



# AT HOME STICK HANDLING

## JETS HOCKEY DEVELOPMENT

### Equipment Needed:

Stick, Gloves, Smart Ball (same weight as a hockey puck) or any ball that slides, flat surface, and 2 pucks.

All exercises will be performed for 3 sets of 30 seconds with the body in an athletic position (feet shoulder width apart, knees bent and chest up) and the eyes up.

### Exercises:

**1. In Between Toes** Imagine there are two lines in front of your toes and keep the ball between the two lines. Hands should be shoulder width apart. The ball should move side to side.

**2. Forehand Side** Move the ball to the forehand side and work the ball forward and back. Imagine there is a line through your hips to the side and the ball doesn't go behind the hips across the line. Work to keep the top hand away from the stomach.

**3. Backhand Side** Rotate through the core to bring the ball to the backhand side. Keep the toes pointing forward and the eyes looking straight ahead. Again, imagine there is a line through the hips and ball does not go behind the line. The ball should move forward and back.

**4. Combination of 1 & 2** - move the ball between the position in between the toes and to the forehand side. This is an important movement in a game to get the puck into a shooting position so work to pull the ball quickly to the forehand side. Work the ball between the 2 spots.

**5. Combination of 1 & 3** Move the ball between the position in between the toes and to the backhand side. This is an important movement in a game to get the puck into a position where it is protected or into a shooting position.

**6. All Around the Body** Try to work around the body in a half circle from the forehand side to the backhand side. Don't let the puck go behind the hips.

**7. Record your Reps** Figure 8 using 2 pucks (or any small obstacle) that are one stick length apart. How many figure 8's can you do in 30 sec? Try to bring the ball toward the feet first. This will be called UNDER for figure 8's. Try to eliminate any extra stick handles in the middle and work to pull the ball quickly to the next puck.

**8. BONUS** Using a partner, try to use the exercises above with someone showing you numbers on their fingers. As soon as you see the number, call it out as loud as you can! Try to go for 30 sec and then switch so they can see how tough it is.

For more detailed on ice development information please contact Dave Cameron at [dcameron@tnse.com](mailto:dcameron@tnse.com)

