

HOW MUCH DO YOU THINK YOUR STICK HANDLING WOULD IMPROVE IF YOU PERFORMED 10,000 TOUCHES WHILE COVID-19 KEEPS US OFF THE ICE?

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

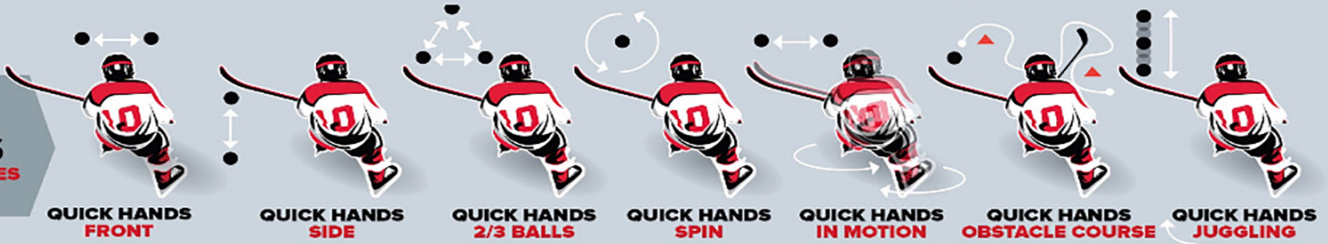
**PLAN:** Develop stickhandling skills performing 10,000 Touches

**DAILY GOAL:** 15-30 stickhandling minutes per day

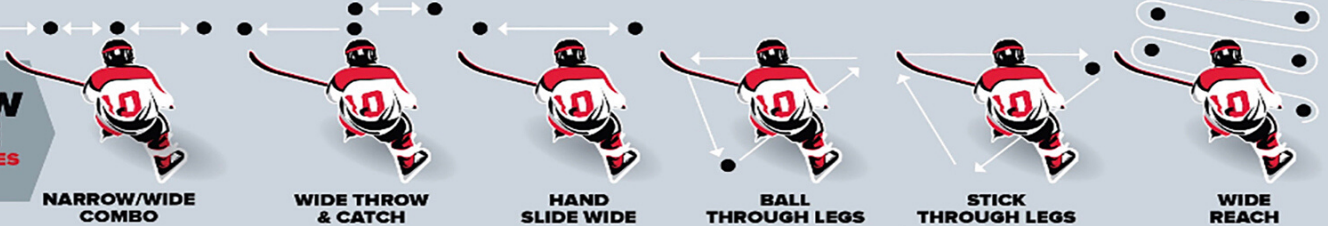


WHAT'S A 'TOUCH'? A 'TOUCH' CAN SIMPLY BE DEFINED AS EVERY TIME THERE IS A CHANGE IN DIRECTION OF THE BALL.

## 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 SUBMIT YOUR COMPLETED TRACKING SHEET TO RECEIVE A JETS WINGMEN T-SHIRT

|                                     |                                      |                |              |
|-------------------------------------|--------------------------------------|----------------|--------------|
| <b>QUICK HANDS</b><br>3,500 TOUCHES | <b>QUICK HANDS - FRONT</b>           | 50 50 50 50 50 | 500          |
|                                     | <b>QUICK HANDS - SIDE</b>            | 50 50 50 50 50 | 500          |
|                                     | <b>QUICK HANDS - 2/3 BALLS</b>       | 50 50 50 50 50 | 500          |
|                                     | <b>QUICK HANDS - SPIN</b>            | 50 50 50 50 50 | 500          |
|                                     | <b>QUICK HANDS - IN MOTION</b>       | 50 50 50 50 50 | 500          |
|                                     | <b>QUICK HANDS - OBSTACLE COURSE</b> | 50 50 50 50 50 | 750          |
| <b>TOTAL</b>                        |                                      |                | <b>3,500</b> |

|   |                               |                |              |
|---|-------------------------------|----------------|--------------|
| <b>NARROW &amp; WIDE</b><br>2,000 TOUCHES | <b>NARROW /WIDE COMBO</b>     | 50 50 50 50 50 | 500          |
|   | <b>WIDE THROW &amp; CATCH</b> | 50 50 50 50 50 | 500          |
|   | <b>HAND - SLIDE WIDE</b>      | 50 50 50 50 50 | 250          |
|   | <b>BALL THROUGH LEGS</b>      | 50 50 50 50 50 | 250          |
|   | <b>STICK THROUGH LEGS</b>     | 50 50 50 50 50 | 250          |
|   | <b>WIDE REACH</b>             | 50 50 50 50 50 | 250          |
| <b>TOTAL</b>                              |                               |                | <b>2,000</b> |

|                                     |                              |                |     |
|-------------------------------------|------------------------------|----------------|-----|
| <b>AROUND BODY</b><br>2,250 TOUCHES | <b>AROUND BODY</b>           | 50 50 50 50 50 | 500 |
|                                     | <b>AROUND BODY - BOX</b>     | 50 50 50 50 50 | 500 |
|                                     | <b>FIGURE 8 - STATIONARY</b> | 50 50 50 50 50 | 500 |
|                                     | <b>FIGURE 8 - IN MOTION</b>  | 50 50 50 50 50 | 500 |
|                                     | <b>FOREHAND ONLY</b>         | 50 50 50 50 50 | 250 |
|                                     | <b>TOTAL</b>                 |                |     |

|                                   |                                    |                |     |
|-----------------------------------|------------------------------------|----------------|-----|
| <b>TOE DRAGS</b><br>1,250 TOUCHES | <b>TOE DRAG - FRONT &amp; SIDE</b> | 50 50 50 50 50 | 250 |
|                                   | <b>TOE DRAG - ATTACK TRIANGLE</b>  | 50 50 50 50 50 | 250 |
|                                   | <b>TOE DRAG - MOVING</b>           | 50 50 50 50 50 | 250 |
|                                   | <b>TOTAL</b>                       |                |     |

|                                 |   |                |              |
|---------------------------------|---|----------------|--------------|
| <b>PASSING</b><br>1,000 TOUCHES | <b>PASSING - STICKHANDLE &amp; PASS</b> | 50 50 50 50 50 | 500          |
|                                 | <b>PASSING - ONE TOUCH</b>              | 50 50 50 50 50 | 500          |
| <b>TOTAL</b>                    |   |                | <b>1,000</b> |

NAME: \_\_\_\_\_  
 AGE: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_  
 TEAM: \_\_\_\_\_  
 FAVORITE NHL PLAYER: \_\_\_\_\_

**TOTAL 10,000**

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