

# STICKHANDLING

## HOMEWORK

DEVELOP YOUR SKILL SETS



### STICKHANDLING

1. FOREHAND
2. QUARTER
3. BETWEEN FEET
4. CROSS BODY
5. BACKHAND
6. FOREHAND & BACKHAND REACHES
7. FOREHAND & BACKHAND TAP BEHIND YOUR BODY
8. FULL EXPANSION OF REACH TO FOREHAND
9. FULL EXPANSION OF REACH TO BACKHAND



### DEKES

10. FOOT TO FOOT (SINGLE DEKE)
11. PULL-BACK
12. PULL-IN & PUSH-OUT
13. HEEL TAP

### SET-UP THE ENVIRONMENT

- Designate a stickhandling area – quiet, well-lit, and private.
- Play Music on a device or with wireless headphones.
- Provide adequate supplies, such as concrete, synthetic ice or carpet flooring, hockey puck, hockey ball, hockey stick, and hockey gloves.

### MANAGE HOMEWORK TIME

- Establish a routine to help establish good study habits.
- Print this list, post it in the homework area, and refer to it when appropriate.

*Rules can include:*

- Homework time 3-4 days every week and at least 25-30 minutes each day.
- 3-6 sets per technique. Each set should be 1 minute long.
- Breathe deeply, stretch your hands, rest eyes, and take a sip of water.
- Spend more time on difficult techniques than easy techniques. Complete each assignment in-full.