



10,000 Touch Challenge

The Goal:

Improve puck control skills through increased hand speed, quickness and coordination.

Weekly Goal:

75-150 minutes per week.

The Plan:

Develop stick handling skills by performing 10,000 touches.

Daily Goal:

15-30 stick-handling minutes per day.

A "Touch" is simply defined as any time there is a change in direction of the ball.

Track Your Stick-handling

10,000 Touches



Quick Hands

FRONT					500
50	50	50	50	50	
50	50	50	50	50	

SIDE					500
50	50	50	50	50	
50	50	50	50	50	

2/3 BALLS					500
50	50	50	50	50	
50	50	50	50	50	

SPIN					500
50	50	50	50	50	
50	50	50	50	50	

OBSTACLE COURSE					750
50	50	50	50	50	
50	50	50	50	50	
50	50	50	50	50	

JUGGLING					250
50	50	50	50	50	

Narrow & Wide

NARROW/WIDE COMBO					500
50	50	50	50	50	
50	50	50	50	50	

WIDE THROW & CATCH					500
50	50	50	50	50	
50	50	50	50	50	

HAND SLIDE WIDE					250
50	50	50	50	50	

BALL THROUGH LEGS					250
50	50	50	50	50	

STICK THROUGH LEGS					250
50	50	50	50	50	

WIDE REACH					250
50	50	50	50	50	

Around Body

HALF CIRCLE					500
50	50	50	50	50	
50	50	50	50	50	

BOX					500
50	50	50	50	50	
50	50	50	50	50	

FIGURE 8					500
50	50	50	50	50	
50	50	50	50	50	

FIGURE 8 IN MOTION					500
50	50	50	50	50	
50	50	50	50	50	

FIGURE 8 FOREHAND ONLY					250
50	50	50	50	50	

Toe Drags

FRONT & SIDE					250
50	50	50	50	50	

ATTACK TRIANGLE					250
50	50	50	50	50	

MOVING					250
50	50	50	50	50	

CHIP OVER STICK					250
50	50	50	50	50	

TRANSITION STICKS					250
50	50	50	50	50	

Passing

STICK HANDLE & PASS					500
50	50	50	50	50	
50	50	50	50	50	

ONE TOUCH PASS					500
50	50	50	50	50	
50	50	50	50	50	

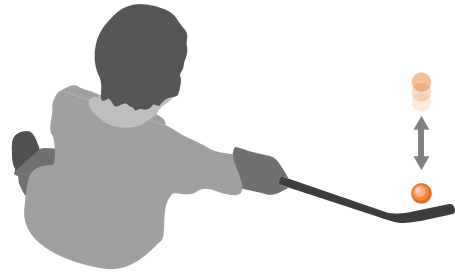
Name: Age:

Email:

Level: Position:



