

PEE WEE / BANTAM / U12 / U14

BHC Stickhandling Challenge

ALL PEEWEE / U12 AND BANTAM / U14 DRILLS ARE DONE WHILE MOVING. WHEN FINISHING A MOVE PLAYER SHOULD MOVE QUICKLY TO THE SIDE TO GET AWAY FROM A WOULD BE DEFENDER.

1. Forwards 4 steps and backwards 4 steps continuous dribbling all around body - 2 x 30 seconds
2. Lateral crossovers x 2 each way and dribble all around the body - 2 x 30 seconds
3. Dribble fake to forehand side and expand to the backhand side - 2 x 30 seconds
4. Dribble fake to backhand side and expand to the forehand side - 2 x 30 second
5. Dribble on forehand side fake to the front pull back and move to the backhand side - 2 x 30 seconds
6. Dribble open blade to forehand side and reach to the backhand side - 2 x 30 seconds
7. Dribble open blade to forehand side fake to backhand side and reach to the forehand side - 2 x 30 seconds
8. Dribble toe pull in and expand to the backhand side - 2 x 30 seconds
9. Dribble toe pull in and push back out to forehand side - 2 x 30 seconds
10. Dribble and spin alternating to forehand and backhand side - 2 x 30 seconds
11. Walk dribble and put ball through feet or behind back - 2 x 30 seconds
12. Creative moves - 2 x 30 seconds
13. Obstacle course (put down any objects pucks, gloves, water bottles, shoes, rocks, chairs etc...) and dribble around them - 2 x 30 seconds