

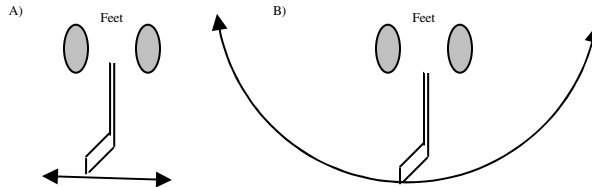
Off Ice Puck Handling Drills

To see Video of all 20 drills below go to:

http://www.usahockey.com/ntdp/ntdp_features/main/ntdp/off_ice_drills_home/

Drill No. 1: Soft Touch

A) Standard puck handling cup puck in front of body between both legs. The focus should be on soft hands, **quick** touches, using the hands and wrists with little movement in shoulders or body. Always keep head up and eyes forward. B) Then progress to half circle with hands and arms away from the body and use of heel and toe of the stick.



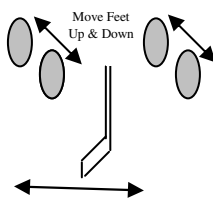
Drill No. 2: Tight & Away

A) Circle right: PUCK IN CLOSE TO BODY spread hands wide and use toe of stick. PUCK AWAY FROM BODY move hands together on stick and use heel of stick. B) Repeat drill but Circle left. Focus on quick touches, greater range of motion and use of the heel and toe of the stick. Hands should be kept free and away of the body before sliding the hands together.



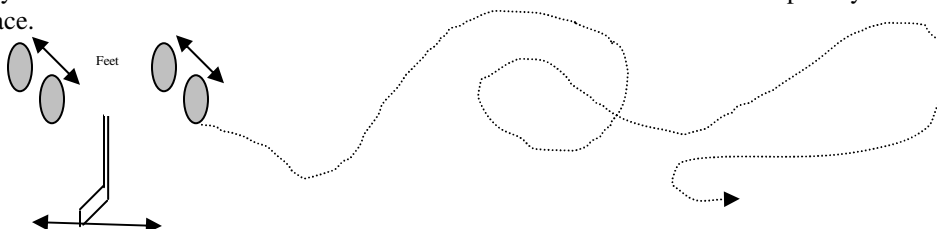
Drill No. 3: Hands & Feet

"Hands & Feet" allows the player to incorporate foot movement. "Rarely, do we handle the puck with our feet planted." With this drill, players essentially run in place while stickhandling with knees and head up.



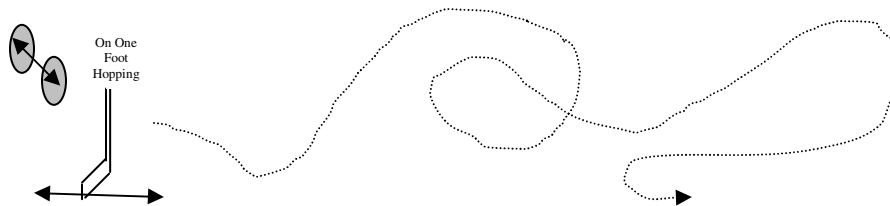
Drill No. 4: Moving

Once players master the basics of Drills 1, 2 and 3, they can advance to "Moving," which is the first of the series to incorporate foot movement. Players are encouraged to keep their heads up and their knees high as they move randomly about the surface. This drill is same as Drill No. 3 but instead of run in place you move randomly about the surface.



Drill No. 5: Hop

"Hop" is the fifth and final drill of the first chapter of off-ice puck handling drills. It requires the player to move randomly while hopping on one foot while incorporating facets of stickhandling learned earlier in the series. Then switch feet so each foot will be trained, with the player focusing on increasing his balance and coordination.

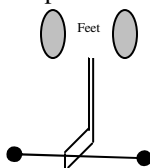


Drill No. 6: Blinders or close eyes

"Blinders" promotes stickhandling touch and feel by obscuring a player's vision. It requires the purchase of goggles normally used by basketball players, and asks players to stickhandle while wearing them. If a player doesn't have to look down at the puck, he or she can see more of the ice.

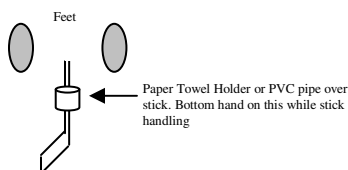
Drill No. 7: Golf Balls

"Golf Ball" weight and compression, forces the player to move his hands and stick more quickly than with a softer ball or puck. It is considered "overspeed training."



Drill No. 8: PVC or Paper Towel Holder Tubes

Slide the tube over the stick and hold it with the bottom hand. This encourages top-hand control and strength, plus a relaxed bottom hand.