Front



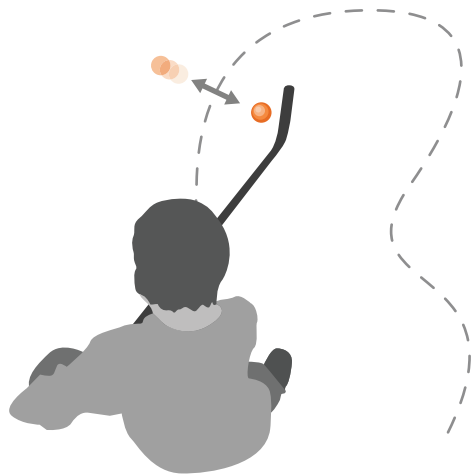
Side



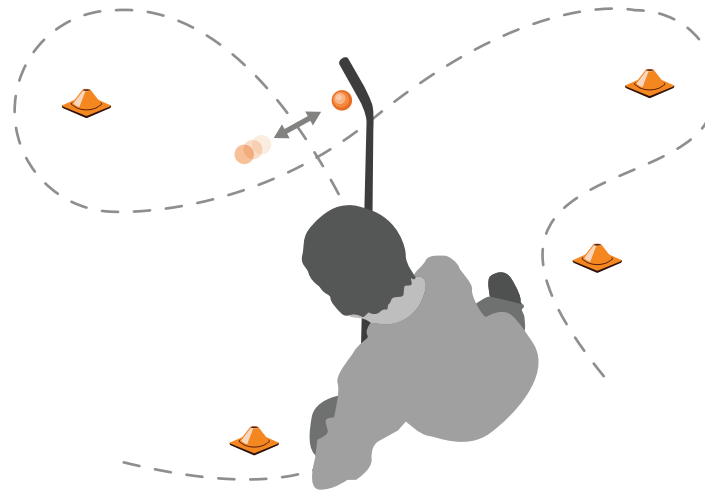
2/3 Balls



Spin

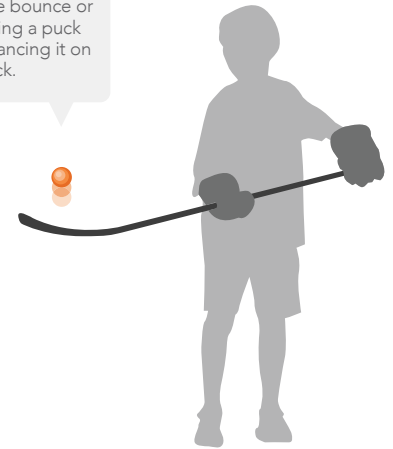


In Motion

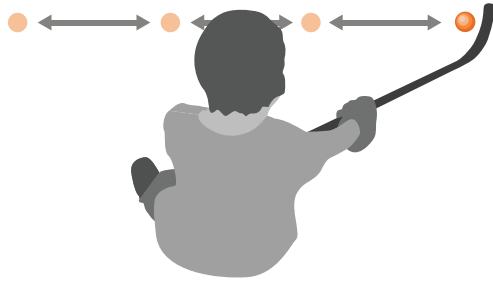


Obstacle Course

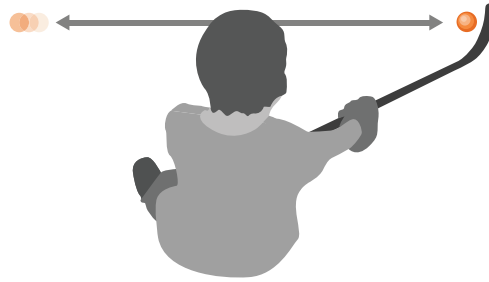
Use a tennis ball for more bounce or try flipping a puck and balancing it on your stick.



