About 360HockeyTraining.com

360 hockey training is an online educational resource for hockey players, coaches and parents. Our goal is to provide hockey players, coaches and parents with the best possible information in order for hockey players of all ages and levels to play and develop to their full potential.

Our interactive video base website will help players reach the next level and develop on and off the ice. Coaches and parents will have access information to better help them understand the game and help young hockey players develop to the max. Our group of professionals touch on various categories that are important in the development of a hockey player.

Over 400 videos already posted on the website! Content updated monthly and an online interactive community.

360 hockey training covers 8 specific categories:

- Age specific (atom to midget) off-ice training and skill development for players
- Age specific (atom to midget) off-ice training and skill development for Goaltenders
- On ice skill technical development and drills for players & goaltenders
- Nutrition for peak performance
- Injury prevention, Sports psychology, Coaching tips, drills and system

Some of the 360HT team of experts:

Frantz Jean – NHL Goaltender coach for the Tampa Bay Lighthing & Calder cup winning AHL Norfolk Admirals
PA Parenteau – RW Colorado Avalanche
Fabian Joseph – 2 time Olympic silver medallist and Associate coach Moncton Wildcats in the QMJHL of the CHL
Stéphane Leblanc – Scout for Saint-John Sea dogs in the QMJHL of the CHL, Former coach Team Atlantic for U-17 World hockey championships
Rick Leger – Strength Coach with over 10 years experience working with hockey players ranging from elite Pee Wee to NHL

Visit their Web site: www.360hockeytraining.com
About the HockeyShot Ultimate Training Guide

360HockeyTraining.com and HockeyShot have partnered up to offer you The HockeyShot Ultimate Training Guide, the largest online training database for hockey players of all level!

360HockeyTraining offers an interactive video based website that will help players reach the next level and develop on and off the ice. Coaches and parents will have access to information to better help them understand the game and help young hockey players develop to the max.

With over 600 skill building videos already posted with more to come for only 20$/year!

Get your membership now: http://www.hockeyshot.ca/lp-360-hockey-training-a/634.htm

The HockeyShot Ultimate Training Guide covers various specific categories:

- **On ice skill development for players and goaltenders**
  - Over 600 videos covering all skills with various drills to practice them all
- **Age specific off ice training and skill development for players**
  - Off ice training programs/ Shooting and stickhandling programs
- **Age specific off ice training and skill development for goaltenders**
  - Movement patterns/ Flexibility and mobility/ Off ice training programs
- **Coach development**
  - Over 125 systems and tactic videos in a vast drill database
- **Nutrition for peak performance**
  - Learn to fuel your body correctly / What to eat and when
- **Sports psychology and injury prevention**

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- **PA Parenteau** – Current NHL player for the Montreal Canadiens.
- **Fabian Joseph** – 2 time Olympic silver medallist and Associate Coach of the Moncton Wildcats in the QMJHL of the CHL.
- **Stéphane Leblanc** – Scout for Saint John Sea dogs in the QMJHL of the CHL and former coach of Team Atlantic for the U-17 World Hockey Championships.
Why Puck Handling Is Important

Being able to handle the puck in various situations on the ice is crucial for any hockey player. Puck handling will enable you to find open ice for a shot on net, make a tape to tape pass and allow you to maneuver through traffic. In order to accomplish this, you must first build various stickhandling skills and most importantly: practice, practice, practice! Stickhandling is not just a matter of a left to right or up and down motion; in order to stickhandle efficiently, you need to be able to handle the puck all the way around your body!

Every hockey player would love to be able to handle the puck and pull moves like Sidney Crosby, Pavel Datsyuk and Evgeni Malkin; however, there is a progression to follow in order to become a better puck handler! First, you must learn the basic skills such as handling the puck left to right, up and down, puck handling on the side of your body as well as mastering the toe drag. Once you are comfortable with these skills, the possibilities are endless!

Advantages of Being a Good Puck Handler

- **Playing with your head up**
  - Being able to handle the puck without looking down at it will help you find open ice, see the play develop, find open teammates and allow you to see opponents coming toward you in order to avoid getting hit.

