

# Off Ice Daily Drills

Mon	Tues	Wed	Thur	Fri	Sat	Sun	Qty	Drill
								<b><u>Puck/Ball Control</u></b>
							20	Toe to Heel
							20	Toe to Heel 1-2 Pull (push out slow then pull back fast/go for distance)
							20	Toe to Heel 1-2 Pull Rhythm (push/pull and dribble all at the same speed)
							20	Figure Eights Controlled (concentrate on toe control)
							100	Drop Kick 25 Times Each: Inside and Outside Lt and Rt
							20	Pull Behind The Legs, Through The Legs And Kick It Back Up To Your Feet.
							20	Russian Tap
							10	Around the Clock (while stickhandling, move the ball around the body as far as you can)
							10	Balls in the Bucket
							5	Dribble Two Pucks at the Same Time on the Side of the Body
							5	Dribble Two Pucks at the Same Time in Front of the Body
							5	Dribble Two Pucks at the Same Time with one on Each Side of the Body
								<b><u>Expansion of Reach</u></b>
							20	1-2 Wide Forehand
							20	1-2 Wide Backhand
							20	Wide Reach W/Pucks
							20	Wide Reach Side to Side (both hands on the stick)
							20	Wide Reach Front to Back: Normal
							20	Wide Reach Front to Back: Toe (use toe to pull puck back)
								<b><u>Dekes and Fakes</u></b>
							20	1-2 Fake Forehand
							20	1-2 Fake Backhand
							20	1-2 Fake, 1-2 Fake
							20	1-2 Fake Front to Back
								<b><u>Agility Drills</u></b>
							20	Jump Side to Side While Stickhandling
							20	One Foot Hop While Stickhandling (keep dribbling ball and try to get as much height as possible)
								<b><u>Additional Drills</u></b>
								Spinning The Ball
								Balance Board Dribbling
								Two by Four
								<b>Anytime you watch TV, you need to be stickhandling!</b>
							100	Push Ups
							100	Sit Ups
							100	Shots