



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

50	50	50	50	50	500
50	50	50	50	50	

SIDE

50	50	50	50	50	500
50	50	50	50	50	

2/3 BALLS

50	50	50	50	50	500
50	50	50	50	50	

SPIN

50	50	50	50	50	500
50	50	50	50	50	

OBSTACLE COURSE

50	50	50	50	50	750
50	50	50	50	50	
50	50	50	50	50	

JUGGLING

50	50	50	50	50	250
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Narrow & Wide

NARROW/WIDE COMBO

50	50	50	50	50	500
50	50	50	50	50	

WIDE THROW & CATCH

50	50	50	50	50	500
50	50	50	50	50	

HAND SLIDE WIDE

50	50	50	50	50	250
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BALL THROUGH LEGS

50	50	50	50	50	250
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STICK THROUGH LEGS

50	50	50	50	50	250
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WIDE REACH

50	50	50	50	50	250
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Name:

Age:

Email:

Level:

Position:

Around Body

HALF CIRCLE

50	50	50	50	50	500
50	50	50	50	50	

BOX

50	50	50	50	50	500
50	50	50	50	50	

FIGURE 8

50	50	50	50	50	500
50	50	50	50	50	

FIGURE 8 IN MOTION

50	50	50	50	50	500
50	50	50	50	50	

FIGURE 8 FOREHAND ONLY

50	50	50	50	50	250
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Toe Drags

FRONT & SIDE

50	50	50	50	50	250
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ATTACK TRIANGLE

50	50	50	50	50	250
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MOVING

50	50	50	50	50	250
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CHIP OVER STICK

50	50	50	50	50	250
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TRANSITION STICKS

