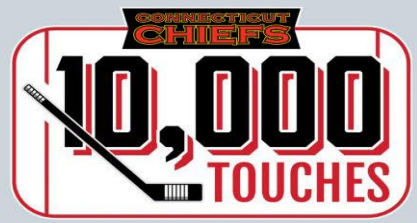




HOW WELL DO YOU THINK YOUR STICK HANDLING WOULD IMPROVE IF YOU PERFORMED 10,000 TOUCHES OVER AN 8 WEEK PERIOD?
GOAL: Improved puck control skills through increased hand speed, quickness and coordination
PLAN: Develop stickhandling skills performing 10,000 Touches
WEEKLY GOAL: 75-150 minutes per week
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

PASSING
1,000 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	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500
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	QUICK HANDS - SIDE	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500
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QUICK HANDS - 2/3 BALLS	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500	
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QUICK HANDS - SPIN	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500	
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QUICK HANDS - IN MOTION	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500	
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QUICK HANDS - OBSTACLE COURSE	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	750	
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QUICK HANDS - JUGGLING	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250	
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TOTAL	3,500												
NARROW & WIDE 2,000 TOUCHES	NARROW /WIDE COMBO	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500
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	WIDE THROW & CATCH	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500
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HAND - SLIDE WIDE	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250	
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BALL THROUGH LEGS	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250	
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STICK THROUGH LEGS	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250	
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WIDE REACH	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250	
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50	50	50	50	50									
TOTAL	2,000												
AROUND BODY 2,250 TOUCHES	AROUND BODY	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500
	50	50	50	50	50								
	50	50	50	50	50								
	AROUND BODY - BOX	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500
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FIGURE 8 - STATIONARY	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500	
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FIGURE 8 - IN MOTION	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500	
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FOREHAND ONLY	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250	
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50	50	50	50	50									
TOTAL	2,250												
TOE DRAGS 1,250 TOUCHES	TOE DRAG - FRONT & SIDE	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250
	50	50	50	50	50								
	50	50	50	50	50								
	TOE DRAG - ATTACK TRIANGLE	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250
	50	50	50	50	50								
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TOE DRAG - MOVING	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250	
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CHIP OVER STICK	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250	
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TRANSITION STICKS	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	250	
50	50	50	50	50									
50	50	50	50	50									
TOTAL	1,250												
PASSING 1,000 TOUCHES	PASSING - STICKHANDLE & PASS	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500
	50	50	50	50	50								
	50	50	50	50	50								
	PASSING - ONE TOUCH	<table border="1" style="width: 100%; text-align: center;"> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> <tr><td>50</td><td>50</td><td>50</td><td>50</td><td>50</td></tr> </table>	50	50	50	50	50	50	50	50	50	50	500
50	50	50	50	50									
50	50	50	50	50									
TOTAL	1,000												

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

TOTAL 10,000

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MikeE@ctchiefs.com