



10,000 Touch Challenge

The Goal:

Improve puck control skills through increased hand speed, quickness and coordination.

Weekly Goal:

75-150 minutes per week.

The Plan:

Develop stick handling skills by performing 10,000 touches.

Daily Goal:

15-30 stick-handling minutes per day.

A "Touch" is simply defined as any time there is a change in direction of the ball.

Track Your Stick-handling

10,000 Touches



Quick Hands

FRONT					
50	50	50	50	50	500
50	50	50	50	50	

SIDE					
50	50	50	50	50	500
50	50	50	50	50	

2/3 BALLS					
50	50	50	50	50	500
50	50	50	50	50	

SPIN					
50	50	50	50	50	500
50	50	50	50	50	

OBSTACLE COURSE					
50	50	50	50	50	750
50	50	50	50	50	
50	50	50	50	50	

JUGGLING					
50	50	50	50	50	250

Narrow & Wide

NARROW/WIDE COMBO					
50	50	50	50	50	500
50	50	50	50	50	

WIDE THROW & CATCH					
50	50	50	50	50	500
50	50	50	50	50	

HAND SLIDE WIDE					
50	50	50	50	50	250

BALL THROUGH LEGS					
50	50	50	50	50	250

STICK THROUGH LEGS					
50	50	50	50	50	250

Around Body

HALF CIRCLE					
50	50	50	50	50	500
50	50	50	50	50	

BOX					
50	50	50	50	50	500
50	50	50	50	50	

FIGURE 8					
50	50	50	50	50	500
50	50	50	50	50	

FIGURE 8 IN MOTION					
50	50	50	50	50	500
50	50	50	50	50	

FIGURE 8 FOREHAND ONLY					
50	50	50	50	50	250

Name:	Age:
Email:	
Level:	Position:

Toe Drags

FRONT & SIDE					
50	50	50	50	50	250

ATTACK TRIANGLE					
50	50	50	50	50	250

MOVING					
50	50	50	50	50	250

CHIP OVER STICK					
50	50	50	50	50	250

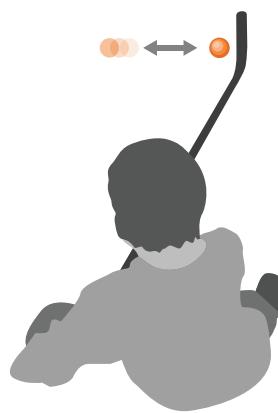
TRANSITION STICKS					
50	50	50	50	50	250

STICK HANDLE & PASS					
50	50	50	50	50	500
50	50	50	50	50	

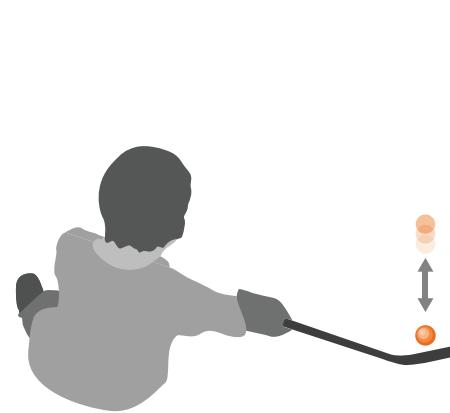
ONE TOUCH PASS					
50	50	50	50	50	500
50	50	50	50	50	

