**Bowie Hockey Club**

**Dangle & Shoot**

**800 Minute Challenge**

The Bowie Hockey Club in conjunction with the Ontario Minor Hockey Association presents the Bowie Hockey Club Dangle and Shoot Challenge patterned after The Corey Perry Dangle & Shoot Challenge- a program created for hockey players in Canada to develop stick handling skills at home. **Hockey is supposed to be fun! Be active, play other sports, eat well, and get enough sleep. Remember: Whenever you have a hockey stick in your hand you should have a smile on your face!**

***How well do you think your stick handling would improve if you spent 800 minutes working on it over an 8-week period? Sound like a lot? Not if you break it down into small chunks…***

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| **Goal:** Better puck control skills, increased hand speed, quickness and coordination  |

 ***How to achieve 800 minutes of stick handling from May 1 – July 15, 2013***

1. Complete the 4 daily drills for at least 5 minutes each as outlined for a total of 20 minutes or more of stick handling each day. 20 minutes a day for 5 days is 100 minutes in a week. Do this for 8 weeks and you will reach the goal of 800 minutes! More is better, up to a point….

2. The last drill each day is a hybrid stick handling and shooting drill – focusing on movement (set-up move) and quick release (pay-off move)

3. Have a dedicated place and time to practice.

4. Plan ahead for days that you can’t practice.

***Rules for the Dangle & Shoot Challenge:***

1. All players who reach 800 hours receive a BHC Dangle and Shoot Club Patch. Tracking Sheets can be returned via email before **August 1, 2013** to Andrej Kolaja, akolaja@yahoo.com or hard copies can be given to Randy Richardson at the Bowie Ice Rink.

2. There will be individual prizes for most minutes completed for each age level.

3. Parents are required to sign-off on the Tracking Sheet.

4. Must be under the age of 18 and a member of any BHC team in order to win.

5. Visit the link below to view the video instructions, videos are about 30 seconds long.

<http://www.youtube.com/playlist?list=PL88590903CBA63901>

6. If you have progressed far enough, you may substitute bonus drills into your practice routine.

7. Follow the directions for each week. You may practice more than the minimum minutes.

8. Tracking sheets are available at the rink, on the BHC website under documents, or request via email at akolaja@yahoo.com.

***What you will need:***

• Practice surface (floor, driveway), hockey net (street hockey, or ice hockey, a fence, etc)

• Balls to stick handle with (any type), stick, and gloves

• Additional sticks, pucks, gloves or other house hold items to use as obstacles

**Weekly Instructions** - a**t least 20 minutes per day**

**4 drills per day – at least 5 minutes each drill**

**5 days per week = at least 100 minutes total**

Watch the introductory video from Corey Perry

**Day 1 of each week:**

1. Quick Hands (Video 2)

2. Around Body (Video 3)

3. Toe Drag – Side & Front (Video 4)

4. Quick Hands & Feet + Quick Release Shooting (Video 5)

**Day 2 of each week:**

1. Quick Hands – One Leg Alternate (Video 6)

2. Hand Slide Wide (Video 7)

3. Chip over Sticks (Video 8)

4. Quick Hands & Feet in Motion + Quick Release Shooting (Video 5)

**Day 3 of each week:**

1. Tight & Wide (Video 10)

2. Around Body – Box (Video 11)

3. Attack Triangle – Through & Toe Drag (Video 12)

4. Obstacle Course + Quick Release Shooting (Video 13)

**Day 4 of each week:**

1. Narrow & Wide Combination (Video 14)

2. Figure 8’s (Video 15)

3. Quick Hands – Moving (Video 16)

4. Quick Hands & Feet in Motion + Quick Release Shooting (Video 5)

**Day 5 of each week:**

1. Wide Throw & Catch (Video 17)

2. Wide Reach Drill (Video 18)

3. Toe Drag – Moving (Video 19)

4. Obstacle Course + Quick Release Shooting (Video 13)

**Bonus Drills:**

Add these drills your daily practice sessions to develop your complete stick handling toolbox!

• Hands Together (Video 22)

• One Hand Stick handling (Video 23)

• Walking Squats with Stick handle (Video 28)

• Chip over Multiple Sticks (Video 21)

• Switch hands (Video 25)

• Through Legs (Video 26)

• Stick Through Legs (Video 24)

• Two Balls / Three Balls (Video 20)

• Toe Tap (Video 27)