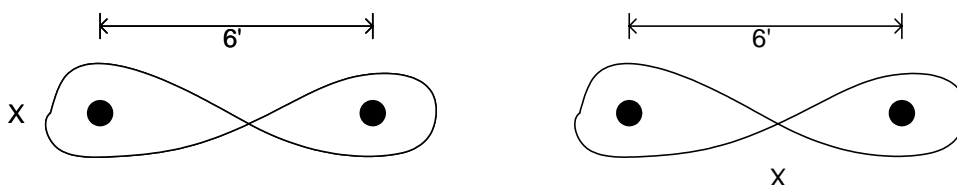




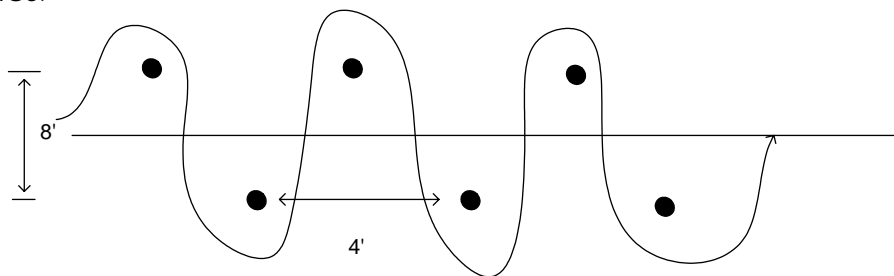
IYHA PCD

Dry Land training Stick handling Circuit

1. Expansion of Reach
 - Stick handle in front of you, extend way out, back in front, way out, and extend in front. Extend as wide as possible
 - Do 20 times to forehand side & 20 times to backhand side
2. Cupping
 - On forehand side, push ball way out and then cup over and quickly pull back
 - Do 15 times
3. Give, take away, and go around
 - Push ball out, cup back as in #2 reach across to backhand (release to one hand). Do 10 times
4. Figure 8's
 - Stand on "X" stickhandle puck around pucks in figure 8 motion. Do 10 times each way,



5. Wide movement
 - Set up pucks as shown. Stickhandle puck around pucks moving thru the course. Do 10 times.



6. Quick stick
 - Ten pucks in straight line, puck one foot apart. Stickhandle through as fast as possible. Keep head up. Do 10 times through

