

SQUIRTS / 10U

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 top of the shaft of the stick.**
- Rest 15-30 seconds between drills (take more rest if needed).
- Control ball on the heel of the stick.
- Increase hand and foot speed as skill improves.

1. Sprinkler (stationary) - Dribble around the body start on forehand side and move all the way around the body to the backhand side and continue - 2 x 30 seconds

2. Walk and dribble (forwards) - 2 x 30 seconds

3. Move lateral crossovers and dribble - 2 x 30 seconds

4. Little and big in front of body (stationary) - 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

5. Little and big on forehand side of the body (stationary) - dribble quickly on forehand side of the body and expand to front of the body return to quick dribble then expand behind feet - 2 x 30 seconds

6. Walk and dribble fake to backhand side expand to forehand side - 2 x 30 seconds

7. Walk and dribble fake to forehand side expand to backhand side - 2 x 30 seconds

8. Toe pulls (stationary)- Start ball on heel push out in front of body and toe pull back behind feet - 2 x 30 seconds

9. Walk and dribble open blade and pull across to backhand side - 2 x 30 seconds

10. Creative stick handling and moves while moving - 2 x 30 seconds