- **Better pass receiver**
  - In a perfect world, all passes would be tape to tape passes but unfortunately that is not the case in real games. Practicing good puck handling skills will give you the ability to receive passes that are behind you, in your skates and tap them out of the air.

- **Recover more pucks**
  - Winning battles and recovering loose pucks are key pieces to winning hockey games. The longer your team has possession of the puck, the less chance the other team has of scoring. Toe drags, chips over opponents’ sticks and being able to stickhandle outside of your comfort zone will improve your chances of recovering loose pucks.

- **Create time and space to make a play or shoot on net**
  - Have you ever been in a situation on the ice where you want to make a pass or shoot but your opponent is closing in on you too fast and you panic? Good puck handling skills can provide you with that extra second to create open ice to make the pass or shoot on net.
• **Slow down the play**  
  o Having confidence handling the puck will enable you to slow down the speed of the game so that your teammates can find open ice to receive passes or regroup to set up an offensive attack.

• **Greater chance of beating players one on one**  
  o Speed and acceleration are the most important factors in beating an opponent one on one and adding proper puck handling skills will only increase your odds of winning the battle. Not all one on one battles occur in north to south situations; most of these battles take place in the corners and along the boards. Toe drags, flips, tight stickhandling and passing the puck through sticks and skates will increase your odds of beating your opponent.

• **Stickhandle through heavy traffic**  
  o Practicing various stickhandling skills will provide you with the poise and confidence necessary to help you get out of sticky situations when there are many players around you.

**Key Points**

**Good Hockey Position**

• Keep your knees bent, upper body tilted slightly forward, head up and feet shoulder width apart.
• Keeping your arms and hands in front of your body, maintain a position that allows you to stickhandle fluently and quickly execute a pass, shot or deke.
• Do not have your top hand “locked” on your hip; this will limit your range of motion. Remember that your top hand should be in front of your body.

**Good Hand Position**

• Hands should not be positioned any wider than shoulder width apart on the shaft. Some players like to position their hands a bit closer together. It is your preference.
• Your top hand should have a light but firm grip on the stick.
• Your lower hand should be gripped loosely so that you can freely move the shaft up and down. Maintaining a loose grip also allows the shaft to rotate.
• Keep your wrists and arms relaxed to allow for quick and fluent manoeuvres.
Stickhandling Action

- Keep the blade of your stick square to the ice or floor.
- Cup the puck from forehand to backhand by lifting your stick over the puck and rolling your top wrists.
- Maintain controlled, fluent movement and feel the puck on the center of your blade.
- Do not tap the ice.
- Start slowly and progress faster once you feel comfortable with the stickhandling action.
- Keep your head up and use your peripheral vision to see the puck.

Common Mistakes

- **Slapping the puck/ice**
  - In order to keep the puck flat on the ice and have the best control, you need to roll your wrist and cup the puck from your forehand to backhand. If you slap the puck side to side or slap the ice with your stick, you will lose the ability to control the puck.

- **Progressing too quickly**
  - Progressing too quickly without having mastered basic puck handling skills will lead to bad habits and frustration while trying to do more advanced skills.
  
  Progression should follow these steps:
  1. Learn basic stickhandling skills
  2. Increase speed of execution
  3. Practice in movement
  4. Practice in various positions
  5. Practice under pressure
  6. Add new skill

- **Head down**
  - If you read through this guide, you will know why having your head down while stickhandling is a mistake.

- **Hands too wide**
  - This will reduce your range of motion. Your movements will be less fluent and certain skills will be very hard to execute.

- **Bending too far forward at the waist**
  - If you are bent too far forward at the waist, you will lose balance easily while executing fast stickhandling skills. This will also reduce your range of motion for certain techniques.
- **Top hand locked to the hip**
  - Having your top hand next to your hip will limit your range of motion.
- **Holding your stick too tight**
  - If you are holding your stick too tightly, you will limit the rolling action of your top wrist which controls the stickhandling action. Also, by gripping your stick too tightly, your arms will stiffen up and you will lose some fluency in your movements.

