AGES 10-13

DRYLAND STICKHANDLING

Twelve minutes of hands, most days. A stick, a ball and a bit of floor.

Open it on your phone

ABOUT 12 MINUTES	A STICK, A BALL AND TWO CONES	MOST DAYS OF THE WEEK

This is the one you can do every single day — it does not tire your legs, so it fits after school, after practice, or while dinner is cooking. Use a street-hockey ball rather than a puck: a puck will not slide on concrete and it chews up the blade, so tape the bottom of the blade with cloth tape either way. Indoors on carpet nothing slides — put down a smooth board, or use a golf ball. Stick words, once: the toe is the far tip of the blade, the heel is where it meets the shaft, and cupping means tipping the blade over the top of the ball so it cannot run away from you. Go slowly enough that the ball stays on the blade, then speed it up — short and often beats long and rare.

WARM UP THE HANDS

One time through.

1. **Arm circles and band pull-apart** — *15 each way*
   Big slow circles both directions, then pull a light band apart at chest height. Skip the band pull-apart if you don't have a band.
2. **Wide dribble** — *2 × 30 sec*
   Hands apart on the stick. The top hand does most of the work by rolling the wrists. Move the ball as wide as you can reach, side to side in front of you. Start slowly. This is the warm-up and the drill at the same time.

BALL CONTROL

Once through. The counts below are the whole job.

3. **Quick narrow dribble** — *2 × 20 sec*
   Hands a little closer. Tiny, fast touches only a few inches wide. Soft hands: let the ball sit on the blade instead of batting it.
4. **Heads-up dribble** — *2 × 30 sec*
   Stickhandle while looking at a spot on the wall in front of you. Feel the ball through the stick. Only glance down when you lose it.
5. **Side-to-side with moving feet** — *2 × 30 sec*
   Stickhandle while shuffling side to side, like walking the blue line. Keep your knees bent and your hands out in front of your body.

MOVES

Once through. Clean first, fast later.

6. **Figure 8 around cones** — *2 × 30 sec*
   Two cones or pucks about a stick-length apart. Weave the ball in a figure 8 around them, forehand around one and backhand around the other. Two shoes or two cans work fine as cones.
7. **Toe drag** — *10 each direction*
   Roll the blade over the ball and pull it across your body with the toe. Start slow, then drag it around a cone or a stick lying on the floor. The toe is the far tip of the blade. Ten pulling right to left, ten left to right.
8. **Puck protection pull-back** — *8 each side*
   Pull the ball back to your hip, turning your body between it and an imaginary defender. Top hand stays out away from your body, then push the ball forward and go. Put a shoe down as the defender so you know which way to turn.

FINISH

9. **Wrist and forearm stretch** — *30 sec each*
   Arm straight out, fingers up, gently pull the hand back. Then fingers down and repeat.

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