

Training Center Summer Stick Skills Challenge (Phase #1)

This is the first installment of the Training Center Summer Stick Skills Program. All players are invited to participate (at home, at the cabin, at the training center, at grandma's house, wherever). This training program is designed to improve stick skills (stickhandling, shooting, passing and receiving). The average player in a youth hockey game touches the puck for around 15-30 seconds and takes 1-2 shots per game. By completing this program 2 times a player will equal (or better) the amount of puck touches they receive in a season full of games.

To complete Phase #1 - Squirt/U10, PeeWee/U12 and Bantam/U14 players must complete the stickhandling program 15 times and shoot 2000 Forehands and 1000 Backhands.

To complete Phase #1 - Mites and U8 should complete Stickhandling #1 Stationary (Gaborik) 20 times and #2 Moving (Crosby) 10 times and shoot 1000 pucks.

Players who complete **both phases** will receive a T-Shirt recognizing their accomplishment.

Phase #2 will come out in mid August.

Players who participate should record their progress (sheet provided) and send their results to Brandon at bqchockey2@aol.com. The leaders at the end of July will be posted on the web site.

For players who want to work at home, but don't understand the drills come to the training center during any of the **open hours (4:45-6:15 M, W, F or 3:30-5:30 Tu/Th)** to learn the proper technique.

- **Thursday, July 12- 4:30-5:30 special training session to teach proper techniques for all drills**
- **Tuesday, July 17- 4:30-5:30 special training session to teach proper techniques for all drills**

#10 (Gaborik Workout) Stationary (players should stand in hockey position with knees bent)

1. Quick dribble in front of body 2 x 20 seconds
2. Wide dribble in front of body (expand reach) 2 x 20 seconds
3. Quick dribble in front of body expand to forehand side, return to center of body complete a quick dribble and then expand to backhand side 2 x 20 seconds
4. Quick dribble on forehand side of body (front to back) 2 x 20 seconds
5. Expand reach on forehand side in front of feet and then behind feet (front to back) 2 x 20 seconds
6. Quick dribble expand reach behind feet, return to side of feet complete a quick dribble and expand to the front (continue) 2 x 20 seconds
7. Toe pull (start ball on heel of stick, push out in front of body and pull back using the toe of the blade) 2 x 20 seconds

#87 (Crosby Workout) Moving and dribbling (course should be approximately 60 feet long)

*Course can be set up as a shuttle – 20 feet x 3, 10 feet x 6 etc...

* Players should take small quick steps and move hands as quickly as possible

1. Quick feet and dribble in front of body x 1
2. Quick feet and dribble on side of body x 1
3. Quick feet and expand reach in front of body x 1
4. Quick feet and expand reach on side of body x 1
5. Lateral shuffle and dribble in front of body x 2 (both ways)
6. Lateral crossover and dribble in front of body x 2 (both ways)
7. Hop forward on 1 foot while dribbling (each foot) x 1
8. Backwards while dribbling on the side of body x 1
9. Backwards while dribbling in front of the body x 1
10. Lunge while dribbling on the side of the body x 10-20 steps

#8 (Ovechkin Workout) Stickhandling Moves expand reach arms and legs

* Start stationary and add movement as you improve

* Players should take small quick steps (when moving) and step wide when they make their move

1. Open blade to forehand side and pull across to backhand side – 2 x 20 moves
2. Quick dribbles in front and expand (wide) to forehand side - 2 x 15 moves
3. Quick dribble in front and expand to backhand side – 2 x 15 moves
4. Quick dribble on forehand side of body, expand to the front (use backhand) and quickly pull back to forehand side (next to feet OVECHKIN) – 2 x 15 moves
5. Quick dribble on forehand side of body, expand to the front (use backhand) and quickly pull back to forehand side (next to feet OVECHKIN) then expand reach over to backhand side – 2 x 15 moves
6. Toe pull and expand to backhand side – 2 x 15 moves
7. Toe pull and push back out to the forehand side – 2 x 15 moves
8. Creative forwards – 2 x 15 moves
9. Creative backwards – 2 x 15 moves

Scoring Challenge

1. 2500 Forehand shots and 1000 Backhand shots