

FIGURE 8s

FOCUS

- Wrist action and cupped blade.

SETUP

- Use hockey ball to perform drill.
- Place 2 cones 3-4 feet apart from each other.
- Stand 2 feet in front of cones positioned in the middle.

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.
- ① Move the ball wide with the backhand side of the blade.
- Catch the ball with the cupped backhand of the blade and push it forward around the cones before bringing the ball across the body.
- Continue to handle the ball in a Figure 8 pattern in front of the body.
- Top hand controls the movement of the ball.

Have players change Figure 8 direction halfway through station. Execute for 30 seconds, rest for 30 seconds. Repeat.

FIGURE 8s



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