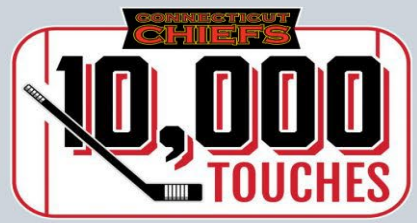




# HOW WELL DO YOU THINK YOUR STICK HANDLING WOULD IMPROVE IF YOU PERFORMED 10,000 TOUCHES OVER AN 8 WEEK PERIOD?

**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

QUICK HANDS FRONT  
QUICK HANDS SIDE  
QUICK HANDS 2/3 BALLS  
QUICK HANDS SPIN  
QUICK HANDS IN MOTION  
QUICK HANDS OBSTACLE COURSE  
QUICK HANDS JUGGLING

**NARROW & WIDE**  
2,000 TOUCHES

NARROW/WIDE COMBO  
WIDE THROW & CATCH  
HAND SLIDE WIDE  
BALL THROUGH LEGS  
STICK THROUGH LEGS  
WIDE REACH

**AROUND BODY**  
2,250 TOUCHES

AROUND BODY  
AROUND BODY BOX  
FIGURE 8 STATIONARY  
FIGURE 8 IN MOTION  
FOREHAND ONLY

**TOE DRAGS**  
1,250 TOUCHES

TOE DRAG FRONT & SIDE  
TOE DRAG ATTACK TRIANGLE  
TOE DRAG MOVING  
CHIP OVER STICK  
TRANSITION STICKS

**PASSING**  
1,000 TOUCHES

PASSING STICKHANDLING /PASS  
PASSING ONE TOUCH

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

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

**TOTAL 10,000**

NAME: \_\_\_\_\_  
AGE: \_\_\_\_\_  
EMAIL: \_\_\_\_\_  
TEAM: \_\_\_\_\_  
POSITION: \_\_\_\_\_

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