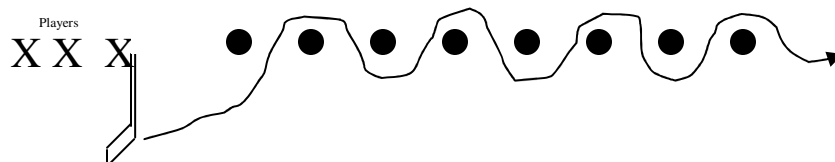


Drill No. 9: Obstacle Course

While Drill Nos. 6, 7 and 8 required additional equipment, No. 9, "Obstacle Course," required all kinds of household items. It is designed to promote and encourage quick hands, agility and, especially, creativity.

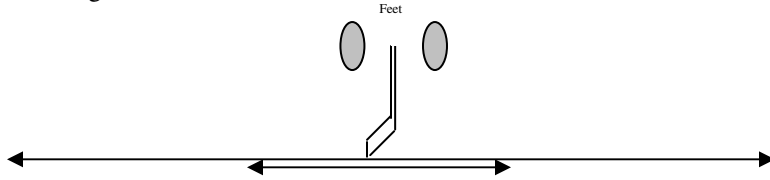
Drill No. 10: Dribble the Line of Pucks Drill

Stands the player at the front of a line of pucks, spaced at even intervals, through which he or she is to stickhandle as rapidly as possible.



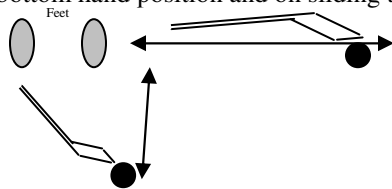
Drill No. 11: Hand Slide Wide

"Hand Slide Wide," the goal is to increase the expansion of the player's reach by stickhandling wide to the forehand and backhand sides of the blade. Puck in close hands spread wide apart on shaft of stick. Puck far away from body, hands come together on shaft of stick.



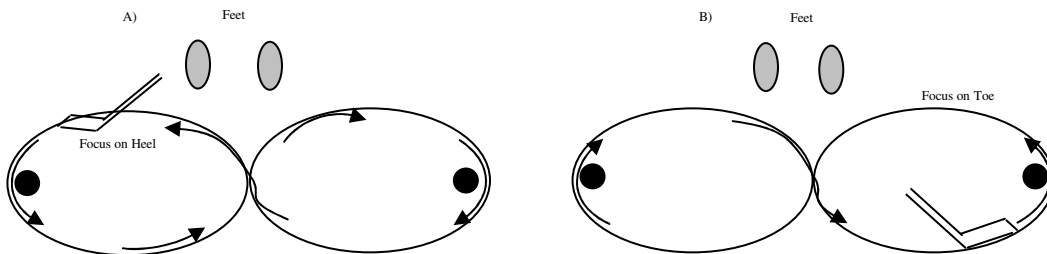
Drill No. 12: Yo Yo Drill or Push off....Pull back (with TOE of stick)

Focus of this drill is on the **TOE** of stick when away from the body to bring ball back. The player should concentrate on the bottom hand position and on sliding the ball back and forth with the toe of his or her stick.



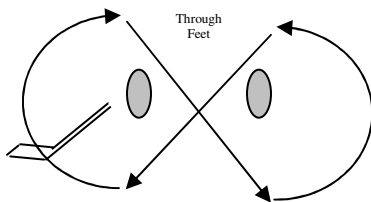
Drill No. 13: Heel and then Toe Figure 8 Drill

The "Figure 8," the player should concentrate on lengthening his or her reach while cupping the blade of the stick to use the a) heel and b) toe to perform the drill effectively. Use hockey gloves or pucks wide to go around to help expand reach



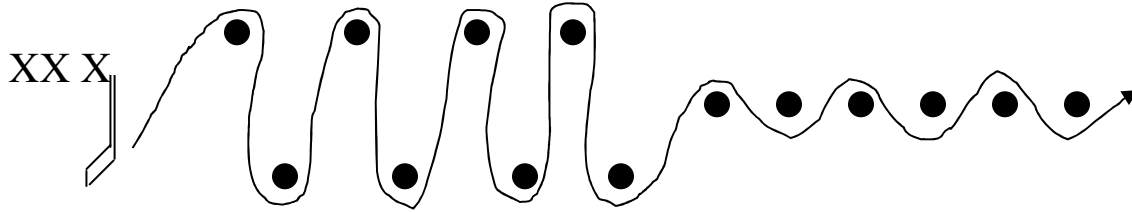
Drill No. 14: Thru Body

"Thru Body" is an off-ice drill that requires **less speed** and more technique. The player will work on his or her ability to manipulate the puck behind the body. Trunk rotation and flexibility are key, while hands skills are enhanced.



