



## 2026 MOOSE Youth Hockey Stick Handling Challenge

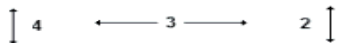
**Objective: 15 minutes each day.** To develop soft and quick hands

Key Points:

- Keep hands away from the body
- Top hand is firm and provides the "magic" to the blade
- Bottom hand is "soft" and slides along the stick like playing a violin
- Keep your head up

### 1. Range of Motion

Using the following numbers:



- #1 - Stickhandle the "puck" back and forth and side to side. 1 Min
- #2 - Stickhandle the "puck" back and forth. 1 Min
- #3 - Stickhandle the "puck" side to side shoulder width apart. 1 Min
- #4 & #5 - wrist across stick handle the puck back and forth. 1 Min each

As you work in #1-5: Keep your toes and hips straight ahead, roll your wrists and "Move the "puck" through each number, not your body.

Do each zone with your eyes open, eyes closed.

### 2. Range, Rhythm, Deception

Spend 1 minute doing each drill

|   |  |  |
|---|--|--|
| <p><b>Fig 8 Tall</b></p> <p style="text-align: right;">Both ways</p>  | <p><b>44 Wide - Short</b></p>                              | <p><b>Zorro</b></p>                              |
| <p><b>Fig 8 Flat</b></p> <p style="text-align: right;">Both ways</p>  | <p><b>44 Beside body</b></p>                               | <p><b>Fake "out"- then Lateral move "in"</b></p> |
| <p><b>Figure 8 with chair</b><br/>Same as Fig 8 flat but use chair legs rather than pylons or pucks</p> <p style="text-align: right;">Both ways</p> | <p><b>44 Extra wide, one hand on stick on backhand</b></p> | <p><b>Into feet, kick back up to stick</b></p>   |

\*If you need a ball, have your parent cut a tennis ball into 1/2 inch strip and then stuff it into a wiffle ball.