



# HYHA Summer Stick & Snipe Challenge



Dreaming of dangling past defenders and going bar-down? This summer program is designed to improve puck control and shot accuracy by increasing hand speed, quickness, and coordination. Get ready to transform your game with 10,000 touches and 6,000 shots

## Stickhandling Attainment Levels:

<b>Silky Mitts</b>	2,500 touches
<b>Dirty Dangles</b>	5,000 touches
<b>Biscuit Beauty</b>	10,000 touches

## Shooting Attainment Levels:

<b>Snipe</b>	1,500 shots
<b>Bar Down</b>	3,000 shots
<b>Light the Lamp</b>	6,000 shots

## Daily Target:

**15-30** minutes per day

## Weekly Target:

**75-150** minutes per week

## The Reward:

- Elevated Puck Control
- Increased Shot Accuracy & Power
- Enhanced Hand Speed, Quickness, and Coordination
- Game Transformation
- Confidence on the Ice
- A sweet program participant T-shirt for all players that make it to the 10K/6K goal and a chance to win a \$100 General Sports gift card!
- A list of all participants and their attainment level will be displayed at the PAV

## The Process:

Use the tracking sheets below to document your progress. Send a pic of your set-up and monthly progress reports to [travel@hopkinshockey.com](mailto:travel@hopkinshockey.com). A leader board will be posted on the HYHA IG account each month.

# Stick-handling Tracker

10,000 Touches (Any change in direction of the ball counts as a touch)

## 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
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## 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
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### BALL THROUGH LEGS

50	50	50	50	50	250
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### STICK THROUGH LEGS

50	50	50	50	50	250
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### WIDE REACH

50	50	50	50	50	250
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Name:

Email/Phone:

Level:

Parent Signature:

## 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
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## Toe Drags

### FRONT & SIDE

50	50	50	50	50	250
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### ATTACK TRIANGLE

50	50	50	50	50	250
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### MOVING

50	50	50	50	50	250
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### CHIP OVER STICK

50	50	50	50	50	250
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### TRANSITION STICKS

50	50	50	50	50	250
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## Passing

