AGES 14+

DRYLAND STICKHANDLING

Eighteen minutes of hands, most days. Head up, feet moving.

Open it on your phone

ABOUT 18 MINUTES	A STICK, A BALL AND TWO CONES	MOST DAYS OF THE WEEK

Hands are the one thing you can train every day without paying for it in the legs, so this belongs on rest days, after a gym session, or in the ten minutes before dinner. Use a ball rather than a puck on concrete — a puck will not slide and it eats the blade; tape the bottom of the blade with cloth tape either way. Stick words, once: the toe is the far tip of the blade, the heel is where it meets the shaft, and cupping is tipping the blade over the top of the ball. The rule that decides whether any of this shows up in a game is your eyes: anything you can only do looking down, you cannot do in a game.

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** — *3 × 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. Third round with the top hand only. That is the one that builds real control.

CONTROL, HEAD UP

Eyes on a spot on the wall.

3. **Quick narrow dribble** — *3 × 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** — *3 × 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. Better still: get someone to hold up fingers and call them out as you go.
5. **Side-to-side with moving feet** — *3 × 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

Smooth first. Speed comes after.

6. **Toe drag** — *3 × 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.
7. **Puck protection pull-back** — *3 × 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.
8. **Figure 8 around cones** — *3 × 30 sec*
   Two cones or pucks about a stick-length apart. Keep the ball close to the blade the whole way.
9. **Moves combo** — *3 × 5 each way*
   Put a cone out as the defender. Fake one way, toe drag the other, pull it back and finish past the cone. Smooth first, then fast. A shoe or a water bottle is the defender.

FINISH

10. **Wrist and forearm stretch** — *30 sec each*
    Arm straight out, fingers up, gently pull the hand back. Then fingers down and repeat.
11. **Cross-body shoulder stretch** — *30 sec each*
    Pull one arm across your chest with the opposite forearm.

Built for healthy players by RinkReady. It adds to what your coach does, it does not replace it. If a movement hurts — not hard, hurts — stop it and ask someone who knows the player.

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