

OFF-ICE EXERCISES

STATION #1

Puck flip — This drill works on hand-eye-stick coordination. Place puck on the blade of your stick and practice tossing it up and catching it on the blade. This also helps create soft hands.

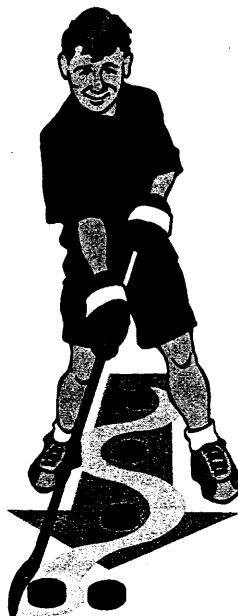


STATION #2

Shooting while sitting — This drill emphasizes the push-pull motion with your hands and arms. Your power comes from your lower body. Shoot pucks at a target while sitting on a stool. The purpose of this is to eliminate your lower body and use your upper body to shoot. This drill helps to improve accuracy and control.

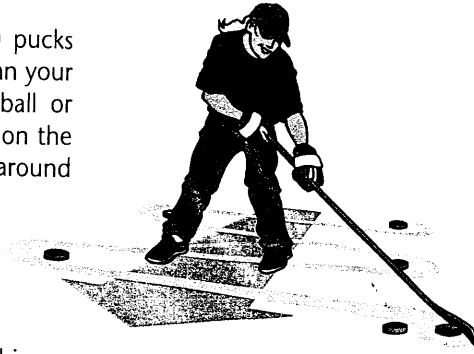
STATION #3

Quick hands — Use chalk marks or pucks to form a course. Stick handle between the pucks first moving forward through the course and then backward.



STATION #4

Side-to-side — Spread 10 pucks two or three times wider than your shoulder width. Carry the ball or puck out past the first puck on the left and then bring it back around the first puck on the right. Keep going all the way down to the last row of pucks, and then back up. Try not to look down at the puck. This drill works on your puck control and peripheral vision.



STATION #5

Golf ball drill — This drill is overspeed training for your hands. Use golf balls or wooden balls to stick handle. (You can even do this on the ice.) The dimples on a golf ball cause extra compression, which will make the balls jump off the stick if you're not careful. It forces your hands to be quicker.



STATION #6

Balance board — This drill works on body control and coordination. Stand on a balance board, practice stick handling. You'll quickly find that it's not easy to stick handle when you're trying to maintain your balance.





STATION #7

Coordination drill — Step on and off a ball is a drill used a lot in soccer. We're adding another dimension by incorporating a stick and ball. You're now working on body control, quickness and coordination, in addition to stickhandling.



STATION #8

PVC pipe — Use a piece of PVC pipe. Your top hand does most of the work when you're stickhandling, while your bottom hand is for control. This drill works on strengthening your top hand.

STATION #10

Hockey hackey-sack — Get together with a couple of friends (four is a good number) trying to flip the ball or puck in the air from one player's stick to another. Helps improve hand-eye-stick coordination — plus it's fun.

