



2025 MOOSE Youth Hockey Stick Handling Challenge

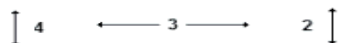
Objective: 15 minutes each day. To develop soft and quick hands

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

Fig 8 Tall Both ways	44 Wide - Short 	Zorro
Fig 8 Flat Both ways	44 Beside body 	Fake "out"- then Lateral move "in"
Figure 8 with chair Same as Fig 8 flat but use chair legs rather than pylons or pucks Both ways	44 Extra wide. one hand on stick on backhand 	Into feet, kick back up to stick

*If you need a ball, have your parent cut a tennis ball into ½ inch strip and then stuff it into a wiffle ball.