

This program was created as a skill development opportunity for hockey players to develop stick handling skills at home.

There's evidence to show that daily micro practices are effective and often superior to longer practice sessions once or twice a week. When you practice a little each day, skills don't erode. In fact, they consolidate. It's like a bank account earning compound interest: a virtuous spiral where skill accrues quickly.

So, how well do you think your stick handling would improve if you performed 10,000* Touches stickhandling over an 8-week period?

We have a plan for players of all ages and abilities to follow over 8 weeks to accomplish this goal.

The GOAL:	Improved puck control skills through increased hand speed, quickness and coordination
The PLAN:	Develop stickhandling skills performing 10,000* touches
Weekly Goal:	5 days per week 75-150 minutes per week
Daily Goal:	15-30 minutes per day

** Don't stop at 10,000! This is the minimum goal over the 8-week period*

Getting Started | What You Need

- Space – Have a dedicated place to practice. A safe, flat, practice surface (floor, driveway) ideally with a wall or rebounding surface (wall, curb)
- Equipment - Hockey gloves; ball to stick handle with (tennis ball, stickhandling ball [heavier]); Stick (should be a few inches shorter than the one used on the ice as player will not be wearing skates)
- Additional sticks, pucks, pylons, gloves or other house hold items to use as obstacles
- Skills are dived into 5 Skill Buckets; each Skill Bucket has a Goal Number of Touches and includes recommended skills and number of touches
- Skill = Simple – These are technique building, foundational movements
- Start slow – Rehearse each movement/skill then convert each movement into Game Speed
- Identify Weaknesses – Don't just work on your favourite skill or ones that you're good at
- Keep going - Players are encouraged to complete more than the minimum required number of touches

Create a Daily Practice Routine

- Visit the PLAYERS CLUB on the RMHA website to view video clips of each skill.
- Get into a routine. Choose a time when you can practice at the same time every day
- Plan ahead for days that you can't practice
- Be accountable – Do what you can without technique breaking down or losing your focus – don't just go through the motions. Break your workout into

smaller chunks- for example, do half the workout early in the day and finish the rest later on that day

- Progressions - Combine skills to double or triple your touches per round of drills

What's a 'Touch'?

- A 'touch' can simply be defined as every time there is a change in direction of the ball
- With some skills, you will be able to perform many touches in a short period of time, ie. Quick Hands – Front; whereas, Wide Reach is a more deliberate motion with wide motion and path.

Tracking your Progress

- Players can track your stickhandling touches on the 10,000 Touches Challenge Tracking Sheet

Skills, Buckets & Drills

- Skills are divided into 5 Skill Buckets
- Each Skill Bucket has a Goal number of touches and includes recommended skills and number of touches

1.0	Quick Hands 3500 Touches	1.1. Quick Hands -Front 1.2. Quick Hands – Side 1.3. Quick Hands - 2-3 balls 1.4. Circular Stickhandling 1.5. Quick Hands - in Motion 1.6. Obstacle Course 1.7. Juggling	500 500 500 500 500 750 250
2.0	Around Body 2250 Touches	1. Around Body 2. Around Body – Box 3. Figure 8 – Stationary 4. Figure 8 - in Motion 5. Forehand only	500 500 500 500 250
3.0	Narrow & Wide 2000 Touches	1. Narrow/Wide Combo 2. Wide Throw & Catch 3. Hand-Slide Wide 4. Ball Through Legs 5. Stick through Legs 6. Wide Reach	500 500 250 250 250 250
4.0	Toe Drags 1250 Touches	1. Toe Drag -Front & Side 2. Toe Drag - Attack Triangle 3. Toe Drag - Moving (Forehand & Backhand) 4. Chip over Stick 5. Transition Sticks	250 250 250 250 250
5.0	Passing 1000 Touches	1. Passing -Stickhandle & Pass 2. Passing - One Touch	500 500
Total Number of Touches			10,000

Remember ...

Build a foundation of technique skills > Be consistent/accountable > Increase proficiency & confidence > Have fun building your skills!