**Feeling the Puck**

In order to be an effective player on the ice, you need to play with your head up so that you know where your teammates and opponents are positioned. Playing with your head up also allows you to see the play develop and anticipate what is going to happen next.

Keep in mind that when you have possession of the puck, this does not change. You must still be able to play with your head up and be aware of your surroundings. Unfortunately, once the puck hits their blade, many players have trouble not looking down at it. Developing a feel for the puck will help you break these bad habits.

Developing a feel for the puck is simply a matter of knowing where the puck is located on your blade without looking down at it. In order to accomplish this, you need to develop a touch and feel for the weight of the puck on various locations on your blade (such as middle, toe and heel). Accomplishing this will take some time and practice but through hard work and determination, you can develop this skill. You can practice this skill by slowly stickhandling from left to right, up and down as well as laterally by using different spots on the blade of your stick. As you get better, feel free to increase your speed progressively over the weeks. You can also close your eyes once you become better in order to heighten your sense of touch.

**More Tips for Effective Puck Handling**

- **Stickhandle in various positions and situations**
  - It is human nature to do things that come easily to us and that are not overly difficult to execute. Once you have mastered basic stickhandling techniques, get out of your comfort zone and practice them in uncomfortable positions in order to really become a great puck handler.
    - puck close to body
    - away from body with longer reach
- Under pressure
- Moving forward, backwards, sideways

- **Over Speed**
  - Using the Swedish stickhandling ball will help you build quicker, softer handling abilities. The ball moves a lot quicker than a puck does so your fast twitch muscle fibres and your nervous system will have to adjust to this speed which, in turn, will help you develop quicker hands.

- **Moving the puck quickly from one area to another**
  - Practice moving the puck quickly from one area to another. This will be useful when you have a sudden change in direction or accelerate and need to protect the puck on the ice.

- **Practice moving the puck at your feet and behind your body**
  - Practice dropping the puck at your feet and kicking it back or passing it between your legs. This will help you recover bad passes, loose pucks as well as help you recover the puck if you get poke checked.

- **Handling the puck with one hand / extending your reach**
  - Being able to handle the puck able to handle the puck with only your top hand as well as the ability to keep control of it in a one hand extended situation will increase your odds of maintaining possession of the puck. Typically, you will only use this skill when you are protecting the puck from an opponent while trying to find open ice or when there is a loose puck.

When You Are In A Game Or On the Ice Practicing, Remember These Tips:

1) Great puck handling skills will give you an edge on the ice but in order to be effective and keep position of the puck while busting wide on a defensemen or battling in the corners, you must make sure to protect the puck. Keep the puck away from the defender’s stick and use your body to create space between him and the puck. Remember to always keep your head up in order to see the play. It is also important to bend your knees for good balance and use your hips, back and elbows to block the defender.

2) Great puck handlers always keep their heads up in order to find open ice in front of them to skate toward. Although you may have multiple moves in your arsenal, you do not always have to dangle through your opponents. If you’re a fast skater, try using your body to protect the puck and bust your defender wide!
3) Be sure to constantly keep the puck in movement so that your opponents are always guessing what your next move will be!

Training Aids to help you improve your stickhandling skills

**Training Tiles or Shooting Pads:** These will offer a better surface for you to practice stickhandling because they have more of an “ice like” feel.

HockeyShot Shooting Pads simulate the feel of ice, providing the slickest and smoothest surface possible for a better and more effective off-ice shooting and stickhandling practice!

**Green Biscuit Puck:** This puck slides better than a regular puck on all surfaces (other than ice). Green biscuit pucks are great for flooring tiles, shooting pads, cement or pavement.

The Green Biscuit is an off-ice training hockey puck that will help you and your team develop passing and stickhandling skills that will blow your competition away. Try it and you will agree!

**Extreme Dryland Puck:** Make the most of your shooting pads or flooring tiles with HockeyShot’s Extreme Dryland Puck, the fastest & smoothest training puck!

Nothing glides smoother on shooting pads, flooring tiles or synthetic ice surfaces than HockeyShot’s Extreme Dryland Puck. And unlike other training pucks, it’s meant to be shot so you can work on your whole game!
**Slide Board Pro:** This piece of equipment will give you the feeling of skating while stickhandling. You can add other training aids (such as an Attack Triangle or the Extreme Dangler) in order to practice various puck handling skills.