Quick Hands

3,500 Touches



Front



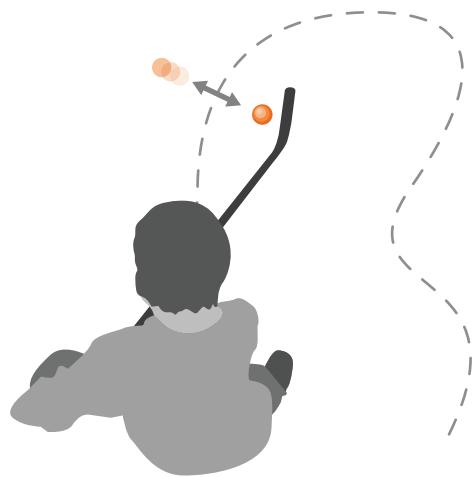
Side



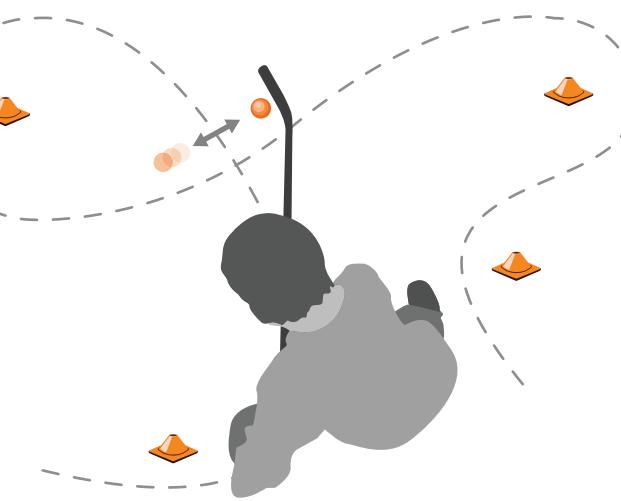
2/3 Balls



Spin



In Motion



Obstacle Course

Use a tennis ball for more bounce or try flipping a puck and balancing it on your stick.



Juggling

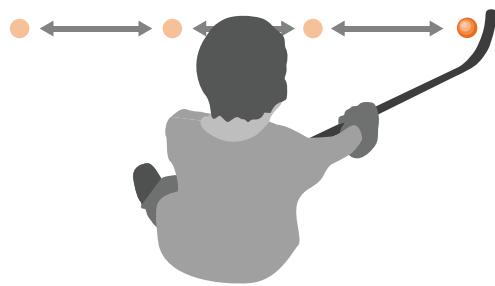
— Ball Motion

— — — Player Motion

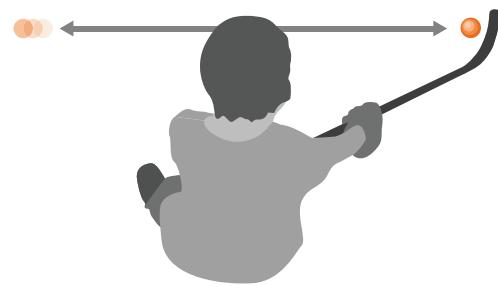
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Narrow & Wide

