



GUIDE SHEETS



LESSON 1

HOCKEY POSITION

HOCKEY POSITION

- Feet shoulder width apart.
- Knees bent with knees over toes.
- Right-handed: Left hand at the top of the stick, right hand lower and holding the stick from underneath.
- Left-handed: Right hand at the top of the stick, left hand lower and holding the stick from underneath.

(How NOT to hold a stick)



RIGHT
HANDED



LEFT
HANDED

DRILLS

- 3 sets of 10 squats while holding stick in the correct position.
- 3 sets of 10 squats while holding stick to the left side.
- 3 sets of 10 squats while holding stick to the right side.



POINTS OF EMPHASIS

- Practice makes perfect.
- Knees bent and legs shoulder width apart.
- Keep your head up.



LESSON 2

STICKHANDLING

STICKHANDLING (STATIONARY)

- Dribbling is passing the ball back and forth between your stick blade.
- Focus on keeping the ball in the middle of your blade.
- Dribbling is essential for moving with the ball while maintaining control.

DRILLS

Stickhandling (Dribbling) 101

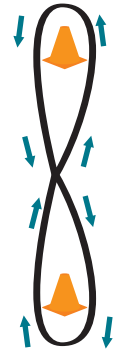
- Stickhandle with your stick in front of you for 1 minute.
- Move hands to forehand side and stickhandle for 1 minute.
- Move hands to backhand side and stickhandle for 1 minute.
- Rest and repeat each drill 3 times.

Reach Extension

- Stickhandle in hockey position, extending your arms out further than normal for 1 minute. You want to reach out as far as you can without losing the ball.
- Rest and repeat 3 times.

Figure 8 Stickhandling - Out and Back/Left to Right

- Setup 2 cones/objects (book, cup, shoe) about 2 feet apart from each other.
- Players stand behind the cones/objects and setup ball in the middle.
- Players stickhandle through the cones/objects in a figure 8 motion for 1 minute. Feet remain planted in place.
- Rest for 30 seconds and then do another minute.
- 3 sets.



L R



L R

POINTS OF EMPHASIS

- Keep head up and knees bent.
- Proper hand position and wrist movement.
- Patience and practice are key.
- Be creative! Set up cones/objects in different patterns and practice.



LESSON 3

STICKHANDLING

STICKHANDLING (MOBILE)

- Dribbling is used when you stickhandle the ball while moving.

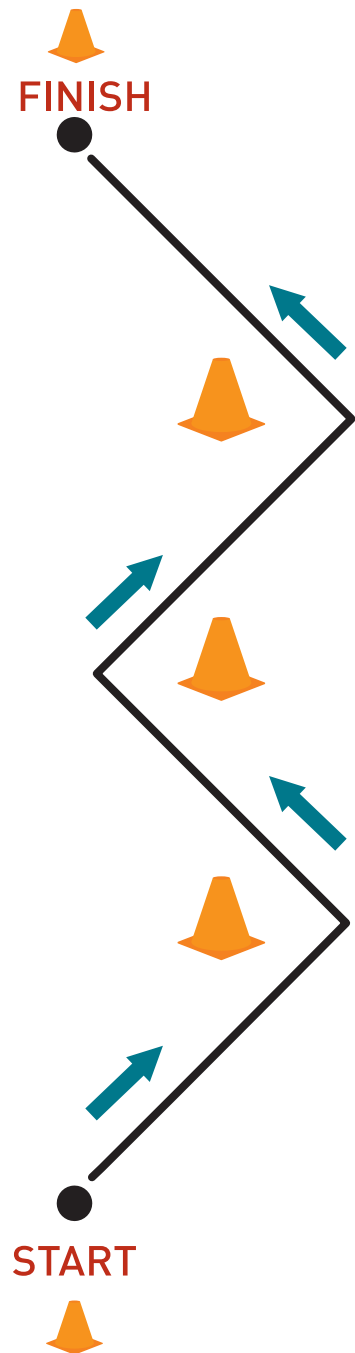
DRILLS

• 3 Cone/Object Drill

- Get 3 cones or 3 objects that you can stickhandle through and some space for running.
- Setup the cones or objects in a straight line, about 4-6 feet apart from each other.
- Start drill by stickhandling through the cones, moving from end to end.
- Turn and stickhandle back to start.
- Once you are comfortable going through the cones, after reaching the end, try to backpedal in a straight line back to the start.
- Run drill for 45 seconds, take a 20 second rest, 45 seconds, 20 seconds.
- 3 Sets.

POINTS OF EMPHASIS

- Keep your head up.
- Hands in the proper position.





LESSON 4

PASSING

PASSING

- Passing is one of the most important skills of any hockey game.
- Passing involves moving the ball or puck from one player to another.
- Passing doesn't mean slapping or shooting the ball or puck, it means gliding the ball or puck along the playing surface.
- Receiving a pass is just as important as making a pass.
- When you receive a pass, you want to accept the ball or puck, not have it stop on a flat blade.

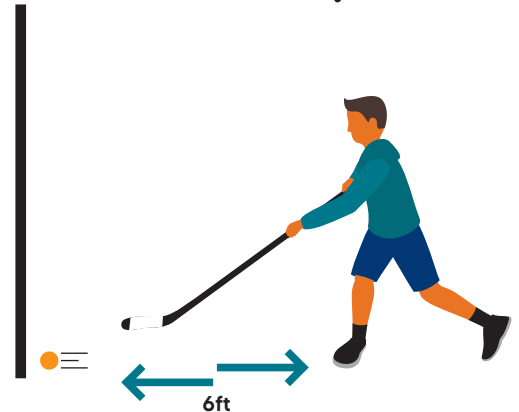
DRILLS

• Passing 101

- Players need a flat surface for this drill. That can be a wall, a pile of books stacked up, piece of wood, etc.
- Players start by standing 6 feet away from the wall or object.
- Stickhandle one time and pass the ball off the wall to yourself.
- Do this for 1 minute, rest for 30 seconds, 1 minute, rest.
- 3 sets of this on your forehand and 3 sets on your backhand.

• Advanced Passing

- Start further away from wall.
- Players must run and pass to themselves off the wall, backpedaling while passing as well.
- Run for a minute, rest for 30 seconds, run for a minute, rest for 30 seconds.
- 3 sets.



POINTS OF EMPHASIS

- How to properly receive a pass.
- How to properly execute a pass.
- Hand position.

IF YOU HAVE A PARTNER AVAILABLE

Start by standing 10 feet away from your partner, pass the ball back and forth and see how many passes you can connect without losing control of the ball. Once you are able to consistently pass at 10 feet, start to add more distance between yourself.



LESSON 5

SHOOTING

SHOOTING

- The final skill to learn is how to properly shoot the ball or puck.
- Shooting is everyone's favorite skill, but needs to be done the right way.
- Shooting drills are best done outside, but can be done inside, in a safe place, with a chair, couch, laundry basket, etc. as your target.

DRILLS

- **Shooting 101**
 - Setup your target about 10 feet away from you.
 - Make sure you have enough room to follow through with your shot.
 - Start by being in hockey position with the ball on your blade.
 - You want to bring the ball to the side and on your forehand.
 - With your knees bent, pull the ball back with your blade.
 - You want to flick your wrist as you move the stick forward.
 - With shooting, practice and reps makes perfect.
 - Start with 20 shots, take a break, 20 more, and break.
 - 4 reps of this.

POINTS OF EMPHASIS

- Proper hand position while shooting.
- Proper shooting technique.
- Knees bent, head up.

