

HOW WELL DO YOU THINK YOUR STICK HANDLING WOULD IMPROVE IF YOU PERFORMED 10,000 TOUCHES OVER AN 8 WEEK PERIOD?

GOAL: Improved puck control skills through increased hand speed, quickness and coordination

PLAN: Develop stickhandling skills performing 10,000 Touches

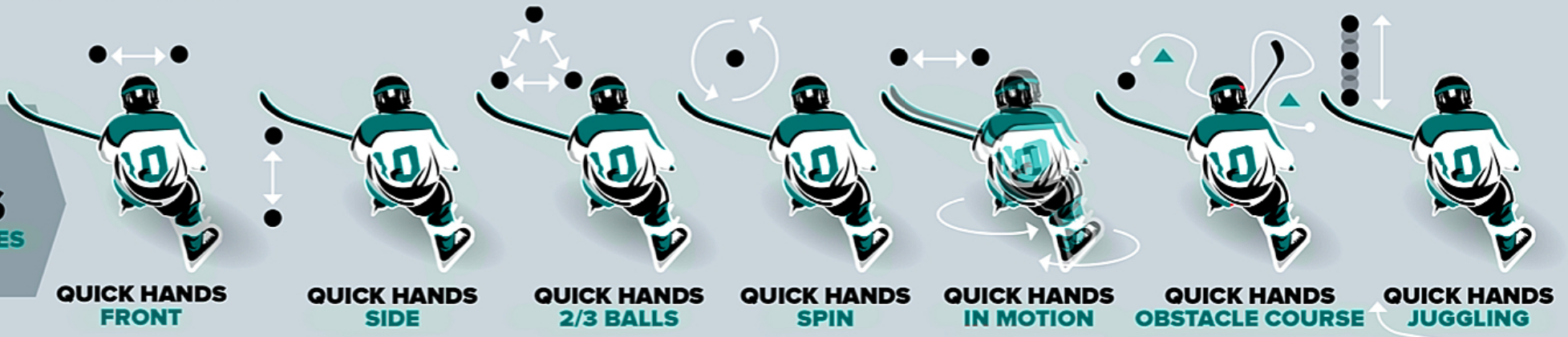
WEEKLY GOAL: 75-150 minutes per week

DAILY GOAL: 15-30 stickhandling minutes per day

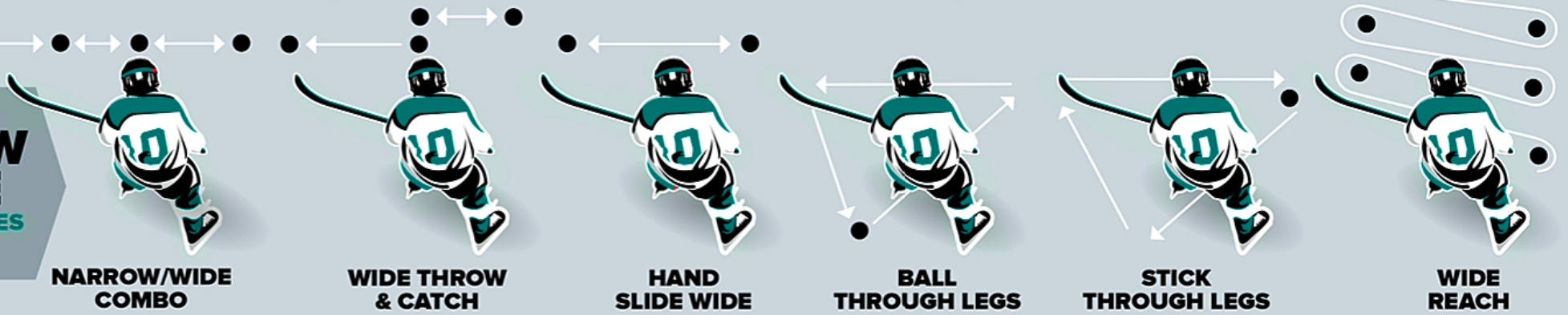


WHAT'S A 'TOUCH'? A 'TOUCH' CAN SIMPLY BE DEFINED AS EVERY TIME THERE IS A CHANGE IN DIRECTION OF THE BALL.