Before you can become an excellent player, you have to become an excellent skater. The fully adjustable HockeyShot™ Slide Board Pro was designed to build the muscles to help you get there.

**Attack Triangle:** This is a three dimensional training tool that will help you visualise the “imaginary triangle” in a defender’s stance. The Attack Triangle will help you with your dekes as well as handling the puck through sticks and skates while keeping your head up.

The interactive Attack Triangle is designed to challenge players by replicating the positioning of an opponent’s skates and stick. The Attack Triangle forces players to develop puck movement skills.

**Extreme Dangler:** If you are looking to improve your stickhandling speed, timing and precision, the Extreme Dangler tool will definitely help you.

The HockeyShot Extreme Dangler is one of the premier hockey stickhandling training devices designed to help young upcoming players to further develop their stickhandling skills. This innovative new hockey training aid that will truly improve your stickhandling and puck control skills!
**Extreme Stickhandling Ball:** The Extreme Stickhandling Ball allows you to work on your puck handling skills in an over speed environment. This tool will help you develop soft fast hands.

Puck control is the key to success on the ice. Work on it off the ice with HockeyShot’s Extreme Stickhandling Ball. Use this fast-moving trainer on any surface to practice everything from the basics to the jaw-droppers.

**Stickhandling Drills:**

To help you improve your stickhandling skills, we have formulated 28 stickhandling drills that will help you develop soft fast hands. We recommend that you practice these drills at least 3-4 times per week & each drill should be practiced for approximately 1-2 minutes. To maximize your stickhandling training, you will need a smooth flat surface, like a HockeyShot Shooting Pad or Dryland Flooring Tiles, and a stickhandling puck or ball.

**Drill #1 - Basic stickhandling – click to load video:**

**Good Hockey Position**

- Keep your knees bent, upper body tilted slightly forward, head up and feet shoulder width apart.
- Keep your arms and hands in a position that allows you to stickhandle fluently and quickly execute a pass, shot or a deke.

**Good Hand Position**

- Hands shouldn’t be positioned any wider that shoulder width on the shaft. Some players like their hands a bit closer it is up to your preference.
- Your top hand should have a light, but firm grip on the stick.
- Your lower hand should be gripped loosely so that you can freely move your hand up and down the shaft. Maintaining a loose grip also allows the shaft to rotate.
• Keep your wrists and arms relaxed to allow for quick and fluent manoeuvres.

**Stick Handling Action**

• Keep the blade of your stick square to the ice or floor.
• Cup the puck from forehand to backhand by lifting your stick over the puck and rolling your top wrists.
• Maintain controlled, fluent movement and feel the puck on the center of your blade.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

**Drill #2 - Wide stickhandling #1 – click to load video:**

For the wide stickhandling drill #1, you will use the same hockey and hand position as the basic stickhandling drill. The only difference is that you will increase the distance the puck travels by 2 to 3 lengths. Extend your reach and put a big emphasis on the wrist rolling action.

• Keep the blade of your stick square on the flooring tiles.
• Cup the puck from forehand to backhand by lifting your stick over the puck and rolling your wrists.
• Maintain controlled, fluent movement and feel the puck on the center of your blade.
• Do not tap the ice/floor.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.
Drill #3 - Wide stickhandling #2 – click to load video:

For the wide stickhandling drill #2, you will start by stickhandling off center on your forehand. You will then proceed to extend your reach on the backhand and take your bottom hand off the shaft. Make sure to roll the wrist that is on top in order to cup the puck with your backhand. Finally, pull the puck back to its original position and replace your bottom hand on the shaft.

- Keep the blade of your stick square on the flooring tiles.
- Cup the puck from forehand to backhand by lifting your stick over the puck and rolling your wrists.
- Extend your reach on your backhand but remember to maintain good position without losing your balance.
- Maintain controlled, fluent movement and feel the puck on the center of your blade.
- Do not tap the ice/floor.
- Start slowly and progress faster once you feel comfortable with the stickhandling action.
- Keep your head up and use your peripheral vision to see the puck.

