



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:

Silky Mitts	2,500 touches
Dirty Dangles	5,000 touches
Biscuit Beauty	10,000 touches

Shooting Attainment Levels:

Snipe	1,500 shots
Bar Down	3,000 shots
Light the Lamp	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 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

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	

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

Passing					
50	50	50	50	50	250
50	50	50	50	50	500

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

Name: _____

Email/Phone: _____

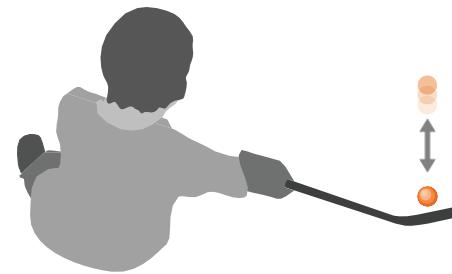
Level: _____ Parent Signature: _____

Quick Hands

3,500 Touches



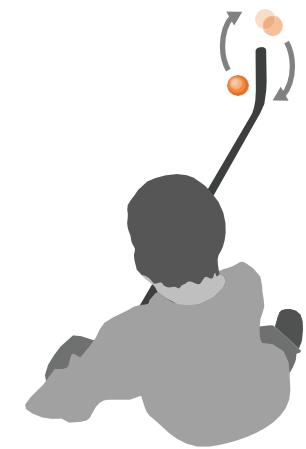
Front



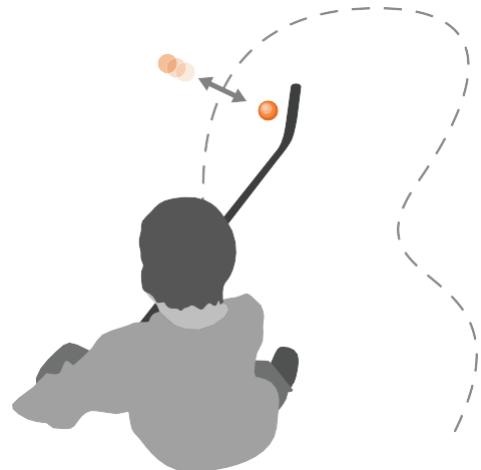
Side



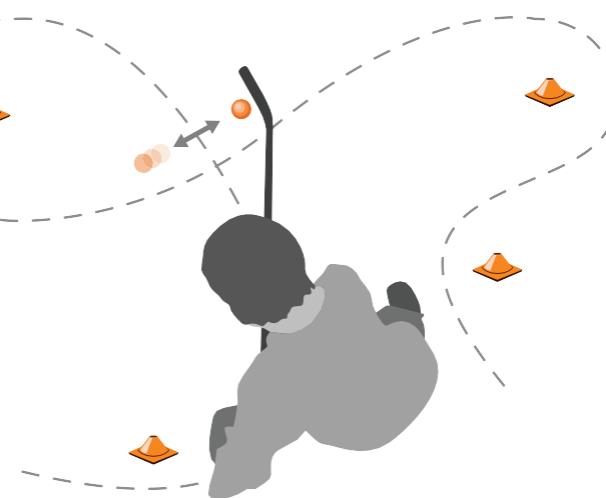
2/3 Balls



Spin



In Motion



Obstacle Course

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



Juggling

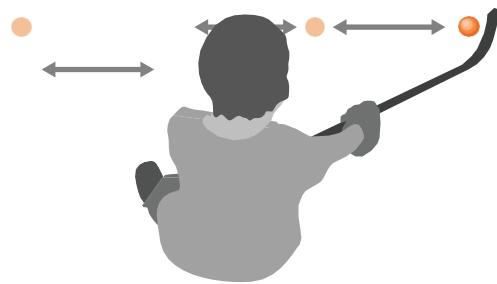
— Ball Motion

----- Player Motion

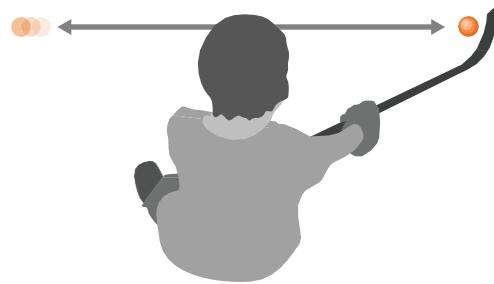
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Narrow & Wide

