOUR TRACKING SHEET TO COLLECT YOUR PRIZE!

QUICK HANDS 3,500 TOUCHES

QUICK HANDS - FRONT

50	50	50	50	50
50	50	50	50	50

500

QUICK HANDS - SIDE

50	50	50	50	50
50	50	50	50	50

500

QUICK HANDS - 2/3 BALLS

50	50	50	50	50
50	50	50	50	50

500

QUICK HANDS - SPIN

50	50	50	50	50
50	50	50	50	50

500

QUICK HANDS - IN MOTION

50	50	50	50	50
50	50	50	50	50

500

QUICK HANDS - OBSTACLE COURSE

50	50	50	50	50
50	50	50	50	50

750

QUICK HANDS - JUGGLING

50	50	50	50	50
50	50	50	50	50

250

TOTAL

3,500



NARROW & WIDE 2,000 TOUCHES

NARROW /WIDE COMBO

50	50	50	50	50
50	50	50	50	50

500

WIDE THROW & CATCH

50	50	50	50	50
50	50	50	50	50

500

HAND - SLIDE WIDE

50	50	50	50	50
50	50	50	50	50

250

BALL THROUGH LEGS

50	50	50	50	50
50	50	50	50	50

250

STICK THROUGH LEGS

50	50	50	50	50
50	50	50	50	50

250

WIDE REACH

50	50	50	50	50
50	50	50	50	50

250

TOTAL

2,000



AROUND BODY 2,250 TOUCHES

AROUND BODY

50	50	50	50	50
50	50	50	50	50

500

AROUND BODY - BOX

50	50	50	50	50
50	50	50	50	50

500

FIGURE 8 - STATIONARY

50	50	50	50	50
50	50	50	50	50

500

FIGURE 8 - IN MOTION

50	50	50	50	50
50	50	50	50	50

500

FOREHAND ONLY

50	50	50	50	50
50	50	50	50	50

250

TOTAL

2,250



TOE DRAGS 1,250 TOUCHES

TOE DRAG - FRONT & SIDE

50	50	50	50	50
50	50	50	50	50

250

TOE DRAG - ATTACK TRIANGLE

50	50	50	50	50
50	50	50	50	50

250

TOE DRAG - MOVING

50	50	50	50	50
50	50	50	50	50

250

CHIP OVER STICK

50	50	50	50	50
50	50	50	50	50

250

TRANSITION STICKS

50	50	50	50	50
50	50	50	50	50

250

TOTAL

1,250



PASSING 1,000 TOUCHES

PASSING - STICKHANDLE & PASS

50	50	50	50	50
50	50	50	50	50

500

PASSING - ONE TOUCH

50	50	50	50	50
50	50	50	50	50

500

TOTAL

1,000



TOTAL 10,000



NAME: _____
AGE: _____
EMAIL: _____
TEAM: _____
POSITION: _____

Scan the page or take a photo and send it to playersclub@omha.net or mail to:

OMHA

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