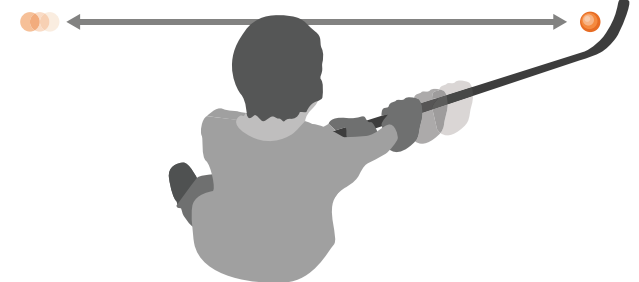
Juggling



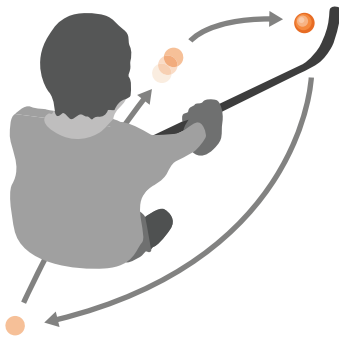
Narrow/Wide Combo



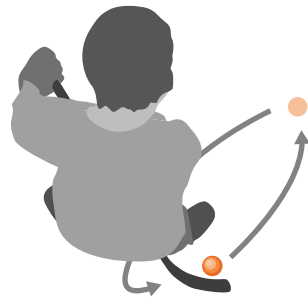
Wide Catch & Throw



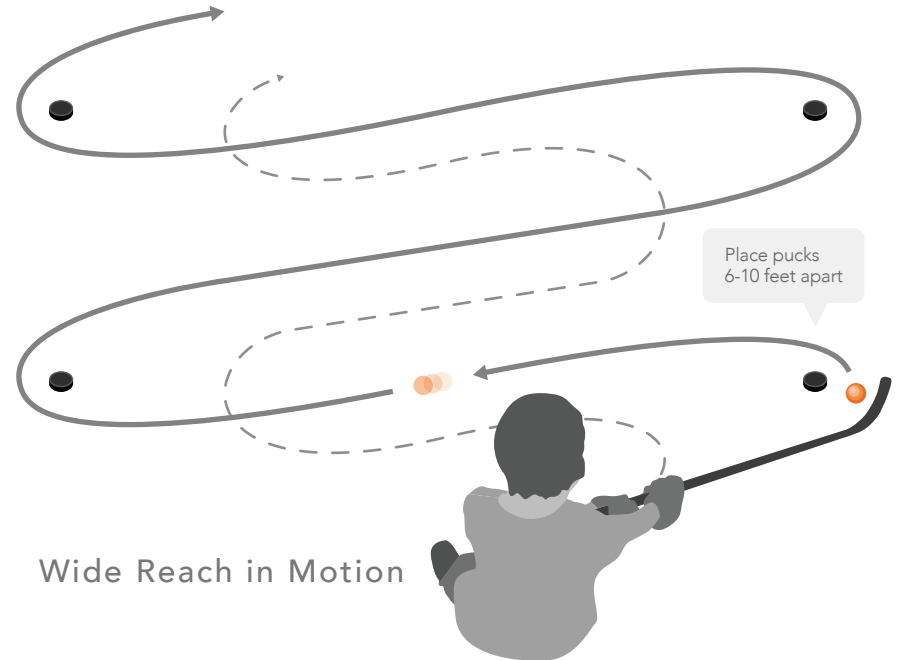
Hand Slide Wide



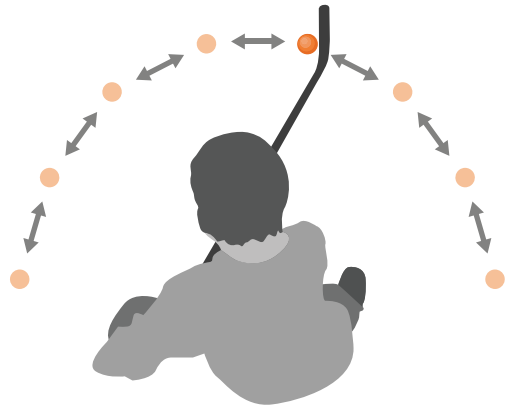
Ball Through Legs



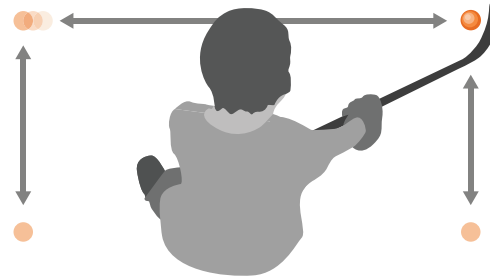
