



AT-HOME STICKHANDLING PROGRAM

FORTIS



MASTERING THE TOE PULL

Workout One:

Quick Handles Circuit

(Right Side, Front Right, Front Left, Left Side)

30 seconds each position

Toe Pulls

3 sets of 15 repetitions

Side Toe Pulls

3 sets of 15 repetitions

Toe Pulls

3 sets of 15 repetitions

Toe Pulls + Backhand Extensions

2 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

Questions? Visit The Fortis Academy YouTube channel for videos of each exercise.



MASTERING THE TOE PULL

Workout Two:

Quick Handles Circuit

(Right Side, Front Right, Front Left, Left Side)

30 seconds each position

Toe Pulls

3 sets of 15 repetitions

Toe Pulls + Backhand Extensions

3 sets of 10 repetitions

L Toe Pulls

3 sets of 10 repetitions

Side Toe Pulls

3 sets of 15 repetitions

Toe Pulls

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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MASTERING THE TOE PULL

Workout Three:

Quick Handles Circuit

(Right Side, Front Right, Front Left, Left Side)

30 seconds each position

Toe Pulls

3 sets of 15 repetitions

Toe Pulls + Backhand Extensions

3 sets of 10 repetitions

360 Toe Pulls

3 sets of 10 repetitions

Toe Pulls

3 sets of 15 repetitions

L Toe Pulls

2 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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MASTERING THE TOE PULL

Workout Four:

Quick Handles Circuit

(Right Side, Front Right, Front Left, Left Side)

30 seconds each position

Toe Pulls

3 sets of 15 repetitions

Machine Gun Feet (perform as many toe pulls as possible)

3 sets of 30 seconds

Walking Toe Pulls

3 sets of 10 repetitions

360 Toe Pulls

3 sets of 10 repetitions

Side Toe Pulls

3 sets of 15 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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MASTERING THE TOE PULL

Workout Five:

Quick Handles Circuit

(Right Side, Front Right, Front Left, Left Side)

30 seconds each position

Toe Pulls

3 sets of 15 repetitions

Machine Gun Feet (perform as many toe pulls as possible)

3 sets of 30 seconds

Walking Toe Pulls

3 sets of 10 repetitions

One-Legged Hops (perform as many toe pulls as possible)

3 sets of 15 seconds each leg

Toe Pulls + Backhand Extension

3 sets of 15 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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MASTERING THE TOE PULL

Workout Six:

Quick Handles Circuit

(Right Side, Front Right, Front Left, Left Side)

30 seconds each position

Toe Pulls

3 sets of 15 repetitions

Machine Gun Feet (perform as many toe pulls as possible)

3 sets of 30 seconds

Walking Toe Pulls

3 sets of 10 repetitions

One-Legged Hops (perform as many toe pulls as possible)

3 sets of 15 seconds each leg

Step-Up Stickhandling

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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INTERMEDIATE PROGRAM

Workout One:

360 Handles

3 sets of 5 repetitions

Backhand Extensions

3 sets of 10 repetitions

Forehand Extensions

3 sets of 10 repetitions

Figure 8's

3 sets of 10 repetitions

Backhand Present

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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INTERMEDIATE PROGRAM

Workout Two:

Circle Stickhandling

2 sets of 5 circles in each direction

Forehand Extensions

3 sets of 10 repetitions

Backhand Extensions

3 sets of 10 repetitions

Toe Pulls

3 sets of 10 repetitions

Backhand Present

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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INTERMEDIATE PROGRAM

Workout Three:

360 Handles

3 sets of 5 repetitions

Backhand Extensions

3 sets of 10 repetitions

Forehand Extensions

3 sets of 10 repetitions

Figure 8's

3 sets of 10 repetitions

Backhand Present

3 sets of 10 seconds each leg

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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INTERMEDIATE PROGRAM

Workout Four:

Circle Stickhandling

2 sets of 5 circles in each direction

Forehand Extensions

3 sets of 10 repetitions

Backhand Extensions

3 sets of 10 repetitions

Toe Pulls

3 sets of 10 repetitions

Toe Pull + Backhand Extension

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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INTERMEDIATE PROGRAM

Workout Five:

Forehand Extensions

3 sets of 10 repetitions

Backhand Extensions

3 sets of 10 repetitions

Toe Pulls

3 sets of 10 repetitions

Toe Pull + Backhand Extension

3 sets of 10 repetitions

Figure 8's

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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INTERMEDIATE PROGRAM

Workout Six:

