## O - Off Ice Stickhandling - HS

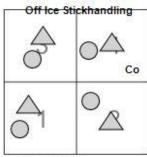
## **Key Points:**

Stress good mechanics of rolling the wrists, controlling the stick with the top hand.

## Description:

- 1. The coach demonstrates good technique and the players practice.
- 2. Use tennis balls, hockey balls, stickhandling balls, roller hockey pucks, racquet balls, etc.
- 3. Handle the ball all around the body,
- 4. Handle multiple balls and balls with different weight and bounce.
- 5. Juggle the balls up and down the stick.
- 6. Handle while standing on one foot.
- 7. Handle while on a balance board or ball.
- 8. Keepaway, small games, etc..

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