

STICKHANDLING – OFF ICE

Russian training is more unstructured and spontaneous while North American training is almost too structured—hard to find a balance

Wear your hockey gloves to get a realistic feel

Stick Length: if you are going to strictly work on dry land stick handling then you should make sure your stick is the right length—it would be shorter since you have no skates on

Implements and Ideas:

Some coaches cut the blade of the stick in half (rounded and taped) to use a shorter stick for dry land—makes it easier when you go back to a regular blade

You can buy wooden Swedish balls or you can use golf balls—the golf balls work as well but tend to bounce too much if you are going to shoot after stick handling

Add weight to your stick to work on forearm strength

Train with light pucks to heavier pucks back and forth to work on high speed training (you can drill holes in pucks to make them lighter)

In Finland they train with a smaller and lighter puck to work on control
“Smart Ball” - weighs the same as a puck (a little larger than a 2” ball)

Block your “p” (peripheral vision)—you can use special glasses or just close your eyes to get the feel of the puck on your stick

Practice in front of a mirrored wall—works on keeping your head up

Put a toilet paper roll on your stick for the bottom hand to get your hand used to sliding up and down the stick for various techniques (cushioning the puck, toe out and back etc)

Put a bungee cord on your stick near the bottom on the shaft and work on shooting strength

Build an elevated triangle out of old sticks (the triangle simulates an opponent’s stick and feet) and practice sliding the puck/ball through and around the triangle

Do footwork (jumping, one leg balance, cross steps) while handling the puck

There are many more creative ways to practice your puck skills off the ice—it just takes time and dedication.

HAVE FUN WITH IT!