Toe Pull

3 sets of 10 repetitions

Side Toe Pulls

3 sets of 10 repetitions

Toe Pull + Backhand Extension

3 sets of 10 repetitions

Figure 8's

3 sets of 10 repetitions

Machine Gun Feet

3 sets of 30 seconds

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Date of Completion: _____

Parent Signature of Completion: _____

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INTERMEDIATE PROGRAM

Workout Seven:

Side Toe Pulls

3 sets of 10 repetitions

Toe Pull + Backhand Extension

3 sets of 10 repetitions

Machine Gun Feet

3 sets of 30 seconds

One-Legged Hops

3 sets of 30 seconds each leg

Three-Stick Obstacle

3 sets of 10 repetitions

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Date of Completion: _____

Parent Signature of Completion: _____

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INTERMEDIATE PROGRAM

Workout Eight:

360 Handles

3 sets of 5 repetitions

Backhand Extensions

3 sets of 10 repetitions

Toe Pulls

3 sets of 10 repetitions

Backhand Present

3 sets of 10 repetitions

Three-Stick Obstacle

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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INTERMEDIATE PROGRAM

Workout Nine:

Circle Stickhandling

3 sets of 5 circles in each direction

Toe Pull + Backhand Extension

3 sets of 10 repetitions

One-Legged Hops

3 sets of 30 seconds each leg

Three-Stick Obstacle

3 sets of 10 repetitions

Figure 8's

3 sets of 10 repetitions

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Date of Completion: _____

Parent Signature of Completion: _____

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INTERMEDIATE PROGRAM

Workout Ten:

One-Legged Hops

3 sets of 30 seconds each leg

Three-Stick Obstacle

3 sets of 10 repetitions

Backhand Extensions

3 sets of 10 repetitions

Toe Pulls

3 sets of 10 repetitions

Toe Pull + Backhand Extension

3 sets of 10 repetitions

Machine Gun Feet

3 sets of 30 seconds

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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STICKHANDLE WITH MOVEMENT

Workout One:

360 Handles

3 sets of 5 repetitions

Machine Gun Feet

3 sets of 30 seconds

Walking Toe Pulls

3 sets of 10 repetitions

Left-Legged Hops Handles

3 sets of 10 repetitions

Right-Legged Hops Handles

3 sets of 10 repetitions

Skater Jumps

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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STICKHANDLE WITH MOVEMENT

Workout Two:

360 Toe Pulls

3 sets of 5 repetitions

One-Legged Hops

3 sets of 15 seconds each leg

Soccer Passes

3 sets of 10 passes

Machine Gun Feet

3 sets of 30 seconds

Skater Jumps

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

Questions? Visit The Fortis Academy YouTube channel for videos of each exercise.



STICKHANDLE WITH MOVEMENT

Workout Three:

Quick Handles Circuit

1 set of 30 seconds each station

Walking Toe Pulls

3 sets of 10 repetitions

Left-Legged Hops Handles

3 sets of 10 repetitions

Right-Legged Hops Handles

3 sets of 10 repetitions

Ladder: One Foot Each Square

5 sets of 1 repetition

(down 15 ft. ladder and back is 1 repetition)

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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STICKHANDLE WITH MOVEMENT

Workout Four:

360 Handles

3 sets of 5 repetitions

Machine Gun Feet

3 sets of 30 seconds

Skater Jumps

3 sets of 10 repetitions

Ladder: One Foot Each Square

5 sets of 1 repetition

(down 15 ft. ladder and back is 1 repetition)

Ladder: Two Foot Each Square

5 sets of 1 repetition

(down 15 ft. ladder and back is 1 repetition)

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

Questions? Visit The Fortis Academy YouTube channel for videos of each exercise.



STICKHANDLE WITH MOVEMENT

Workout Five:

360 Toe Pulls

3 sets of 5 repetitions

One-Legged Hops

3 sets of 15 seconds each leg

Soccer Passes

3 sets of 10 passes

Machine Gun Feet

3 sets of 30 seconds

Skater Jumps

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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STICKHANDLE WITH MOVEMENT

Workout Six:

Machine Gun Feet

3 sets of 30 seconds

Skater Jumps

3 sets of 10 repetitions

Ladder: One Foot Each Square

5 sets of 1 repetition

(down 15 ft. ladder and back is 1 repetition)

Ladder: Two Foot Each Square

5 sets of 1 repetition

(down 15 ft. ladder and back is 1 repetition)

Step-Up Stickhandling

3 sets of 10 repetitions

Athlete Signature of Completion: _____

Date of Completion: _____

Parent Signature of Completion: _____

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