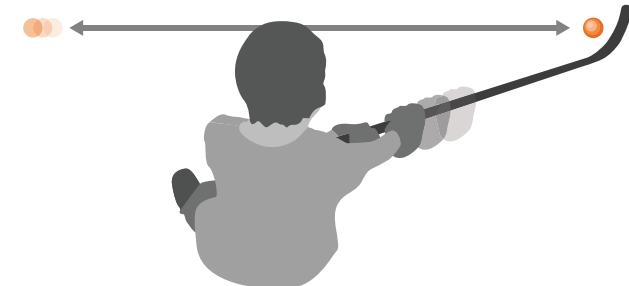
2,000 Touches



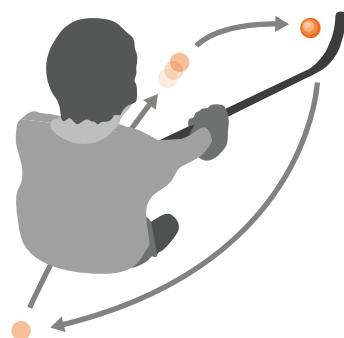
Narrow/Wide Combo



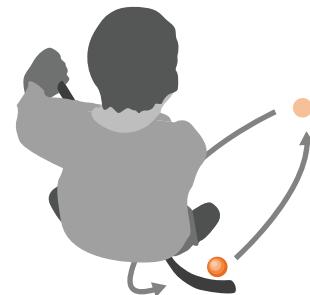
Wide Catch & Throw



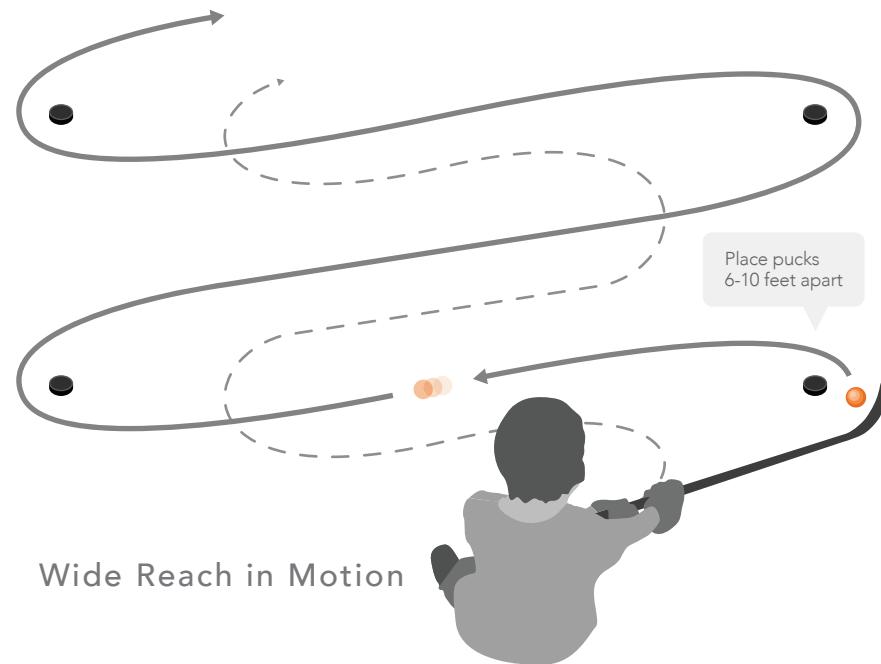
Hand Slide Wide



Ball Through Legs



Stick Through Legs



Wide Reach in Motion

— Ball Motion

— — — Player Motion

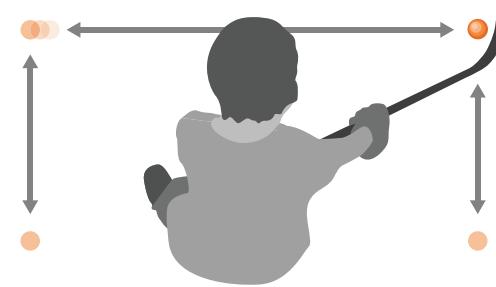
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Around Body