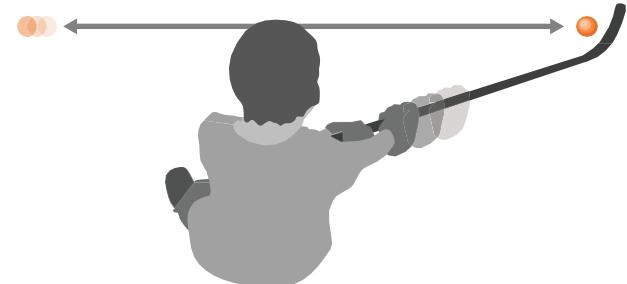
2,000 Touches



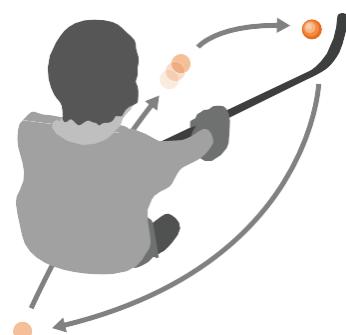
Narrow/Wide Combo



Wide Catch & Throw



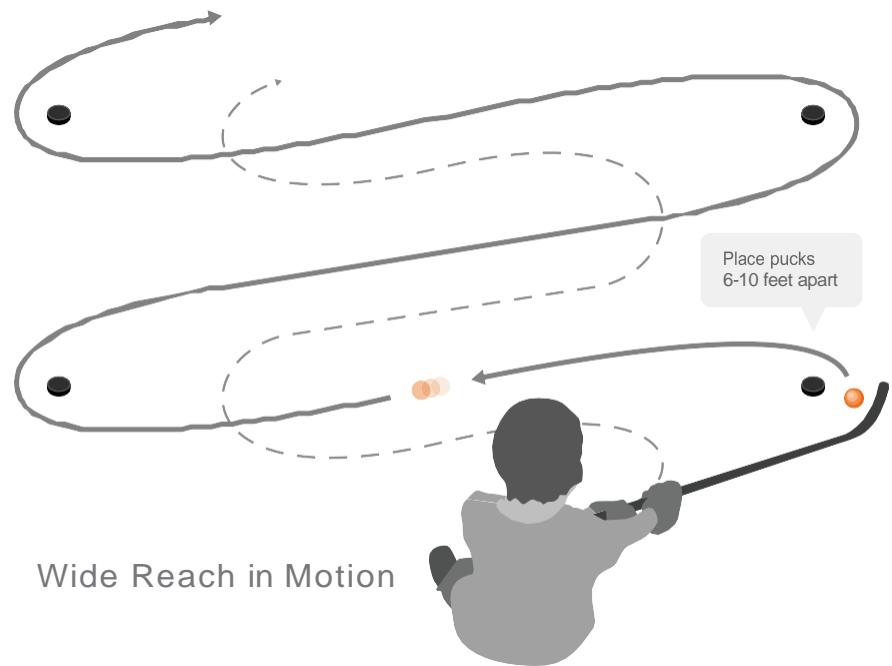
Hand Slide Wide



Ball Through Legs



Stick Through Legs



Wide Reach in Motion

— Ball Motion

----- Player Motion

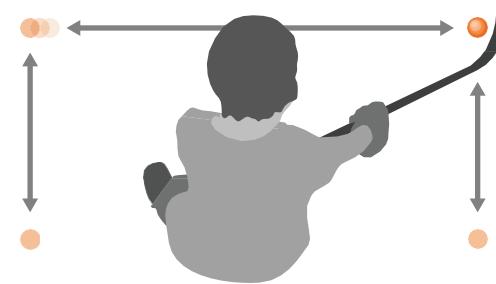
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Around Body