Stick Through Legs



Wide Reach in Motion



Half Circle



Box

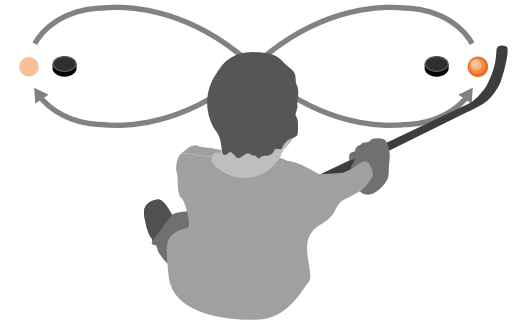


Figure 8

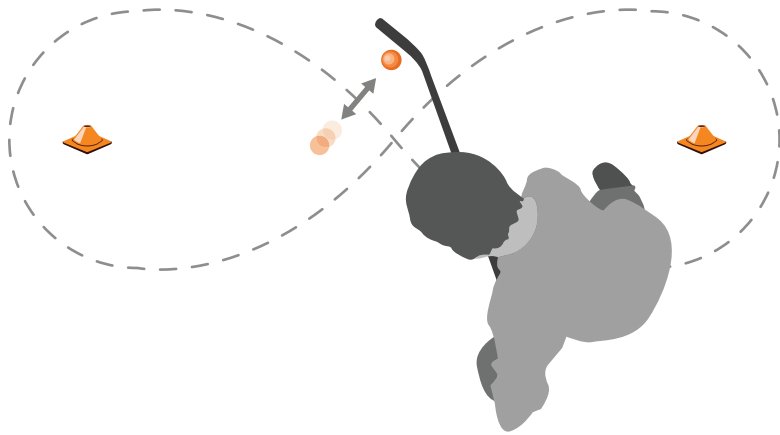


Figure 8 in Motion

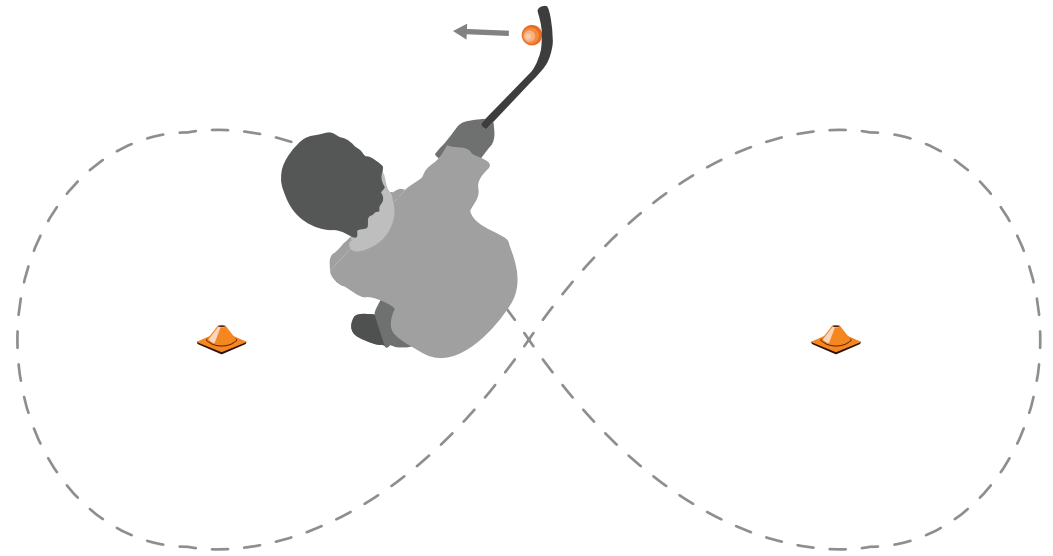
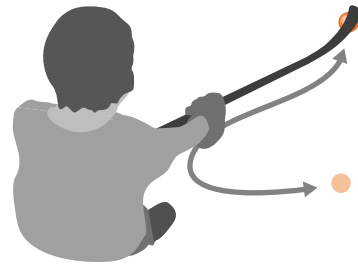
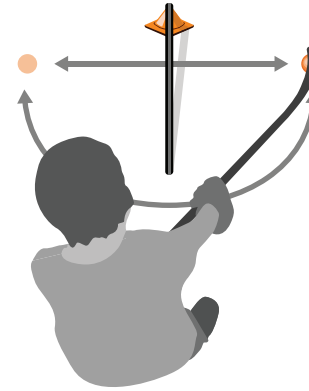


