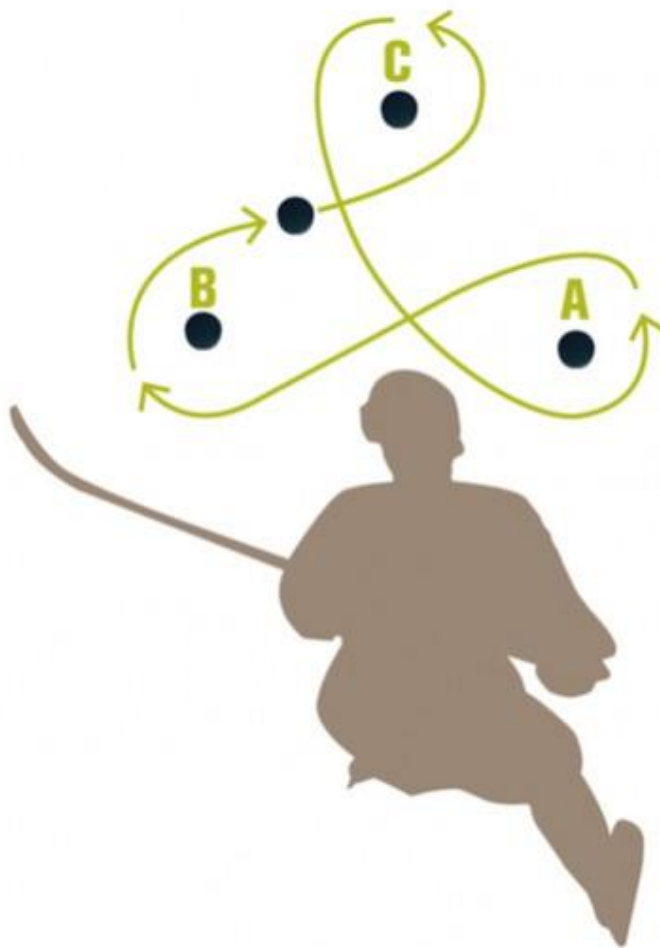


Three Puck

- Set up three pucks in a triangle with 18 inches between them
- Assume ready position with knees bent, chest and head up and puck or ball on stick
- Start at puck A and drag around outside of puck B, creating a half figure-eight
- Drag puck around outside of puck C, creating another half figure-eight
- Pull puck down and back around puck A
- Continue for specified time
- Perform set in opposite direction, starting at puck B

Sets/Duration: 5x30 seconds each direction

Benefits: Enhances your ability to transition the puck from your forehand to your backhand while moving in multiple directions.

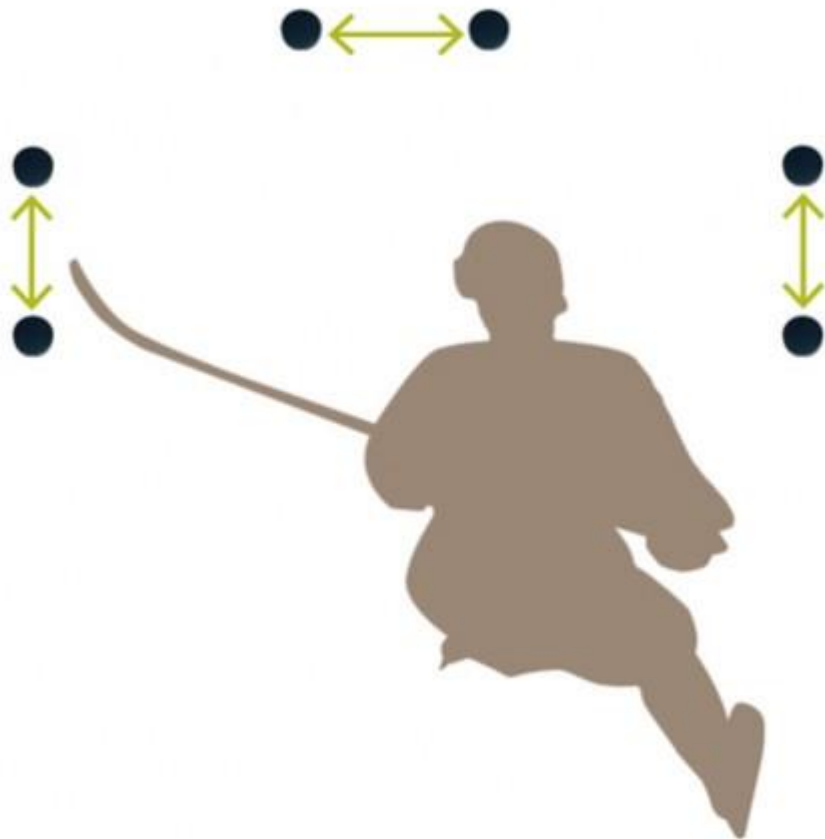


Three-Way Stickhandling Drill

- Assume ready position with knees bent, chest and head up and fourth puck or ball on stick in front
- Stickhandle for 10 seconds, maintaining a tight pattern of about six inches
- Stickhandle to right for 10 seconds, maintaining a tight pattern of about six inches
- Stickhandle to left for 10 seconds, maintaining a tight pattern of about six inches
- Perform set stickhandling with broad pattern of two to three feet

Sets/Duration: 5x30 seconds each pattern

Benefits: Improves stickhandling speed and precision in different positions so you can maintain puck possession in different areas of the rink



Stickhandling Mayhem Drill

- Drop 15 to 20 pucks on ice or ground over 10' x 10' area
- Stickhandle randomly through pucks, changing directions and patterns
- Perform for specified time

Sets/Duration: 5x30 seconds

Benefits: Develops stickhandling creativity so you can weave your way around opponents trying to steal the puck. For an added challenge, perform drill with a partner to force you to maintain awareness of your surroundings.

