

6U/8U - PUCK HANDLING

SOFT TOUCH

SETUP

- Use a **wooden** or **plastic hockey ball**. Golf balls should only be used for more advanced players as they are harder to control.

MOVEMENT

- 1 • Stickhandle ball out in front of body from cone to cone.
 - 2 • Stickhandle ball on left side of body from cone to cone.
 - 3 • Stickhandle ball on right side of body from cone to cone.
- Soft Touch 20-30 Seconds in each range and repeat.

TECHNIQUE

- Feet are shoulder width apart.
- Head and chest up.
- Hands are closer together within a standard range.
- Tight grip with top hand.
- Loose grip with bottom hand.
- Arms loose and away from body.
- Emphasis is on wrist movement, not arm movement.
- Cup ball on forehand and backhand side of blade.

Use split vision to survey surroundings and the ball.

ADVANCED

Quicker touches, look up at coach, walk around stickhandling and avoiding other players.



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