Drill #4 - Lateral stickhandling – click to load video:

For the lateral handling drill, you will use the same hockey and hand position as you did in the basic stickhandling drill. Begin by practicing stickhandling in front of your body and then moving the puck to your left side and right side by rotating your upper body.

- Keep the blade of your stick square on the flooring tiles.
- Cup the puck from forehand to backhand by lifting your stick over the puck and rolling your wrists.
- Maintain controlled, fluent movement and feel the puck on the center of your blade.
- Do not tap the ice/floor.
- Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

Drill #5 - 3 puck stickhandling — click to load video:

For this drill you will use the same hockey and hand position as you did in the basic stickhandling drill. Place 3 pucks in a triangle shape about 1 foot apart. Be creative and stickhandle through all 3 pucks using different patterns and various stickhandling skills.

Execute these skills by rolling your wrists and cupping the puck on your forehand and backhand. Extend your reach from side to side and forward to back by keeping your arms relaxed and your bottom hand in a loose but firm grip on the shaft.

• Flexible rolling action with your top wrist to cup the puck.
• Keep your arms relaxed and your bottom hand in a loose but firm grip.
• Maintain controlled, fluent movement and feel the puck on the center of your blade.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

Drill #6 - Figure 8 – horizontal — click to load video:

For this drill, you will use the same hockey and hand position as you did in the basic stickhandling drill. Place 2 pucks about 2 feet apart and stickhandle through the pucks in a figure 8 motion by rolling your wrists and cupping the puck on your forehand and backhand.

Extend your reach from side to side and forward to back by keeping your arms relaxed and your bottom hand in a loose but firm grip on the shaft. As you become more comfortable and pick up speed by practicing this exercise, begin to increase the distance between the pucks.
• Flexible rolling action with your top wrist to cup the puck.
• Keep your arms relaxed and your bottom hand in a loose but firm grip.
• Maintain controlled, fluent movement and feel the puck on the center of your blade.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

Drill #7 - Toe drag — click here to load video:

For the toe drag drill, you will use the same hockey and hand position as you did in the basic stickhandling drill. Begin this drill a little bit off center, with an extended reach on your forehand. Roll your top wrist so that the toe of the blade is pointed to the floor.

Make sure to keep your bottom hand loose, letting the shaft of your stick slide up while you pull the puck back toward the side of your body. Use a “J” shape motion and roll your top wrist so you can catch the puck with your blade in a square position on the floor.

• Flexible rolling action with your top wrist.
• Keep your bottom hand loose on the shaft.
• Use a “J” shape motion pattern.
• Maintain controlled, fluent movement and feel the puck on the center of your blade.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

Drill #8 - Back hand flip over stick — click to load video:

For this drill you will use the same hockey and hand position as you did in the basic stickhandling drill. Place a stick in front of you and use a stickhandling ball like the Swedish wooden ball or the smart hockey ball. Roll your wrist, flip the ball over the stick and catch it on the other side.
This movement has to be done in a fluent and controlled manner, if not you will lose control of the ball. Once you have caught and cupped the ball on the other side, execute a toe drag in a “J” shape motion before returning to your original position.

- Flexible rolling action with your top wrist to cup the puck.
- Keep your arms relaxed and your bottom hand in a loose but firm grip.
- Blade positioned with an open face (like a golf wedge) on your backhand to pop the puck/ball.
- Maintain controlled, fluent movement and feel the puck on the center of your blade.
- Start slowly and progress faster once you feel comfortable with the stickhandling action.
- Keep your head up and use your peripheral vision to see the puck.

Drill #9 - Passing puck through feet – click to load video:

Start in the basic stickhandling position and move the puck laterally besides your body. Then extended your reach a bit further behind and use the toe of your blade to pull the puck back in between your feet where you will kick it back to your stick blade.

