EAST GRAND FORKS Hockey

GOAL: Improved puck control skills through increased hand speed, quickness & coordination
PLAN: Develop stickhandling skills performing 10,000 touches over an 14 week period
WEEKLY GOAL: 75-150 minutes per week
DAILY GOAL: 15-30 stickhandling minutes per day

LAND OF THE 10,000 TOUCHES

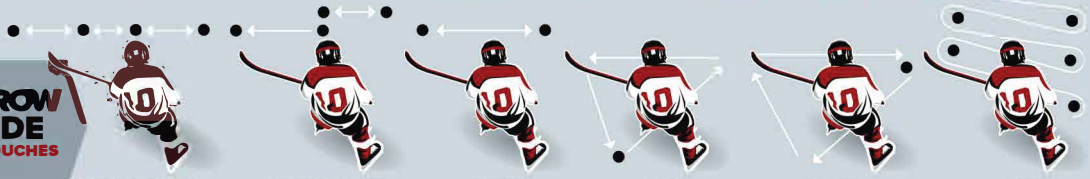
"WHAT IS A TOUCH"

A "touch" can simply be defined as every time there is a change in direction of the ball.

QUICK HANDS
3,500 TOUCHES

QUICK HANDS FRONT | QUICK HANDS SIDE | QUICK HANDS 2/3 BALLS | QUICK HANDS SPIN | QUICK HANDS IN MOTION | QUICK HANDS OBSTACLE COURSE | QUICK HANDS JUGGLING

NARROW & WIDE
2,000 TOUCHES



NARROW/WIDE COMBO | WIDE THROW & CATCH | HAND SLIDE WIDE | BALL THROUGH LEGS | STICK THROUGH LEGS | WIDE REACH

AROUND BODY
2,250 TOUCHES

AROUND BODY | AROUND BODY BOX | FIGURE 8 STATIONARY | FIGURE 8 IN MOTION | FOREHAND ONLY

TOE DRAGS
1,250 TOUCHES

TOE DRAG FRONT & SIDE | TOE DRAG ATTACK TRIANGLE | TOE DRAG MOVING | CHIP OVER STICK | TRANSITION STICKS

PASSING
1,000 TOUCHES

PASSING STICKHANDLING /PASS

PASSING ONE TOUCH

TRACK YOUR STICKHANDLING TOUCHES BY CHECKING OFF EACH BOX ONCE YOU HAVE FINISHED THE TASK.

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 / 50 50 50 50 50 ▶ 750
- QUICK HANDS - JUGGLING: 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 ▶ 250
- BALL THROUGH LEGS: 50 50 50 50 50 ▶ 250
- STICK THROUGH LEGS: 50 50 50 50 50 ▶ 250
- WIDE REACH: 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 ▶ 250

TOTAL 2,250

TOE DRAGS 1,250 TOUCHES

- TOE DRAG - FRONT & SIDE: 50 50 50 50 50 ▶ 250
- TOE DRAG - ATTACK TRIANGLE: 50 50 50 50 50 ▶ 250
- TOE DRAG - MOVING: 50 50 50 50 50 ▶ 250
- CHIP OVER STICK: 50 50 50 50 50 ▶ 250
- TRANSITION STICKS: 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

NAME

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TOTAL 10,000

VISIT YOUTUBE.COM/ONTARIOMINORHOCKEY TO WATCH HOW IT IS DONE