### STICK HANDLE & PASS

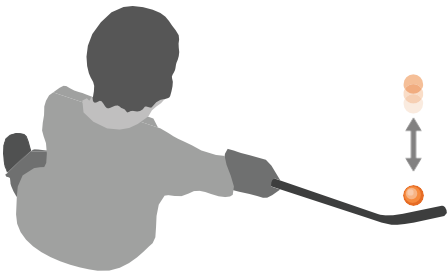
50	50	50	50	50	500
50	50	50	50	50	

### ONE TOUCH PASS

50	50	50	50	50	500
50	50	50	50	50	



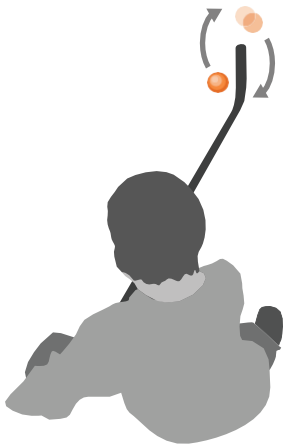
Front



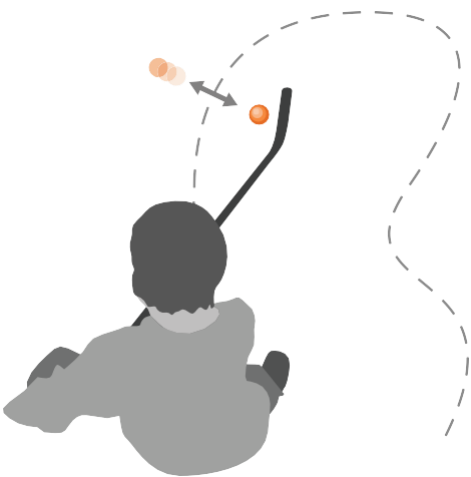
Side



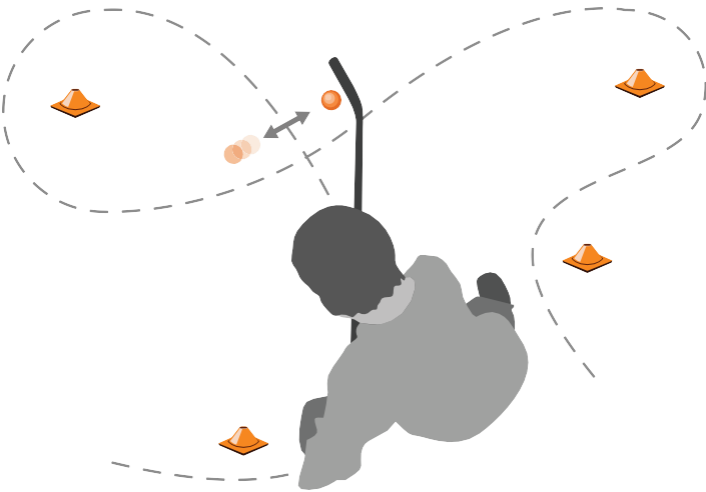
2/3 Balls



Spin

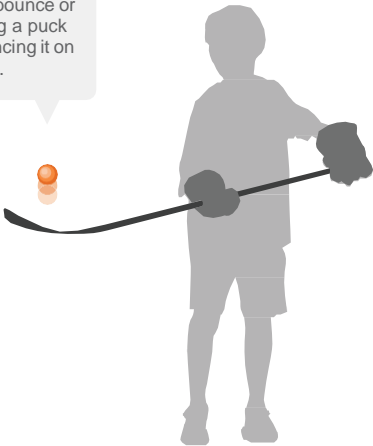


In Motion

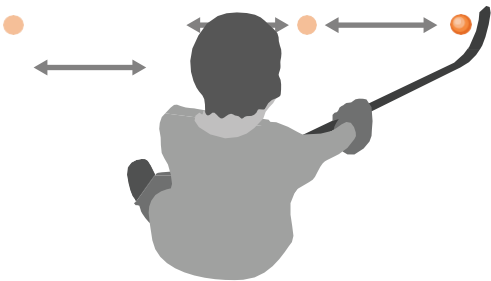


Obstacle Course

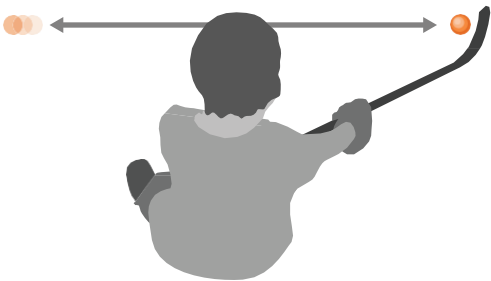
Use a tennis ball for more bounce or try flipping a puck and balancing it on your stick.