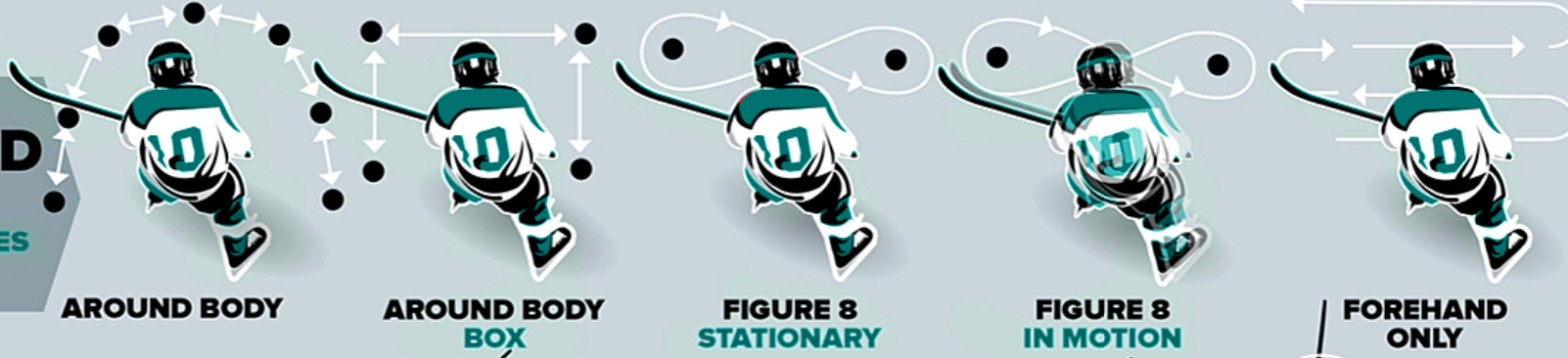
QUICK HANDS
3,500 TOUCHES



NARROW & WIDE
2,000 TOUCHES



AROUND BODY
2,250 TOUCHES



TOE DRAGS
1,250 TOUCHES



TRACK YOUR STICKHANDLING TOUCHES BY CHECKING OFF EACH BOX ONCE YOU HAVE FINISHED THE TASK. SUBMIT YOUR TRACKING SHEET TO COLLECT YOUR PRIZE!

QUICK HANDS 3,500 TOUCHES	QUICK HANDS - FRONT	50 50 50 50 50 50 50 50 50 50	500
	QUICK HANDS - SIDE	50 50 50 50 50 50 50 50 50 50	500
	QUICK HANDS - 2/3 BALLS	50 50 50 50 50 50 50 50 50 50	500
	QUICK HANDS - SPIN	50 50 50 50 50 50 50 50 50 50	500
	QUICK HANDS - IN MOTION	50 50 50 50 50 50 50 50 50 50	500
	QUICK HANDS - OBSTACLE COURSE	50 50 50 50 50 50 50 50 50 50	750
AROUND BODY 2,250 TOUCHES	AROUND BODY - BOX	50 50 50 50 50 50 50 50 50 50	500
	FIGURE 8 - STATIONARY	50 50 50 50 50 50 50 50 50 50	500
	FIGURE 8 - IN MOTION	50 50 50 50 50 50 50 50 50 50	500
	FOREHAND ONLY	50 50 50 50 50 50 50 50 50 50	250
	TOE DRAG - FRONT & SIDE	50 50 50 50 50 50 50 50 50 50	250
	CHIP OVER STICK	50 50 50 50 50 50 50 50 50 50	250
NARROW & WIDE 2,000 TOUCHES	NARROW /WIDE COMBO	50 50 50 50 50 50 50 50 50 50	500
	WIDE THROW & CATCH	50 50 50 50 50 50 50 50 50 50	500
	HAND - SLIDE WIDE	50 50 50 50 50 50 50 50 50 50	250
	BALL THROUGH LEGS	50 50 50 50 50 50 50 50 50 50	250
	STICK THROUGH LEGS	50 50 50 50 50 50 50 50 50 50	250
	WIDE REACH	50 50 50 50 50 50 50 50 50 50	250
TOE DRAGS 1,250 TOUCHES	TOE DRAG - MOVING	50 50 50 50 50 50 50 50 50 50	250
	TRANSITION STICKS	50 50 50 50 50 50 50 50 50 50	250
	PASSING - STICKHANDLE & PASS	50 50 50 50 50 50 50 50 50 50	500
	PASSING - ONE TOUCH	50 50 50 50 50 50 50 50 50 50	500
	TOTAL		2,250
	TOTAL		1,250
PASSING 1,000 TOUCHES	TOTAL		1,000
	TOTAL		3,500
	TOTAL		2,000

TOTAL 10,000

NAME: _____
 AGE: _____
 EMAIL: _____
 TEAM: _____
 POSITION: _____

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