2,250 Touches



Half Circle



Box

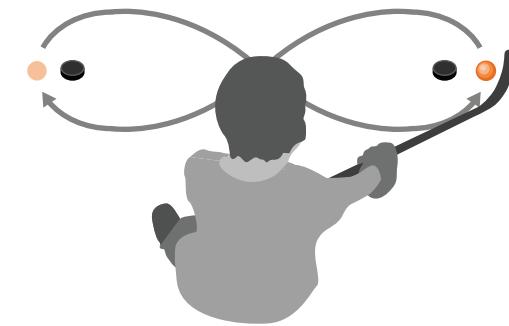


Figure 8

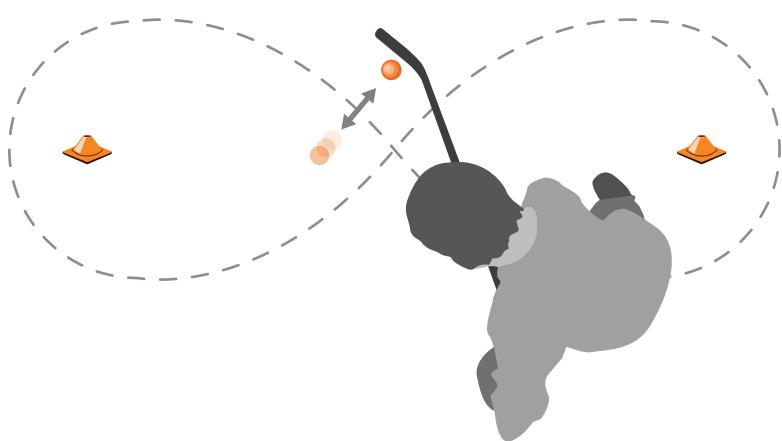


Figure 8 in Motion

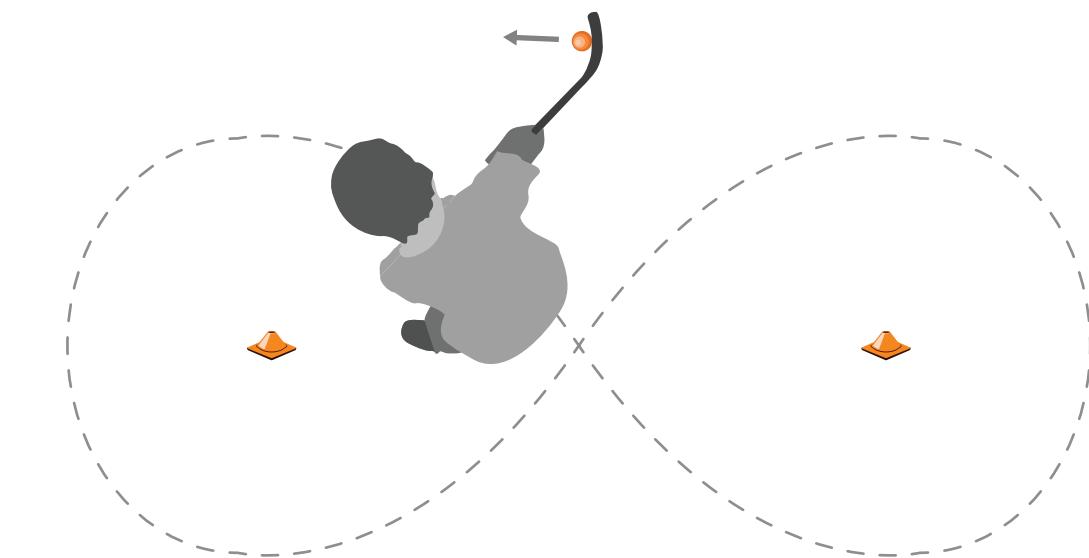


Figure 8 Forehand Only

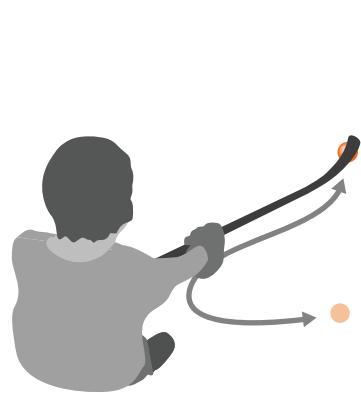
— Ball Motion

— — — Player Motion

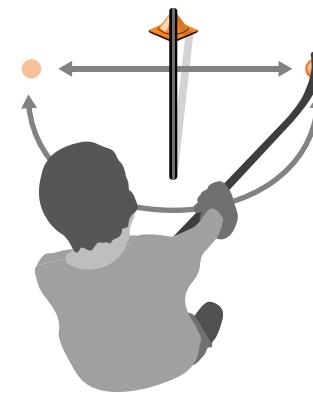
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Toe Drags

