

10U/12U PHASE I - PUCK HANDLING

QUICK STICK

FOCUS

- Hand speed, wrist action, cupped blade.
- Short dribbles.

SETUP

- 8 pucks in a vertical line, pucks are about 2 feet apart.
- Use a hockey ball to perform drill.

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MOVEMENT

- Player stickhandles ball between each puck while straddling the vertical row of obstacles.

TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- The top of the stick shaft should be held in the top hand with a hammer grip.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Emphasis is on wrist movement, not arm movement.
- Cup ball on forehand and backhand side of blade.
- Player rolls wrist to cup the ball.

Slow down drill for younger or beginner players.



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