



# Stickhandling – Drills and Teaching

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## 5 Key Points to Consider

- 1) Technique
- 2) Practice
- 3) F.I.O.
- 4) Practice with Purpose and Speed
- 5) Game Application

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## Technique

- Teach stickhandling not only for technique, but also for results.
- Repetition helps players to become consistent performers.
- Results happen when repetition of technique can be mastered so technique can be incorporated into drills and ultimately into games.

[13 - Puck Control Warm Up - sr.wmv](#)

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## Technique – 5 Components

- 1) Feet wide apart for stability and balance
- 2) Bottom hand needs to be able to slide for range of motion.
- 3) Move the puck first – then the body for puck protection
- 4) Quick hands and quick feet but also quick hands and slow feet
- 5) Every move needs to have a set up and a pay off

[2 - Puck Control Warm - up - sr.wmv](#)

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## Practice

- Practice at a speed so players can learn
- Practice needs to be done in progression:
  - 1) if you can't do it standing still
  - 2) you can't do it moving
  - 3) and you can't do it to beat an opponent
- Work on the same skills in a variety of drills

[12 - Puck Control Warm Up - 2 - sr.wmv](#)

- Players need to learn at a speed where they can practice, think and create without worrying about making mistakes

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## F.I.O. – Figure it Out

- Figure It Out means creativeness and improvisation
- If players are attached to the outcome ie worried about making a mistake, they will not fully realize their potential to be creative. They need to let go!
- Create or set up the drill, then let players decide the patterns

[4 pylon agility.wmv](#)

[19 - Corner Obstacle Agility.wmv](#)

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## Practice with Purpose and Speed

- Once technique has been practiced it then has to be done with purpose.

[14 - Corner Puck Protect Copy.wmv](#)

- Practice with purpose then has to be done at speed –  
**GAME SPEED**

[16 - Crosby Delay Copy - iihf.wmv](#)

- When stickhandling can be done with purpose and speed it can then be done without thinking. It then happens automatically and deception and creativity can come into play

## Game Application

- Once they have technique, once they have practiced, once they have figured it out with purpose and speed - then comes the most important aspect of all!!!

### Game Application

[8 - Crosby Behind Net - sr.wmv](#)

[Crosby vs Spezza.mp4](#)

- We all know great practice players, but the great ones can do it in a game!
- In order to gain buy in, and keep buy in, the players will eventually need to know how it applies in a game.



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## Game Application

- Best place to go for game application – watch pros, watch games, watch video

<http://video.nhl.com/videocenter>

[Patrick Kane.mp4](#)

- Watch goals scored in the NHL and develop drills out of what you see.

[Jordan Eberle.mp4](#)

[22 Eberle.wmv](#)

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Thank You – Enjoy the 2012 World  
Championships!!!

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