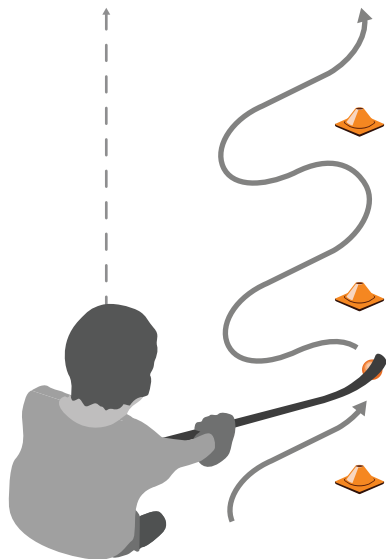
Figure 8 Forehand Only



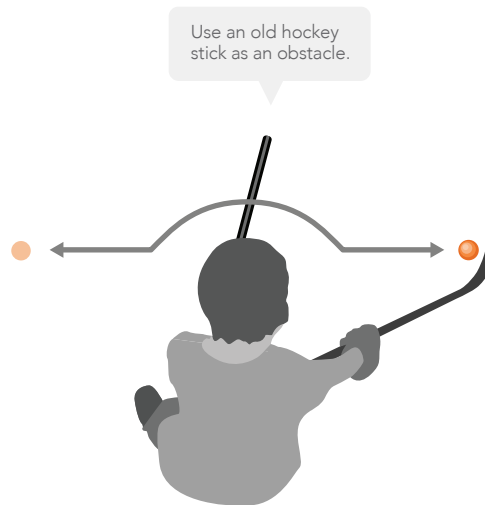
Front & Side



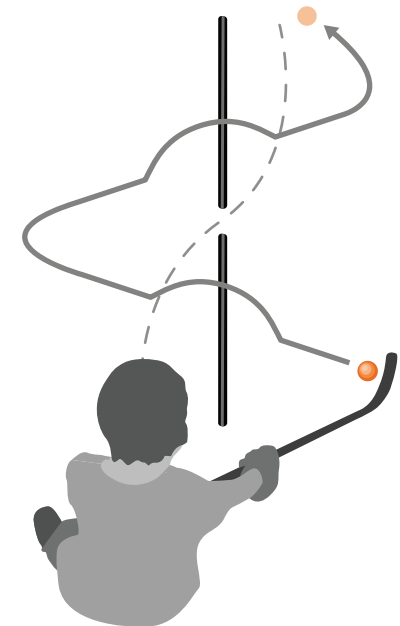
Attack Triangle



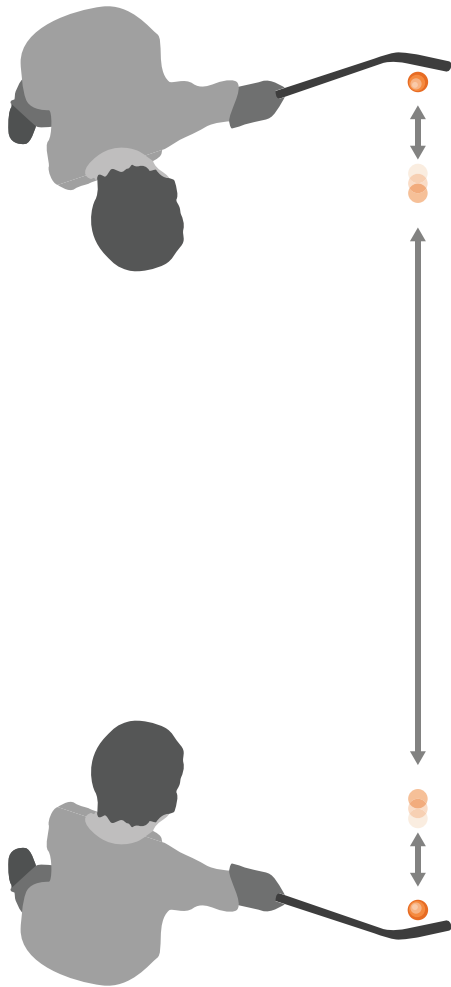
Toe Drag



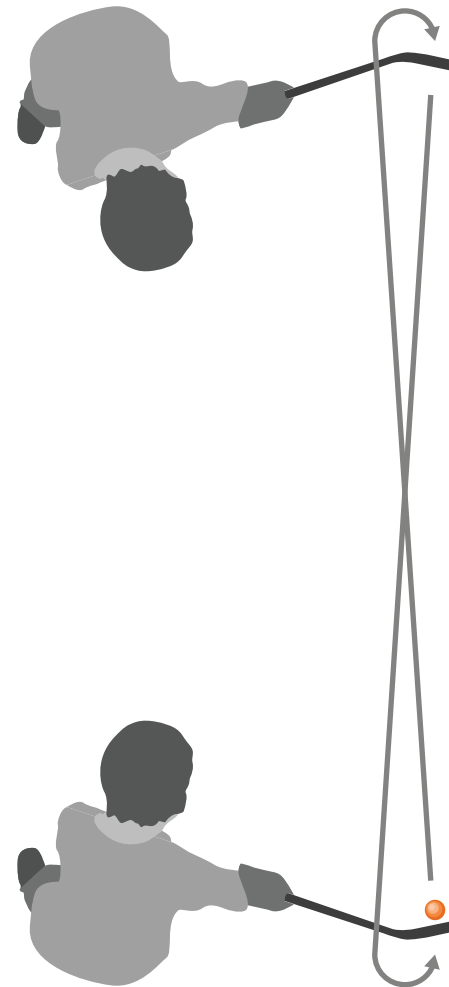
Chip Over Stick



Transition Sticks



Stick Handling Pass



One Touch Pass