- Be comfortable stickhandling laterally.
- Flexible rolling action with your top wrist to pull the puck.
- Rotate your upper body.
- Use the toe of your blade to pull puck back.
- You can use a staggered stance.
- Start slowly and progress faster once you feel comfortable.
- Keep your head up and use your peripheral vision to see the puck.
Drill #10 - Stickhandling with pass off feet — click to load video:

Start with a basic stickhandling position dribbling the puck in front of you and proceed to bring the puck in your feet and kick it back to your blade. Use both feet and tap the puck using both your forehand and back hand.

- Keep the blade of your stick square on the flooring tiles.
- Maintain controlled, fluent movement and feel the puck on the center of your blade and feet.
- Do not tap the ice/floor.
- Start slowly and progress faster once you feel comfortable.
- Keep your head up and use your peripheral vision to see the puck.

Drill #11 - 5 puck handling — click to load video:

For this drill you will use the same hockey and hand position as you did in the basic stickhandling drill. Place 4 pucks in a square shape about 1-2 feet apart and put a 5th one in the middle. Be creative and stickhandle through all 5 pucks using different patterns and various stickhandling skills.

Execute these skills by rolling your wrists and cupping the puck on your forehand and backhand. Extend your reach from side to side and forward to back by keeping your arms relaxed and your bottom hand in a loose but firm grip on the shaft.

- Flexible rolling action with your top wrist to cup the puck.
- Keep your arms relaxed and your bottom hand in a loose but firm grip.
- Use various skills (such as: figure 8, forehand and backhand toe drag).
- Maintain controlled, fluent movement and feel the puck on the center of your blade.
- Start slowly and progress faster once you feel comfortable with the stickhandling action.
- Keep your head up and use your peripheral vision to see the puck.
Drill #12 - Wide stickhandling in movement #1 — click to load video:

Set up 2 rows of 5 pucks. Start in the middle and stickhandle through each puck going from one row to the other. Always return to the middle position and execute a quick stickhandling manoeuvre. Complete de drill going forward and backwards.

- Flexible rolling action with your top wrist to cup the puck.
- Keep your arms relaxed and your bottom hand in a loose but firm grip.
- Extend your reach laterally.
- Maintain controlled, fluent movement and feel the puck on the center of your blade.
- Start slowly and progress faster once you feel comfortable with the stickhandling action.
- Keep your head up and use your peripheral vision to see the puck.

Drill #13 - Toe drag w/Attack Triangle — click to load video:

For this toe drag drill, you will use an Attack Triangle training tool. Picture the blade of this tool as the blade of a defender. Begin this drill a little bit off center, with an extended reach on your forehand. Roll your top wrist so that the toe of the blade is pointed to the floor.

Be sure to keep your bottom hand loose, allowing the shaft of your stick to slide up while you pull the puck back toward the side of your body. Use a “J” shape motion and roll your top wrist so you can catch the puck with your blade in a square position on the floor.

- Flexible rolling action with your top wrist.
- Keep your bottom hand loose on the shaft.
- Use a “J” shape motion pattern.
- Maintain controlled, fluent movement and feel the puck on the center of your blade.
- Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

**Drill #14 - Wide stickhandling w/Attack Triangle** – click to load video:

Use the Attack Triangle as if you were going to pass the puck through the “imaginary triangle” located between the stick and skates of a defender.

• Keep the blade of your stick square on the flooring tiles.
• Use proper form (see basic stickhandling position).
• Cup the puck from forehand to backhand by lifting your stick over the Attack Triangle and rolling your wrists.
• Maintain controlled, fluent movement and feel the puck on the center of your blade.
• Do not tap the ice/floor.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

**Drill #15 - Toe drag with backhand flip w/ Attack Triangle** – click to load video:

Begin this drill a little bit off center, with an extended reach on your forehand. Roll your top wrist so that the toe of the blade is pointed to the floor.

Use a “J” shape motion and roll your top wrist so you can catch the puck/ball with your blade in a square position on the floor. Then move the puck/ball on front of your body on your back hand and flip it over the attack triangle blade. Be sure to keep your bottom hand loose, allowing the shaft of your stick to slide up while you pull the puck back toward the side of your body.
• Flexible rolling action with your top wrist.
• Keep your bottom hand loose on the shaft.
• Use a “J” shape motion pattern.
• Maintain controlled, fluent movement and feel the puck on the center of your blade.
• Blade positioned with an open face (like a golf wedge) on your backhand to pop the puck/ball.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

Drill #16 - Freestyle w/Attack Triangle – click to load video:

Using the Attack Triangle tool you will practice various skills, passing the puck underneath the stick, between the skates, toe drags, flips while moving around the attack triangle.