2,250 Touches



Half Circle



Box

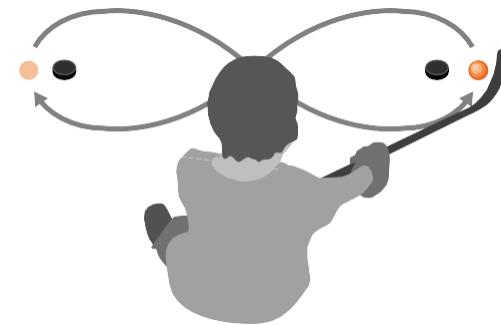


Figure 8

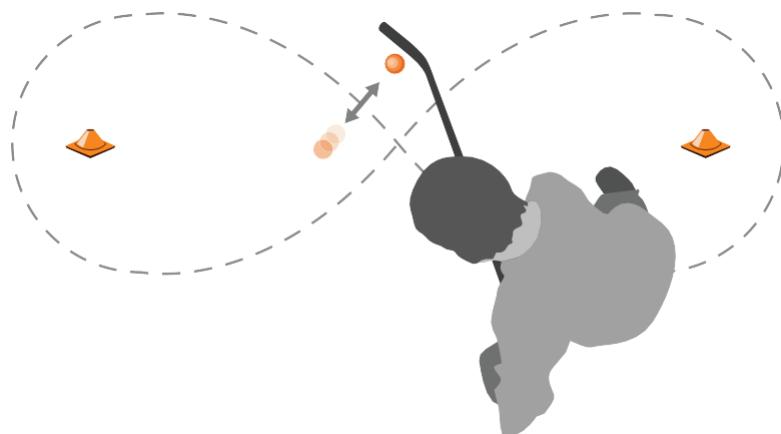


Figure 8 in Motion

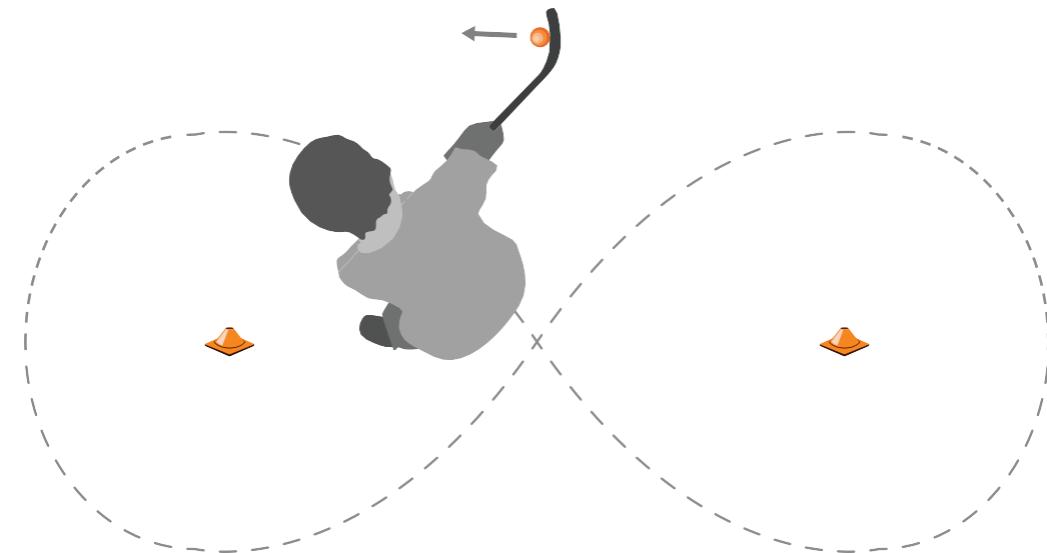


Figure 8 Forehand Only

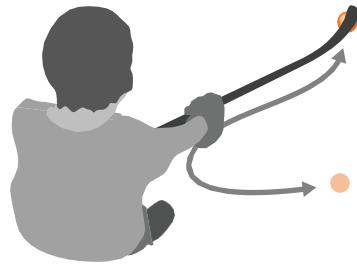
— Ball Motion

---- Player Motion

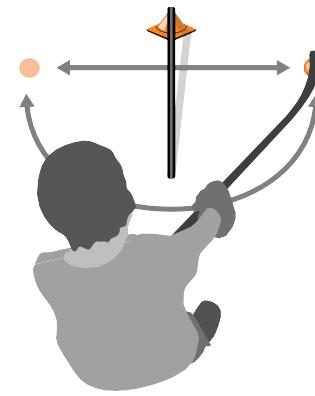
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Toe Drags

