

## MITE / U8

### **BHC Stickhandling Challenge**

#### **IMPORTANT STUFF**

- On all drills set feet a little wider than shoulder width with good knee bend (Hockey Position).
- When expanding reach set feet even further so player can transfer weight from leg to leg.
- Move head, shoulders and upper body during all drills to encourage head and shoulder fakes.
- **VERY IMPORTANT - Proper hand position (hands forearm distance apart) with the thumb and pointer finger (both hands) making a V down the shaft.**
- Rest 15-30 seconds between drills (take more rest if needed).
- Control ball on the heel of the stick.

1. Dribble in front of body (small and fast) - 2 x 30 seconds
2. Dribble on forehand side of body (small and fast) - 2 x 30 seconds
3. Dribble on backhand side of body (small and fast) - 2 x 30 seconds
4. Expand reach (dribble wide) in front of body - 2 x 30 seconds
5. Expand reach (dribble wide) on forehand side of body - 2 x 30 seconds
6. Little and big in front of body - dribble quickly in front of body and expand to forehand side return to quick dribble in front of body then expand to backhand side and continue - 2 x 30 seconds
7. Little and big on forehand side of the body - dribble quickly on forehand side of the body and expand to front of the body return to quick dribble then expand behind feet and continue- 2 x 30 seconds
8. Walk and dribble 2 x 30 seconds
9. Creative dribbling 2 x 30 seconds