• Keep your head up.
• Use correct techniques for all different skills.
• Progressively increase speed of execution.
• Challenge yourself.

Drill #17 - Dekes in movement w/Attack Triangle – click to load video:

Using the Attack Triangle as a defender, practice various dekes in movement.

• Keep your head up.
• Use correct techniques for all different skills.
• Incorporate head and shoulder fakes.
• Progressively increase speed of execution.
• Challenge yourself.
• Do not develop bad habits.

Drill #18 - Saucer pass w/Attack Triangle – click to load video:

Using the Attack Triangle as a defender, practice your saucer pass over the stick. In order to execute the saucer pass you need to open the face of your blade, start the puck on your heel and sweep it across your blade while rolling your wrist.

For longer saucer passes use a bit of a wrist shot motion. You want the puck to land flat and a few feet in front of your target.

• Use a sweeping motion, don’t slap the puck.
• Open the face of your blade and start put on heel and finish close to the toe.
• Roll your wrist so that the blade can lift the puck.
• Remember that the puck needs to land flat and a few feet before your partner’s blade.
• Look at target / Give your passer a target.
• Finish your pass with a proper follow through to your target.

Drill #19 - Dangler pass through skates w/ Passer Pro – click to load video:

Using the Dangler as a defender, practice precision passing through the imaginary triangle between the stick and skates. Good, hard and crisp passes. As you become better increase the distance and also practice one touch passes.

• Use a sweeping motion, don’t slap the puck.
• Look at target.
• Follow through to target.
• Cradle puck when receiving pass.
Drill #20 - Toe drag w/Dangler – click to load video:

Set up 4 sections of the Dangler stickhandling tool horizontally in front of you. Moving laterally, execute a toe drag through each hole.

• Rolling action with your top wrist.
• Be sure that the puck is in the center of your toe blade before pulling back.
• Catch the puck in the middle of your blade on the other side of the training tool.
• Keep your arms relaxed and your bottom hand in a loose but firm grip.
• Maintain controlled, fluent movement and feel the puck on your blade.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

Drill #21 - Backhand flip with toe drag – click to load video:

Place a Dangler tool in front of you and use a stickhandling ball like the Swedish Wooden Ball or the smart hockey ball. Roll your wrist, flip the ball over the stick and catch it on the other side. This movement has to be done in a fluent and controlled manner, if not you will lose control of the ball.

• Rolling action with your top wrist to cup the puck.
• Keep your arms relaxed and your bottom hand in a loose but firm grip.
• Blade positioned with an open face (like a golf wedge) on your backhand to pop the puck/ball.
• Use a “J” shape motion pattern to execute the toe drag.
• Maintain controlled, fluent movement and feel the puck/ball on the center of your blade.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.
Drill #22 - In movement #1 w/Dangler – click to load video:

Set up 4 sections of the Dangler stickhandling tool vertically in front of you. Maintaining a good hockey position, start to stickhandle through the Dangler trainer. Be sure to pass into each hole twice before moving onto the next hole.

Once you reach the end of the training tool, continue your stickhandling but this time, walk backwards.

• Rolling action of your wrist to cup the puck.
• Keep the blade of your stick square on the flooring tiles.
• Cup the puck from forehand to backhand by lifting your stick over the training tool and rolling your wrists.
• Keep your arms relaxed and your bottom hand in a loose but firm grip.
• Maintain controlled, fluent movement and feel the puck on the center of your blade.
• Do not tap the floor.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

Drill #23 - In movement #2 w/Dangler – click to load video:

Set up 4 sections of the Dangler stickhandling tool vertically in front of you. Maintaining a good hockey position, start to stickhandle through the Dangler trainer, passing only once before moving onto the next hole.