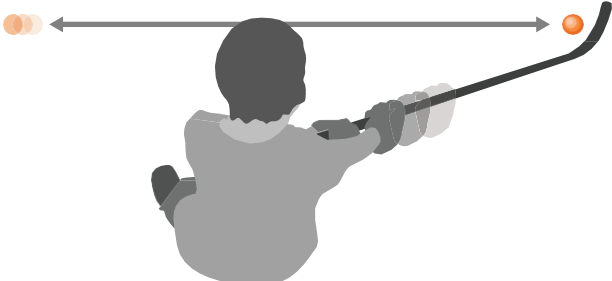
Juggling



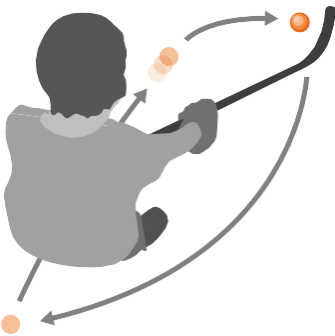
Narrow/Wide Combo



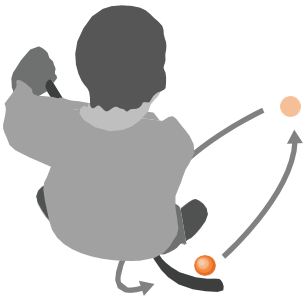
Wide Catch & Throw



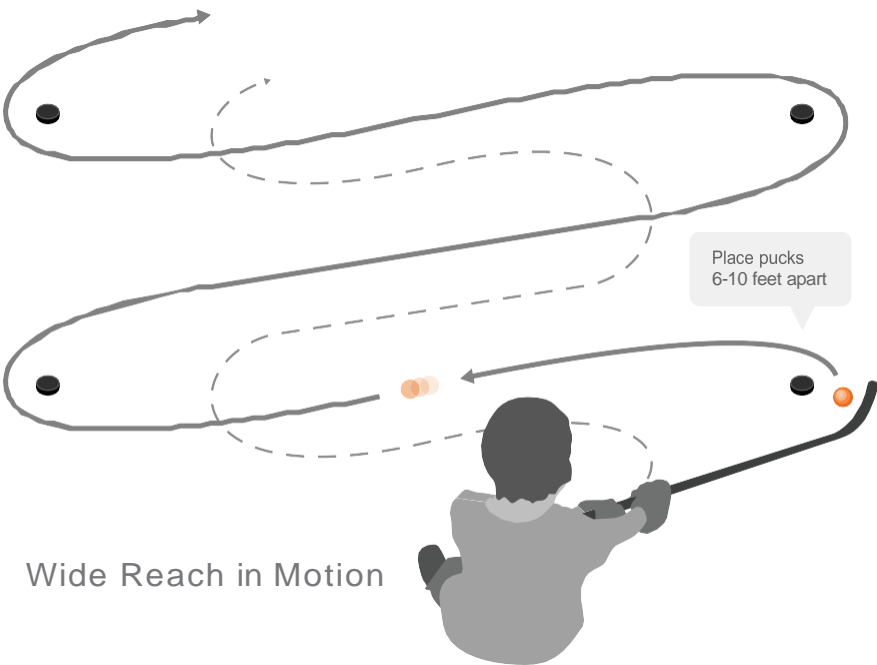
Hand Slide Wide



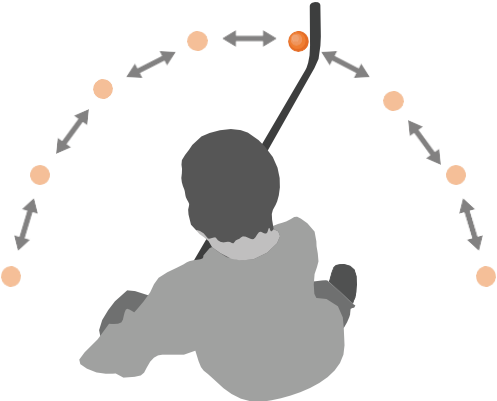
Ball Through Legs



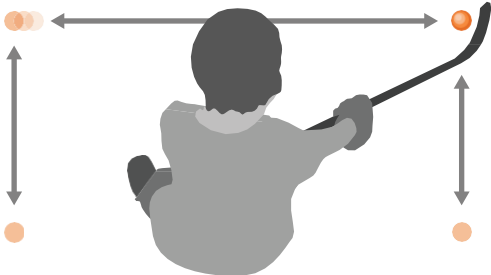