50	50	50	50	50	250
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Passing

STICK HANDLE & PASS

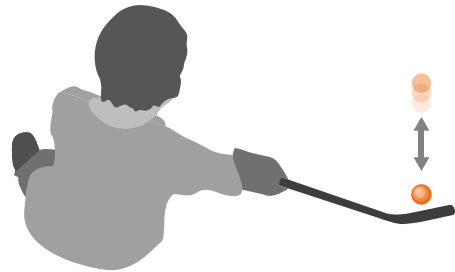
50	50	50	50	50	500
50	50	50	50	50	

ONE TOUCH PASS

50	50	50	50	50	500
50	50	50	50	50	



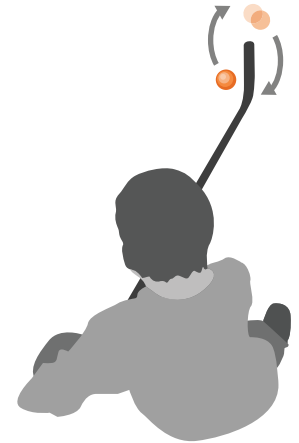
Front



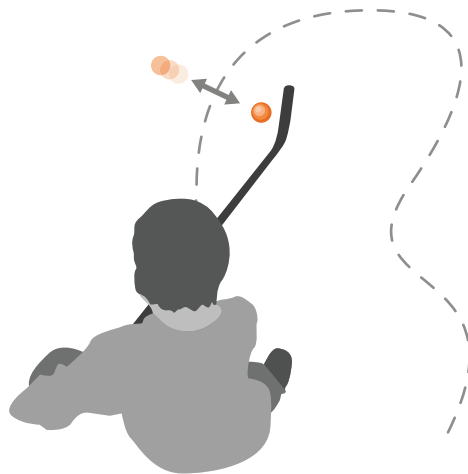
Side



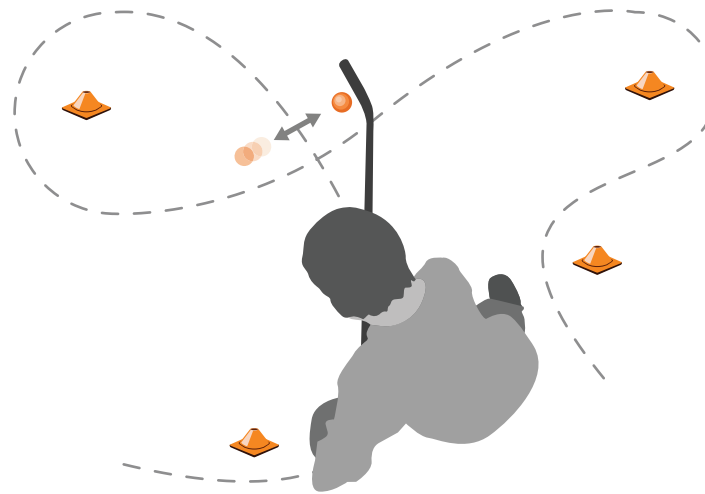
2/3 Balls



Spin

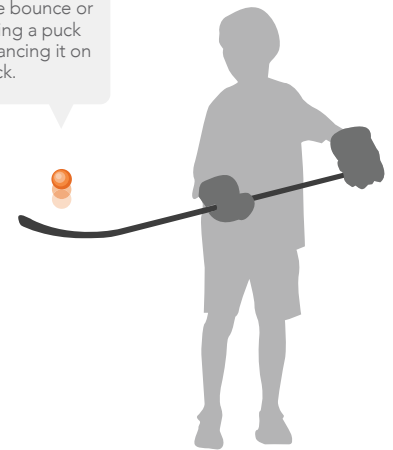


In Motion

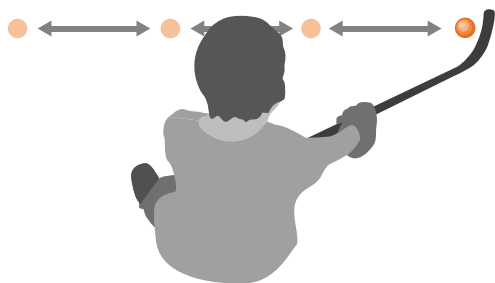


Obstacle Course

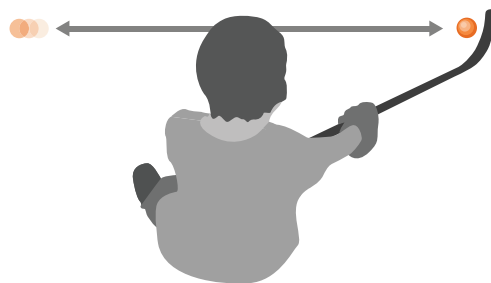
Use a tennis ball for more bounce or try flipping a puck and balancing it on your stick.