Once you reach the end of the training tool, continue your stickhandling but this time, walk backwards.

• Keep the blade of your stick square on the flooring tiles.
• Cup the puck from forehand to backhand by lifting your stick over the training tool and rolling your wrists.
• Keep your arms relaxed and your bottom hand in a loose but firm grip.
• Maintain controlled, fluent movement and feel the puck on the center of your blade.
• Do not tap the floor.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

Drill #24 - Figure 8 – horizontal w/Dangler – click to load video:

For this drill, you will use the same hockey and hand position as you did in the basic stickhandling drill. Place 2 sections of the Dangler tool together horizontally in front of you.

Stickhandle through the Dangler in a figure 8 motion by rolling your wrists and cupping the puck on your forehand and backhand. Extend your reach from side to side and forward to back by keeping your arms relaxed and your bottom hand in a loose but firm grip on the shaft.

• Rolling action of your wrist to cup the puck.
• Keep your arms relaxed and your bottom hand in a loose but firm grip.
• Use various skills.
• Maintain controlled, fluent movement and feel the puck on your blade.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.
Drill #25 - Figure 8 vertical w/Dangler – click to load video:

For this drill, you will use the same hockey and hand position as you did in the basic stickhandling drill. Place 2 sections of the Dangler tool together vertically in front of you. Stickhandle through the Dangler in a figure 8 motion by rolling your wrists and cupping the puck on your forehand and backhand.

Extend your reach from side to side and forward to back by keeping your arms relaxed and your bottom hand in a loose but firm grip on the shaft.

• Rolling action of your wrist to cup the puck.
• Keep your arms relaxed and your bottom hand in a loose but firm grip.
• Use various skills.
• Maintain controlled, fluent movement and feel the puck on your blade.
• Start slowly and progress faster once you feel comfortable with the stickhandling action.
• Keep your head up and use your peripheral vision to see the puck.

Drill #26 - Dangler - Forehand Stick Handling in Movement – click to load video:

Line up a few Dangler section vertically in front of you. You will stickhandle forward and backward through the Dangler on one leg. Focus on maintaining good balance and proper stickhandling technique throughout the drill.

• Keep the blade of your stick square on the flooring tiles.
• Cup the puck from forehand to backhand by lifting your stick over the Dangler and rolling your wrists.
• Maintain controlled, fluent movement and feel the puck on the center of your blade.
• Do not tap the ice/floor.
• Start slowly and progress faster once you have developed good balance.
• Keep your head up and use your peripheral vision to see the puck.
**Drill #27 - Dangler – side to side jump (one leg) – click to load video:**

Line up a few Dangler section vertically in front of you. Set yourself up beside it on one leg and find your balance. Once you are ready jump on the other side, stickhandle through the Dangler, land softly on your leg and regain your balance then repeat.

- Keep your core muscles engaged throughout the drill.
- Slow controlled hops over the Dangler to start and increase speed and length with time.
- Keep the blade of your stick square on the flooring tiles.
- Cup the puck from forehand to backhand by lifting your stick over the Dangler and rolling your wrists.
- Maintain controlled, fluent movement and feel the puck on the center of your blade.
- Do not tap the ice/floor.
- Start slowly and progress faster once you have developed good balance.
- Keep your head up and use your peripheral vision to see the puck.

**Drill #28 - Dangler – Toe Drag various distances #2 – click to load video:**

Set up 4 sections of the Dangler stickhandling tool horizontally in front of you. Stand at the end and use the training tool as a hurdle to toe drag around. Once you have completed the toe drag continue movement forward and pass the puck in training tool hole and execute a longer toe drag.

- Start by executing a small toe drag and progressively increase the length.
- Rolling action with your top wrist.
- Be sure that the puck is in the center of your toe blade before pulling back.
- Use a “J” shape motion pattern.
- Catch the puck in the middle of your blade at the bottom of the training tool.
- Keep your arms relaxed and your bottom hand in a loose but firm grip.
- Maintain controlled, fluent movement and feel the puck on your blade.
- Start slowly and progress faster once you feel comfortable with the stickhandling action.
- Keep your head up and use your peripheral vision to see the puck.