Stick Through Legs



Wide Reach in Motion



Half Circle



Box

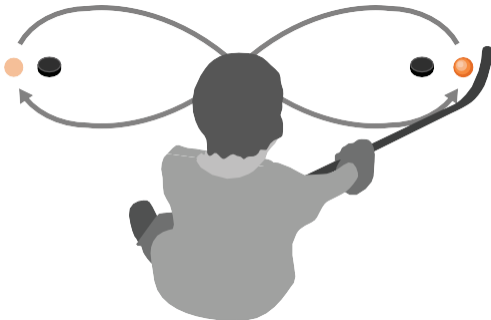


Figure 8

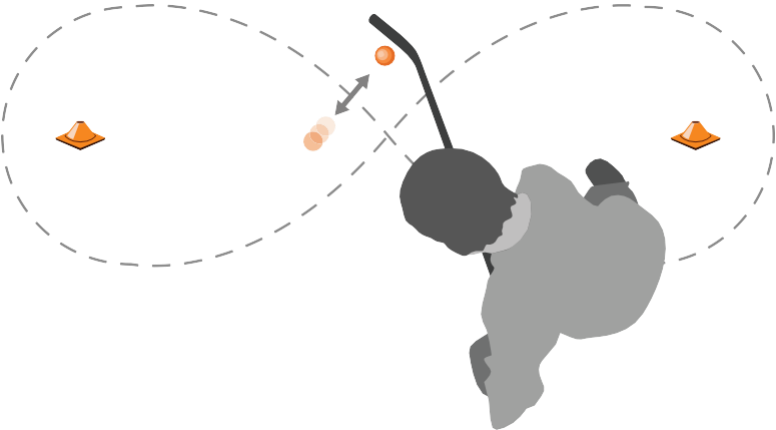


Figure 8 in Motion

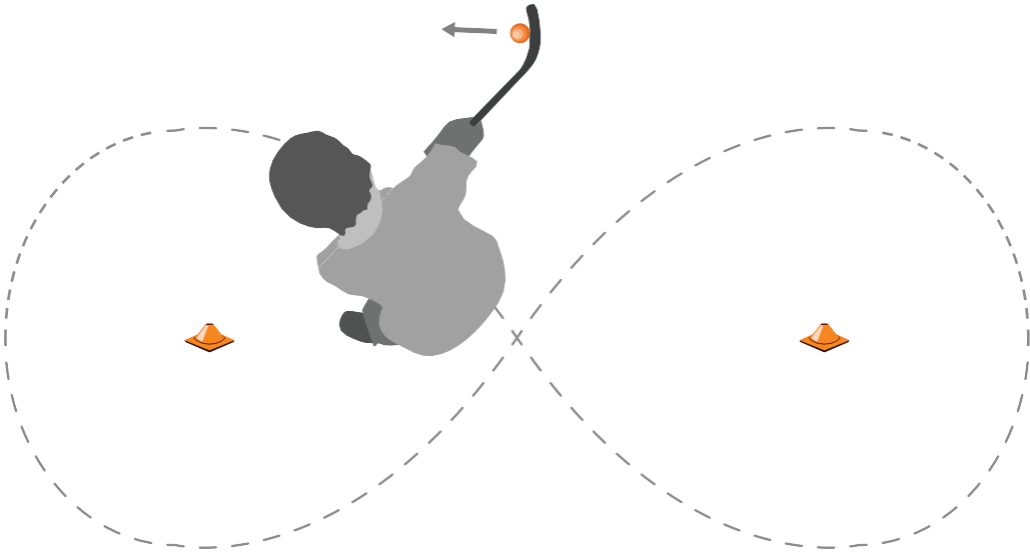
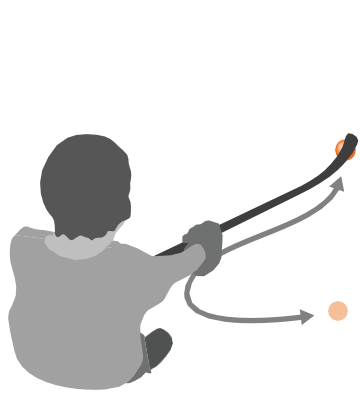
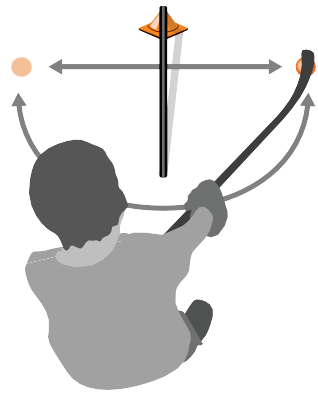