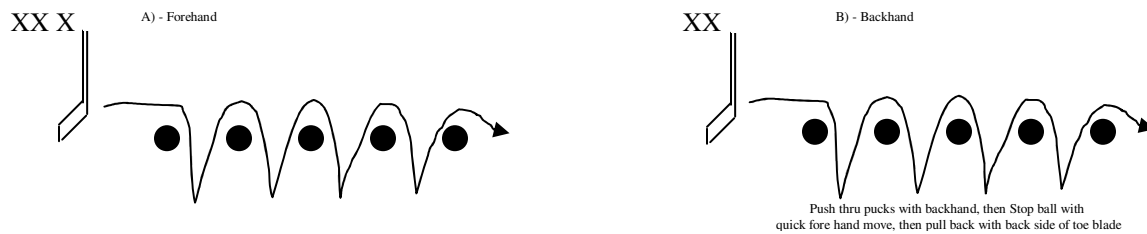
Drill No. 15: Reach Drill or Dribble the Double Line of Pucks Drill

The "Reach Drill," works on a player's reach and keeping his or her hands away from the body in order to complete stickhandling through the course. The players Stand at the front of a line of pucks, spaced at even intervals, through which he or she is to stickhandle as rapidly as possible.



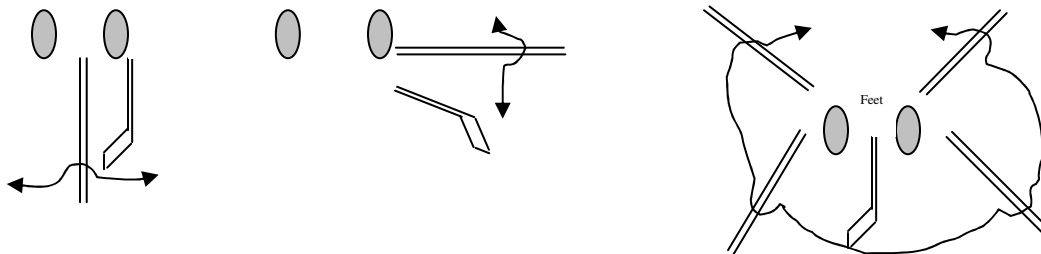
Drill No. 16: Push Forward – Pull Back V Drill – Front of Toe blade & Backside of Toe Blade

The goal is push forehand and pull back with toe of blade. Then do same with backhand. The players stand at the front of a line RIGHT OR LEFT of the pucks , spaced at even intervals, through which he or she is to stickhandle as rapidly as possible. A) Push forehand, pull back with toe of stick. B) Push backhand, STOP puck with quick forehand move, then pull back on back side of toe blade



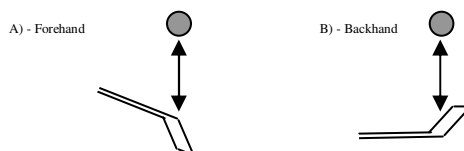
Drill No. 17: Stick Flip

'Stick Flip,' incorporates a sequence of three drills, each of which requires soft hands and rotating the face of the stick blade to cup the puck over the hockey stick on the ground.



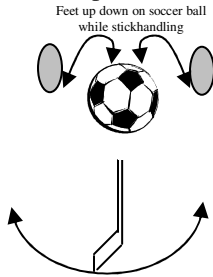
Drill No. 18: Stick Hackey Sack

Individual "Stick Hackey Sack" and also "Group Hackey Sack," both of which require players to bounce a tennis ball on the blade while alternating from forehand to backhand.



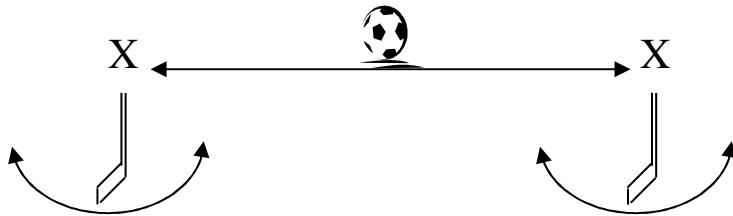
Drill No. 19: Soccer Ball Toe Tap

Soccer Ball "Toe Tap" drill is performed while stickhandling you move your right foot tapping top of soccer ball and then repeat with left foot tapping top of soccer ball while stickhandling.



Drill No. 20: Two Player Soccer Ball Drill

Two players multi-tasking by kicking/passing the soccer ball back and forth while at same time each player is stickhandling..



DRILL EQUIPMENT AND PLAYER SETUP

The 19 drills are to be done as stations (exclude obstacle Drill) with two players per station timed with stopwatch with a minute per station, than rotate to next station.

Equipment Needed:

- 1) Player – Stick, Gloves, puck balls
- 2) Coaches/parents- bag of pucks(approx 50) , 6 Sticks, 3 soccer balls, 2 tennis balls, 2 golf balls, two basketball half googles. 2 cardboard paper towel holder