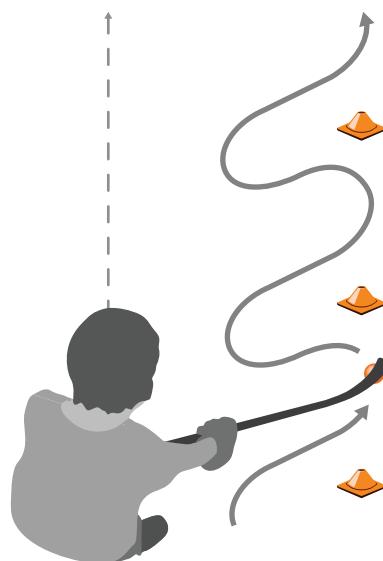
1,250 Touches



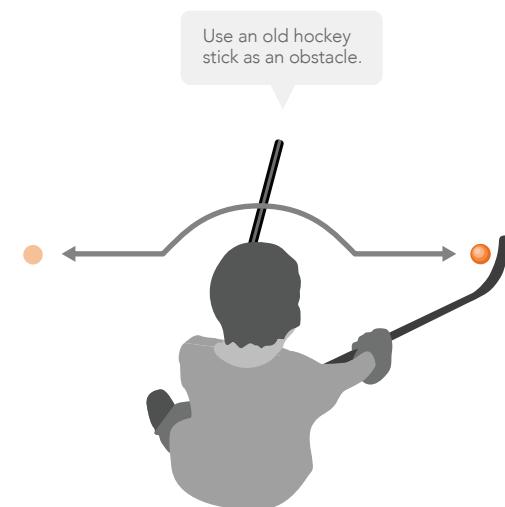
Front & Side



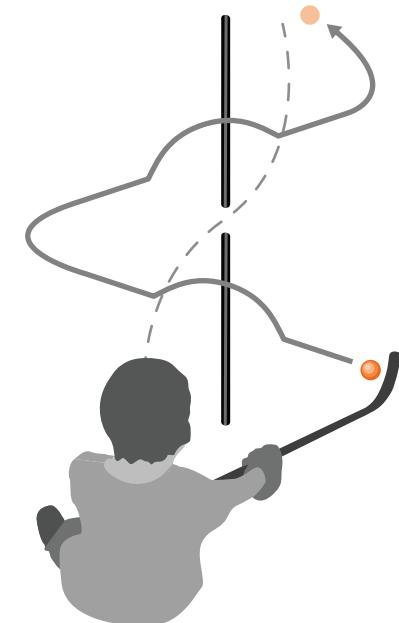
Attack Triangle



Toe Drag



Chip Over Stick



Transition Sticks

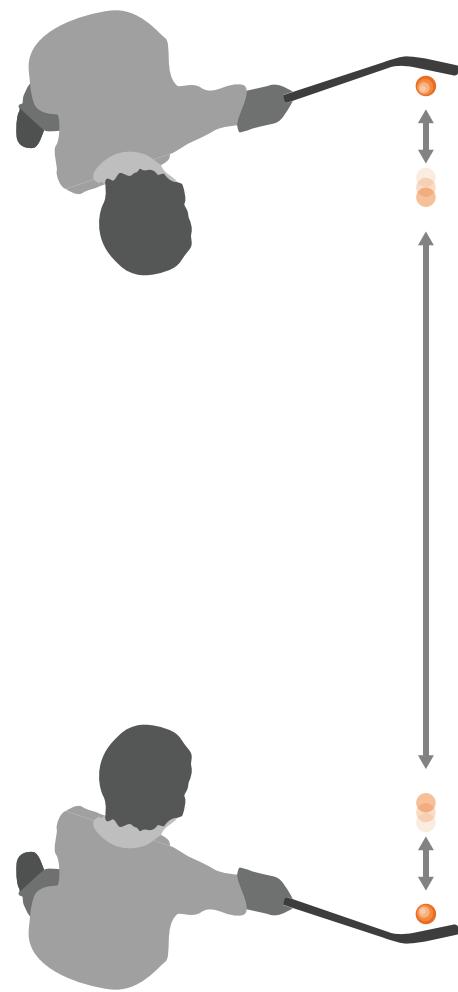
— Ball Motion

— — — Player Motion

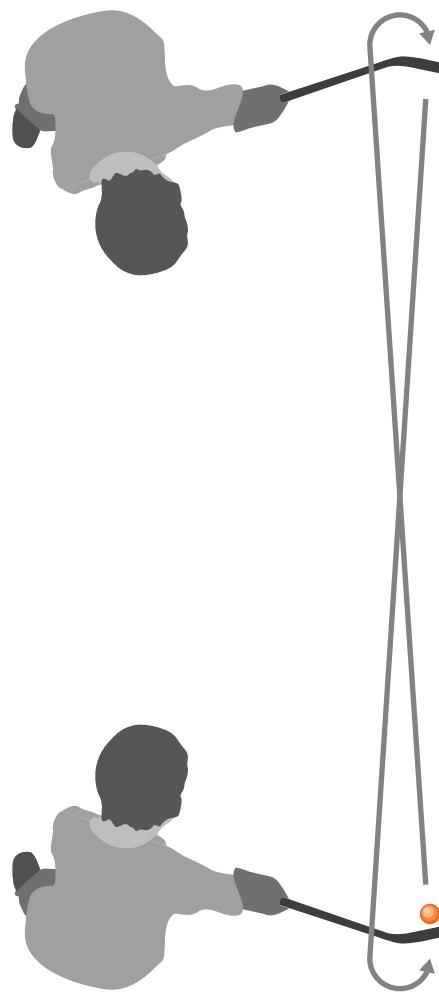
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Passing

1,000 Touches



Stick Handling Pass



One Touch Pass