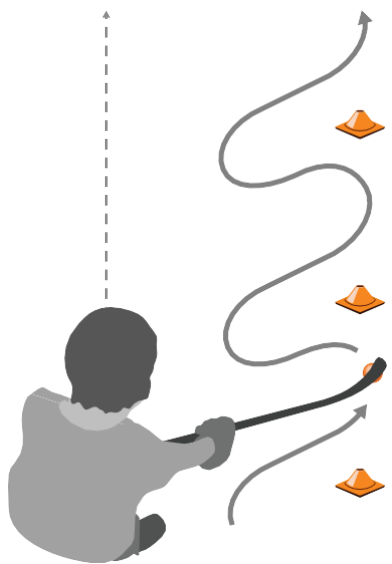
Figure 8 Forehand Only



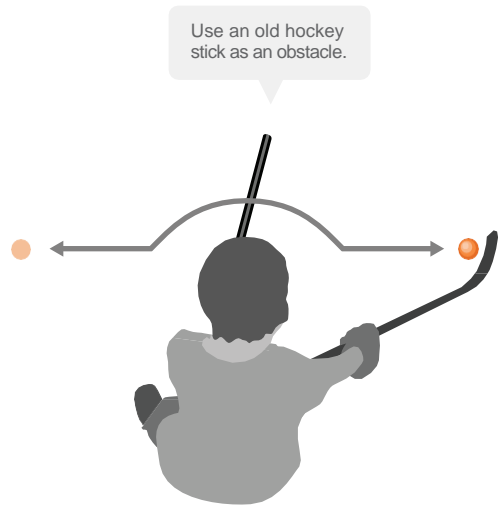
Front & Side



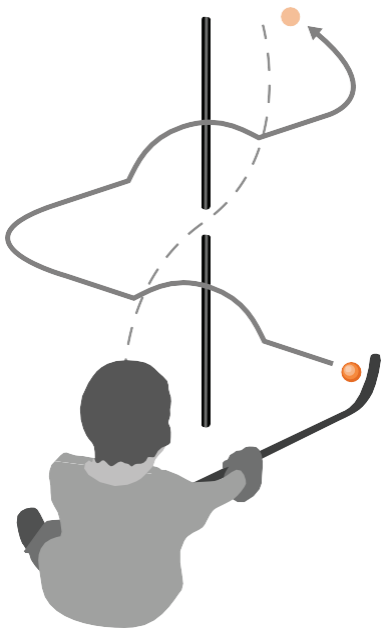
Attack Triangle



Toe Drag



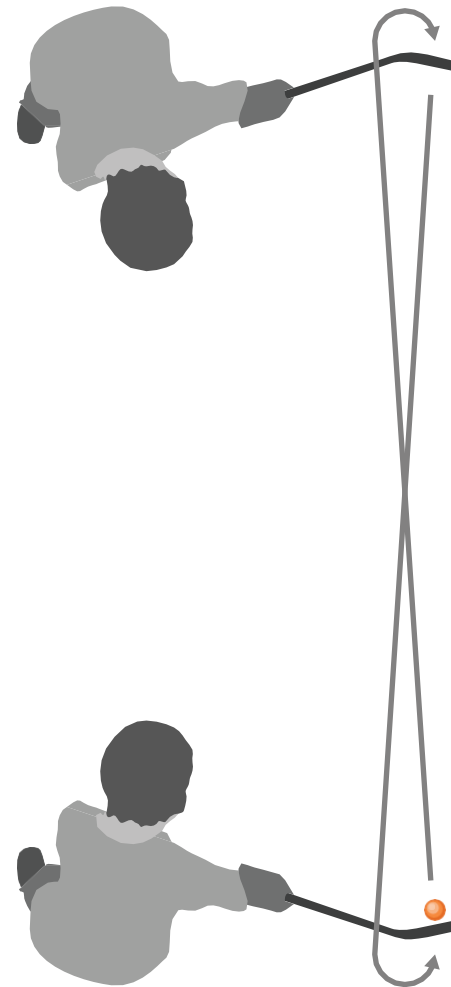
Chip Over Stick



Transition Sticks



Stick Handling Pass



One Touch Pass