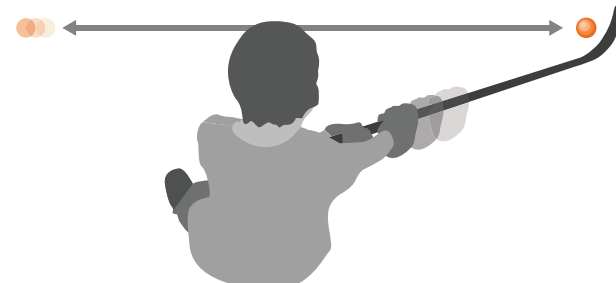
Juggling



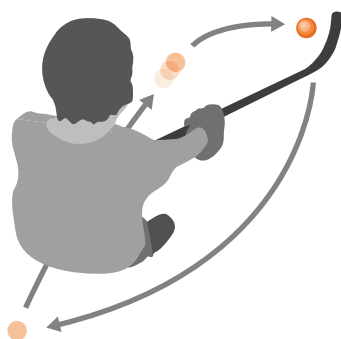
Narrow/Wide Combo



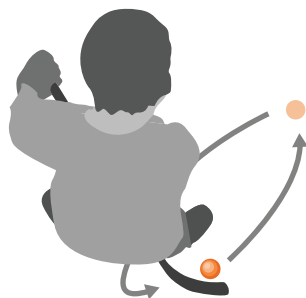
Wide Catch & Throw



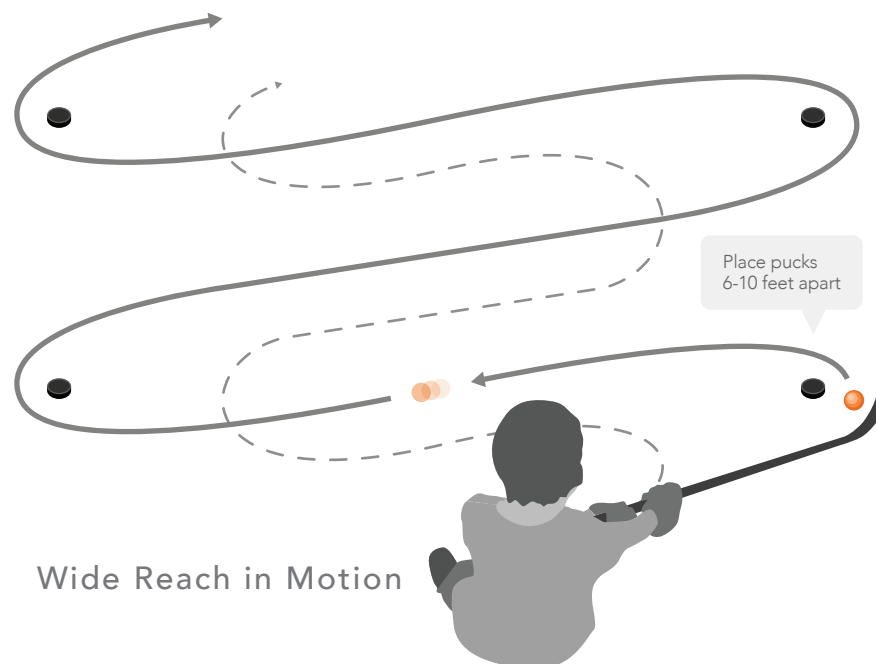
Hand Slide Wide



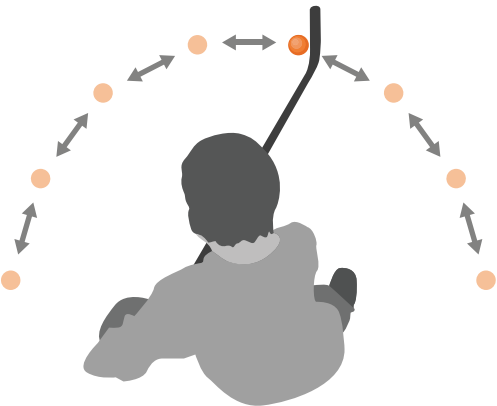
Ball Through Legs



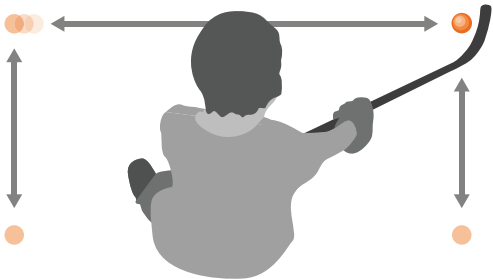