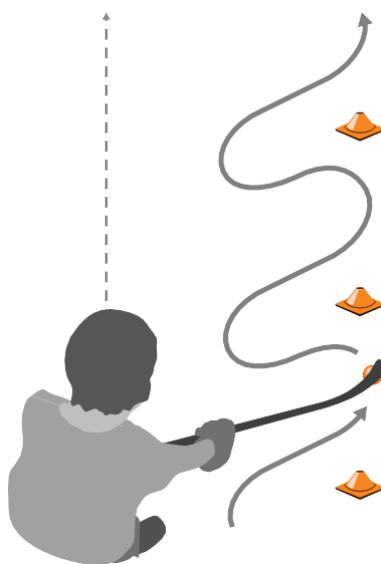
1,250 Touches



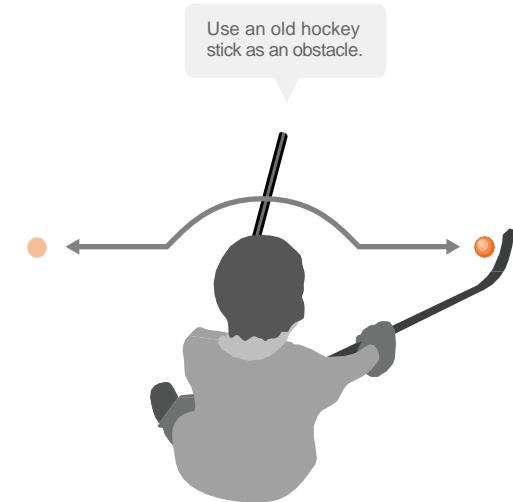
Front & Side



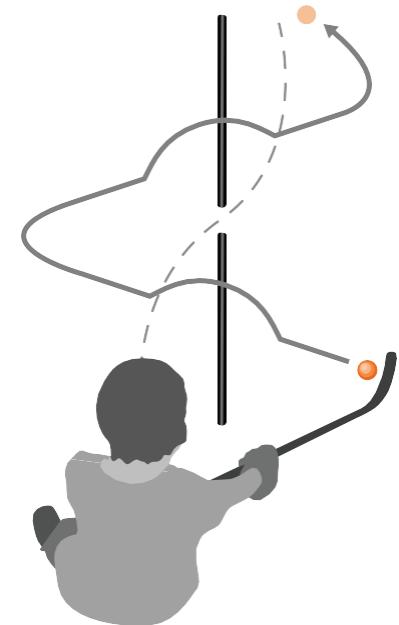
Attack Triangle



Toe Drag



Chip Over Stick



Transition Sticks

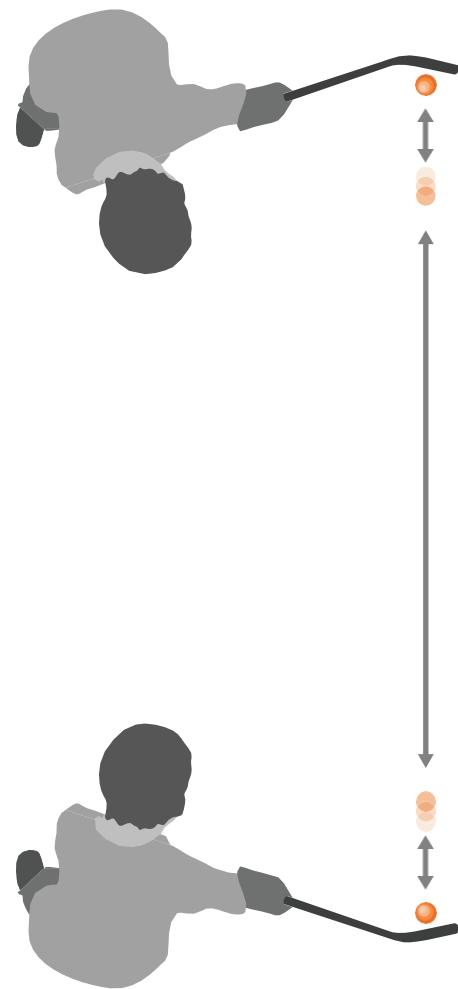
— Ball Motion

----- Player Motion

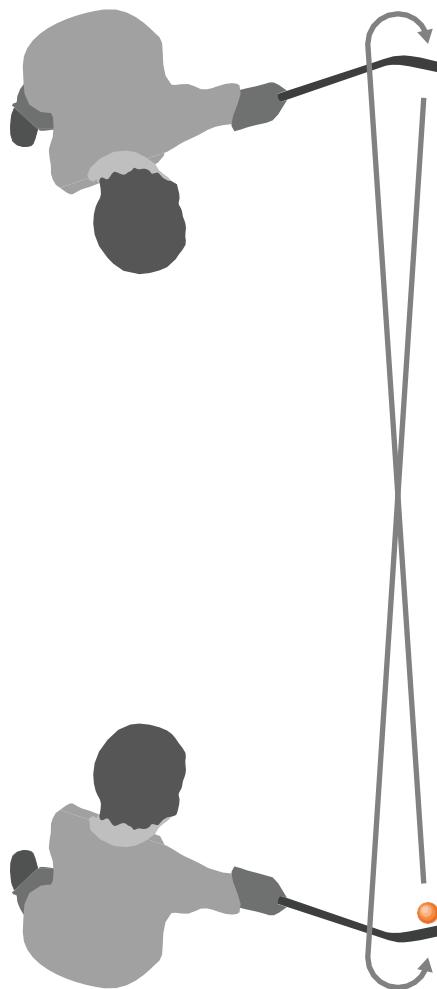
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Passing

1,000 Touches



Stick Handling Pass



One Touch Pass