



GOAL: Improved puck control skills through increased hand speed, quickness & coordination  
 PLAN: Develop stickhandling skills performing 10,000 touches over an 14 week period  
 WEEKLY GOAL: 75-150 minutes per week  
 DAILY GOAL: 15-30 stickhandling minutes per day

# LAND OF THE 10,000 TOUCHES

## "WHAT IS A TOUCH"

A "touch" can simply be defined as every time there is a change in direction of the ball

**QUICK HANDS**  
3,500 TOUCHES

- QUICK HANDS FRONT
- QUICK HANDS SIDE
- QUICK HANDS 2/3 BALLS
- QUICK HANDS SPIN
- QUICK HANDS IN MOTION
- QUICK HANDS OBSTACLE COURSE
- QUICK HANDS JUGGLING

**NARROW & WIDE**  
2,000 TOUCHES

- NARROW/WIDE COMBO
- WIDE THROW & CATCH
- HAND SLIDE WIDE
- BALL THROUGH LEGS
- STICK THROUGH LEGS
- WIDE REACH

**AROUND BODY**  
2,250 TOUCHES

- AROUND BODY
- AROUND BODY BOX
- FIGURE 8 STATIONARY
- FIGURE 8 IN MOTION
- FOREHAND ONLY

**TOE DRAGS**  
1,250 TOUCHES

- TOE DRAG FRONT SIDE
- TOE DRAG ATTACK TRIANGLE
- TOE DRAG MOVING
- CHIP OVER STICK
- TRANSITION STICKS

**PASSING**  
1,000 TOUCHES

- PASSING STICKHANDLING /PASS
- PASSING ONE TOUCH

TRACK YOUR STICKHANDLING TOUCHES BY CHECKING OFF EACH BOX ONCE YOU HAVE FINISHED THE TASK

**QUICK HANDS**  
3,500 TOUCHES

QUICK HANDS -FRONT	50 50 50 50 50	500
QUICK HANDS -SIDE	50 50 50 50 50	500
QUICK HANDS - 2/3 BALLS	50 50 50 50 50	500
QUICK HANDS - SPIN	50 50 50 50 50	500
QUICK HANDS - IN MOTION	50 50 50 50 50	500
QUICK HANDS - OBSTACLE COURSE	50 50 50 50 50	750
QUICK HANDS - JUGGLING	50 50 50 50 50	250
<b>TOTAL</b>		<b>3500</b>

**NARROW & WIDE**  
2,000 TOUCHES

NARROW/WIDE COMBO	50 50 50 50 50	500
NARROW/WIDE COMBO	50 50 50 50 50	500
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
WIDE REACH	50 50 50 50 50	250
<b>TOTAL</b>		<b>2,000</b>

**AROUND BODY**  
2,250 TOUCHES

AROUND BODY	50 50 50 50 50	500
AROUND BODY BOX	50 50 50 50 50	500
AROUND BODY STATIONARY	50 50 50 50 50	500
FIGURE 8 - IN MOTION	50 50 50 50 50	500
FOREHAND ONLY	50 50 50 50 50	250
<b>TOTAL</b>		<b>2,250</b>

**TOE DRAGS**  
1,250 TOUCHES

TOE DRAG - FRONT & SIDE	50 50 50 50 50	250
TOE DRAG - ATTACK TRIANGLE	50 50 50 50 50	250
TOE DRAG - MOVING	50 50 50 50 50	250
CHIP OVER STICK	50 50 50 50 50	250
TRANSITION STICK	50 50 50 50 50	250
<b>TOTAL</b>		<b>1,250</b>

**PASSING**  
1,000 TOUCHES

PASSING - STICKHANDLE & PASS	50 50 50 50 50	500
PASSING ONE TOUCH	50 50 50 50 50	500
<b>TOTAL</b>		<b>1,000</b>

**TOTAL 10,000**

NAME