Stick Through Legs



Wide Reach in Motion



Half Circle



Box

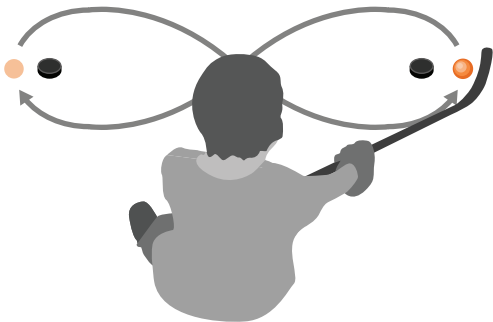


Figure 8

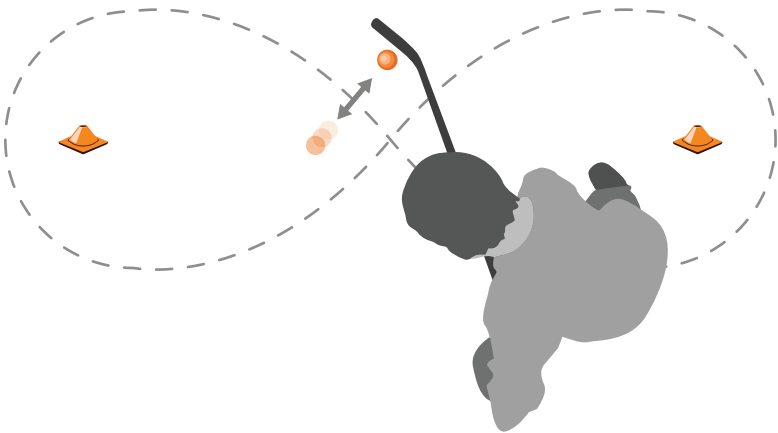


Figure 8 in Motion

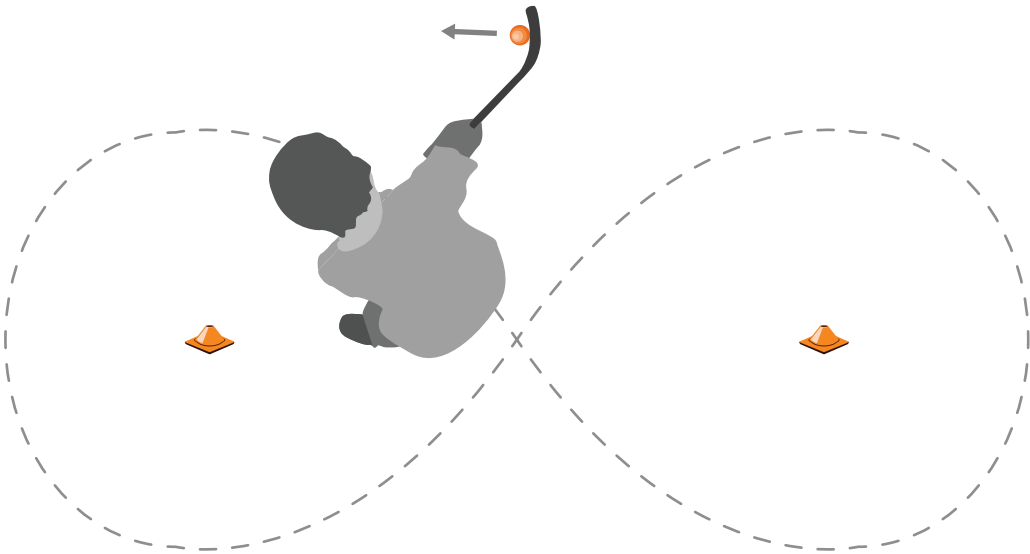
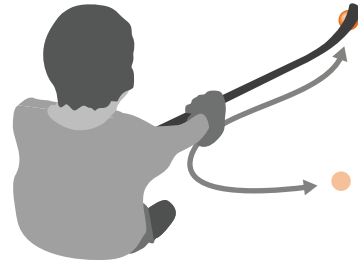
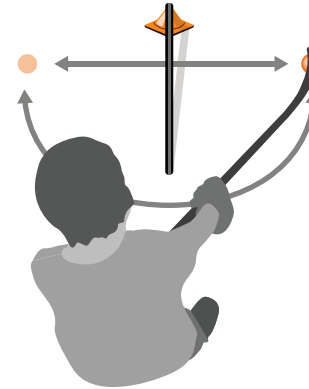


