

# **DHS Hockey 2025 Summer Training Guide**

Pick 3 from each category (stickhandling, shooting & cardio) per training session

Record your progress in the log

Workout logs are due at final “Run the Hill” session

Reach out to teammates. Challenge each other. Get creative

These are meant to be for anyone to do at home with little to no equipment

For questions, please contact Coach Will at [wdodge@acvf.com](mailto:wdodge@acvf.com) or (847) 910-7510

## **Stickhandling Drills**

### **Beginner Stickhandling Drills**

#### **1. Stationary Horizontal Figure 8's**

- Stickhandle around 2 cones in figure 8 pattern
  - 1. 30 seconds x 3 sets forehand
  - 2. 30 seconds x 3 sets backhand

#### **2. Narrow to Wide**

- Stickhandle side to side as far as your reach allows
- Stay low in hockey stance.
  - 1. 5 pulls to forehand x 3 sets
  - 2. 5 pulls to backhand x 3 sets

#### **3. 5 Point Toe Drag**

- Pull the ball in with toe of the blade, push forward again.
  - 1. Over and back x 5 sets

#### **4. Tennis Ball Stickhandling**

- Stickhandle tennis ball rapidly without losing control.
- Start slow and build up speed
- Should be quiet
  - 1. 45 seconds x 3 sets

#### **5. Puck Juggling**

- 100 Forehand (Track longest continuous streak)
- 100 Backhand (Track longest continuous streak)
- 50 Forehand/Backhand Transitions (Track longest continuous streak)
- 50 Up and Slams

### **Intermediate Stickhandling Drills**

#### **6. Obstacle Stickhandling**

- Set up cones, pucks, shoes, or water bottles.
- Navigate around each object using tight control and change in speed

#### **7. Pull Backs**

- Start with puck on side, fake shot, pull away from defender
- Simulate offensive zone rush
- 15 reps per forehand and backhand

#### **8. Stickhandling While Moving (walking through cones)**

- Weave through cones x 3 sets
- Circle around cones x 3 sets
- Toe drag cones x 3 sets

## 9. Stickhandling and Shuffle

- Side-to-side movements over obstacles
- Keep head up
- 45 seconds x 3 sets

### **Advanced Stickhandling Drills**

## 10. Creative 2 Puck

- Similar to stationary figure 8
- Get creative and move ball/puck around obstacles with different moves
- 30 seconds x 3 sets

## 11. 4 Puck Around the World

- Around each obstacle down and back
- Down and back x 5 sets
- Head up

## 12. Two-Ball Control

- Use one stick to control two balls simultaneously
- 45 seconds x 3 sets

## 13. Creative 6 Puck

- Use reach to stickhandle around objects spread in circle
- Quick stickhandles in middle between reaches
- 45 seconds x 3 sets

## **Off-Ice Shooting Drills**

### **Accuracy + Shot Volume**

## 1. Target Shooting

- Create targets in corners and five-hole
- 20 shots per zone, track hit percentage

## 2. "Beat the Clock" Shooting

- Same drill as above
- Choose one target
- Set timer for 60 seconds
- Record number of targets hit in log

### **Quick Release & Mobility Drills**

## 3. Release While Moving

- Walk up to puck, pull and shoot
- No stopping to stickhandle
- 10 shots per target

## 4. Short or Long Pull and Shoot

- Pull puck short or long around object, quick release. Emphasis on changing shot location
- 5 shots per target location

## 5. One Foot Quick Release

- One foot on bucket or chair
- Quick release forward, do not pull back
- 25 shots per leg

## Deception & Change of Angle Drills

6. **Fake & Shoot**
  - Pump fake to one side (head, shoulder, or stick), shoot opposite.
  - Reinforces game-like deception.
7. **Around Object + Release**
  - Stickhandle around cone or object
  - 5 shots per target
8. Obstacle course + Release
  - Same as above but add more obstacles in your way and move while stickhandling
  - Get creative
  - 5 shots per target

## **Hockey-focused Cardio/Plyo Exercises**

1. **Bodyweight Squats**
  - Can add weight over time
  - Don't go too heavy, focus on more reps
  - 20 x 3 sets to start
2. **Forward lunges**
  - Can add weight over time
  - 25 each leg x 3 sets
3. **Reverse Lunges**
  - Can add weight over time
  - 25 each leg x 3 sets
4. **Wall sits**
  - Can add variations (arms out, arms up, holding weight, twisting)
  - 45 Seconds x 3 sets
5. **Mountain Climbers**
  - 25 per side x 3 sets
6. **Jump Squats**
  - 20 x 3 sets
7. **Lateral Skater Jumps**
  - 25 per side x 3 sets
8. **Sprint Ladder/Shuttle Runs**
  - Set 2 cones 5 and 10 m from starting line
  - 5 sets
  - Can add backwards, shuffling, burpees, tuck jumps
9. **Stick Jumps**
  - 25 each leg x 3 sets
  - 50 both legs x 3 sets
10. **Burpees**
  - 20 x 3 sets
11. **Tuck Jump**
  - 20 x 3 sets
  - Tuck jump to sprint x 5
12. Bike Ride
13. Jog