DHS 2026 Summer Off-ice Training Guide

Pick 3 from each category (stickhandling, shooting & cardio) **per training session**
Record your progress in the log
Logs are due every Friday at Run the Hill
For questions, please contact Coach Will at 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

5. **Obstacle Stickhandling**
    - Set up cones, pucks, shoes, or water bottles.
    - Navigate around each object using tight control and change in speed
6. **Pull Backs**
    - Start with puck on side, fake shot, pull away from defender
    - Simulate offensive zone rush
    - 15 reps per forehand and backhand
7. **Stickhandling While Moving (walking through cones)**
    - Weave through cones x 3 sets
    - Cricle around cones x 3 sets

- Toe drag cones x 3 sets

8. **Stickhandling and Shuffle**
   - Side-to-side movements over obstacles
   - Keep head up
   - 45 seconds x 3 sets

Advanced Stickhandling Drills

9. **Creative 2 Puck**
   - Similar to stationary figure 8
   - Get creative and move ball/puck around obstacles with different moves
   - 30 seconds x 3 sets
10. **4 Puck Around the World**
   - Around each obstacle down and back
   - Down and back x 5 sets
   - Head up
11. **Two-Ball Control**
   - Use one stick to control two balls simultaneously
   - 45 seconds x 3 sets
12. **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" Shootin**g
   - Same drill as above
   - Choose one target
   - Set timer for 60 seconds
   - Record number of hits on last page

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
2. Forward lunges
    - Can add weight over time
3. Reverse Lunges
    - Can add weight over time
4. Wall sits
    - Can add variations (arms out, arms up, holding weight, twisting)
5. Mountain Climbers
6. Jump Squats
7. Lateral Skater Jumps
8. Sprint Ladder/Shuttle Runs
9. Stick Jumps
    - Work each leg separately, then together
10. Burpees
11. Tuck Jump
    - Can go into sprint

12. Bike Ride
13. Jog
    - Can use sprint interval training (jog, sprint, jog, sprint, etc…)