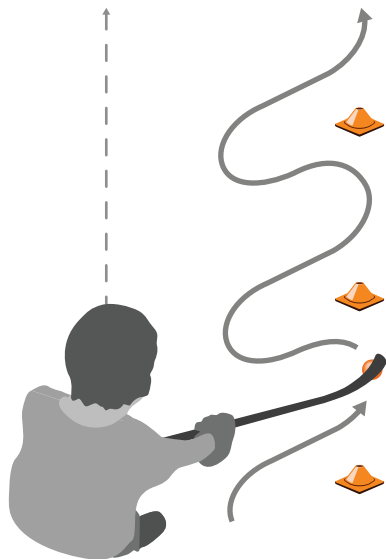
Figure 8 Forehand Only



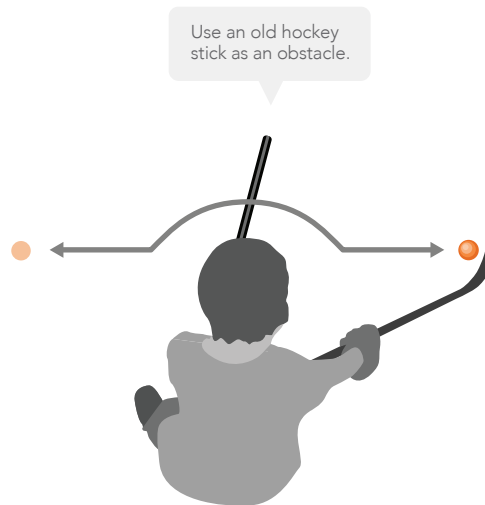
Front & Side



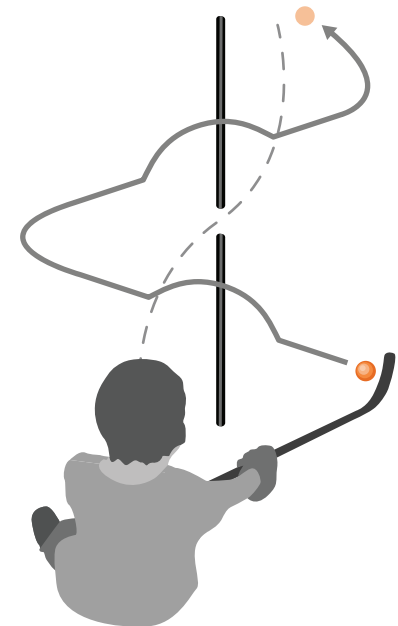
Attack Triangle



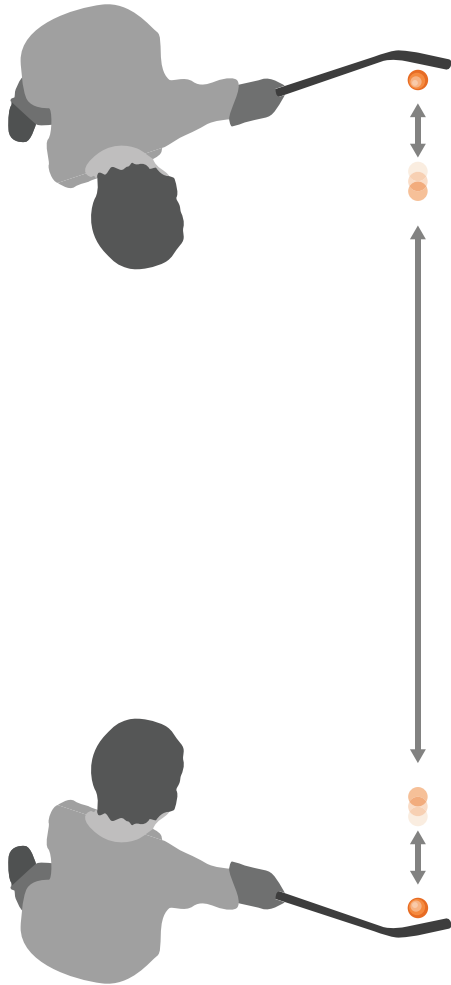
Toe Drag



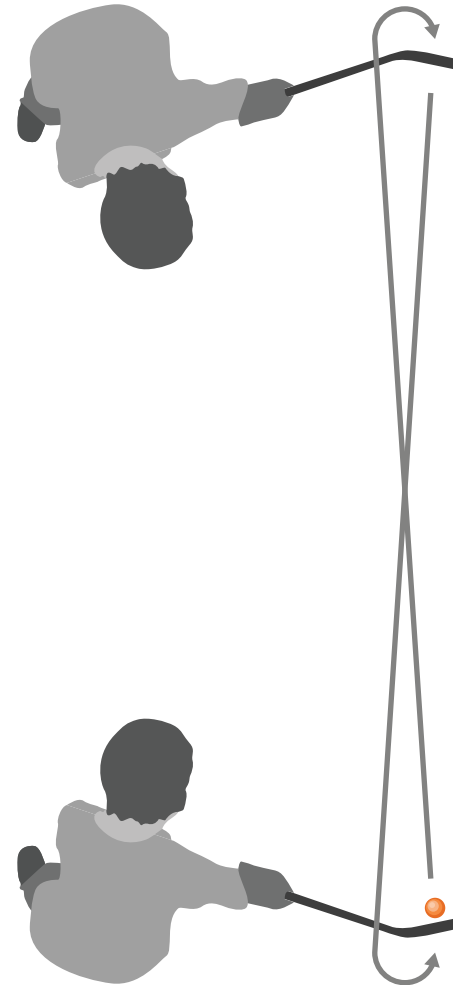
Chip Over Stick



Transition Sticks



Stick Handling Pass



One Touch Pass