



# Sabre Summer Stickhandling Program



**SUMMER GOAL:** Mark an X when 50 reps are completed for each drill for that week

**EQUIPMENT:** Ball & Stick

**SPACE:** Appx. 6'x6' area of concrete

**START/END:** 8/5-9/23, 8 weeks

		8/5	8/12	8/19	8/26	9/2	9/9	9/16	9/23
EXAMPLE	X								
FRONT	X								
SIDE	X								
TRIANGLE	X								
TOE DRAG	X								
BOX	X								
ROTATE AROUND BODY	X								
NARROW/WIDE ALTERNATE	X								
FULL FIGURE 8 THROUGH LEGS	X								
SLIP UNDER	X								
CHIP OVER STICK	X								
TOE DRAG THROUGH PUCS	X								
MOVING AROUND	X								
TOUCH PASS FH/BH	X								
STICKHANDLE PASS	X								
CATCH & GIVE	X								
SAUCE PASS OVER STICK	X								

PLAYER SIGNATURE \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_

