



San Jose Sharks

**HOCKEY ACTIVITY
BOOKLET**



STATIONARY STICKHANDLING

FOCUS AREA

- Wrist work, basic stickhandling skills, quick wrists and hands.

DRILL SETUP

- Use a street hockey ball for this drill. Can use a golf ball or weighted stickhandling ball for my advanced players.
- Make sure you're on a flat surface to avoid the ball bouncing.
- Give yourself enough space to properly stickhandle.

DRILL TECHNIQUE



- Make sure you're standing in hockey position with your head and chest up.
- Have your hands in proper stickhandling position to help build proper technique.
- Keep a tight grip with your top hand and a loose grip with your bottom hand in order to have the best control.
- Start drill by moving ball across your body to the side of your body so you're now on your forehand.
- Stickhandle in place for 20 seconds. Once 20 seconds are up, move ball back to the front of your body.
- Stickhandle for 20 seconds with the ball in front of you while in hockey position.
- Then transfer the ball back across your body so you're on your backhand.
- Stickhandle on the backhand for 20 seconds and then move ball back to the center
- Rest for 30 seconds and start drill again.

DRILL TIPS

- Focus on the technique before worrying about speeding up.
- Change the angles of the cone/object for more difficult drill.
- If you have a net, you can shoot on the net to finish the drill.

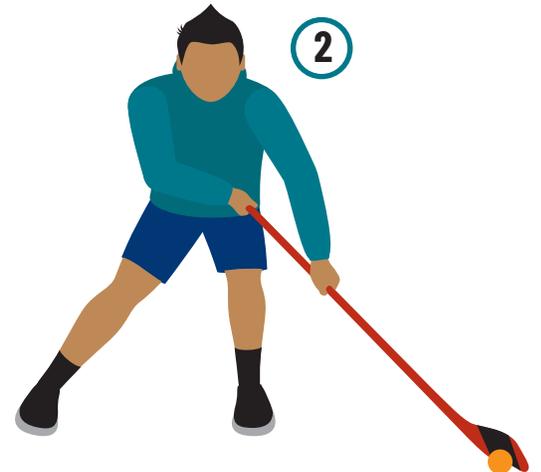




FIGURE 8 STICKHANDLING

FOCUS AREA

- Wrist work and basic stickhandling skills.

DRILL SETUP

- Use a street hockey or weighted stickhandling ball. Can use a puck if you have the correct surface.
- Place two cones or objects 4 feet across from each other.
- Give yourself enough space, about 2 feet in front of the cones, to properly stickhandle.

DRILL TECHNIQUE

- Make sure you're standing in hockey position with your head and chest up.
- Have your hands in proper stickhandling position to help build proper technique.
- Keep a tight grip with your top hand and a loose grip with your bottom hand in order to have the best control.
- Start drill by moving ball or puck with your backhand around the top of the closest cone/object.
- Then transfer the ball or puck on your forehand through the bottom of the cone.
- While on the forehand, reach across your body to the other cone/object.
- Bring the ball or puck around the top of the cone.
- Transfer the ball or puck onto your backhand.
- While still on the backhand, bring the ball or puck back across your body and repeat.
- 30-45 second intervals.

DRILL TIPS

- Focus on the technique before worrying about speeding up.
- Change the angles of the cone/object for more difficult drill.
- If you have a net, you can shoot on the net to finish the drill.





QUICK STICK

FOCUS AREA

- Wrist and hand speed.
- Short distance stickhandling.

DRILL SETUP

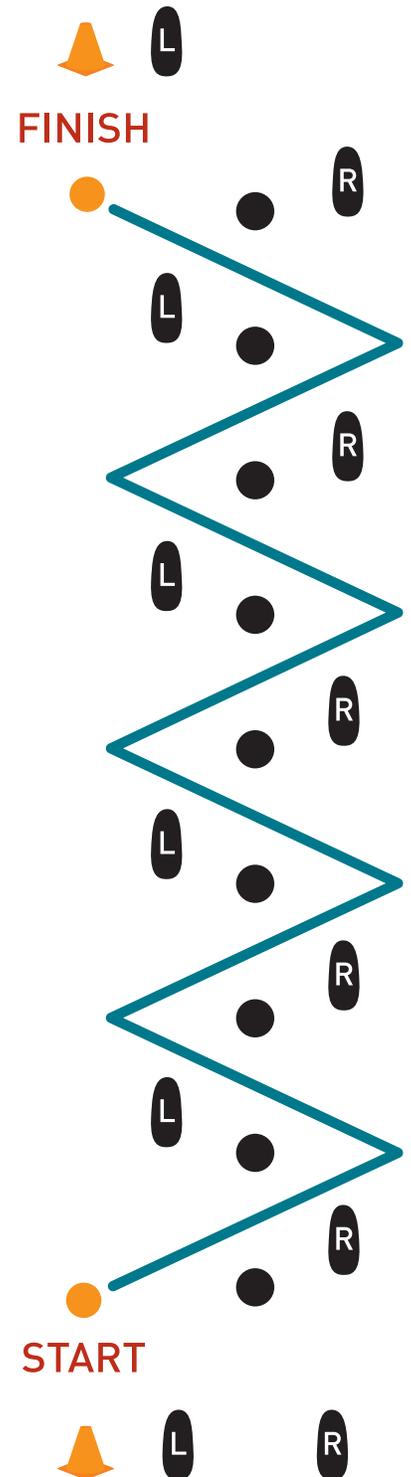
- Setup 9 cones, pucks, or objects in a straight line, about 2 feet apart.
- Use a ball or weighted stickhandling ball for this drill.

DRILL TECHNIQUE

- Start in hockey position with feet shoulder width apart and with your head and chest up.
- Hands are in proper position and you have a proper grip on your stick.
- Your arms are out and away from your body.
- Start drill by stickhandling through the puck/cone/objects.
- Your left leg/foot should stay on the left side and your right leg/foot on the right side.
- Focus on your wrists and proper movement, not arm movement.
- Make sure you're properly stickhandling, cupping the ball on the forehand and backhand.

DRILL TIPS

- Proper technique is more important than speed.
- Separate or zigzag pucks/cones/objects a bit for a more difficult drill.
- If you mess up, finish strong.
- Can shoot into a net to finish the drill if you have a net available.
- Make sure you keep your head up during the drill just like you would on the ice.





M DRILL

FOCUS AREA

- Agility and explosiveness.
- Balance.

DRILL SETUP

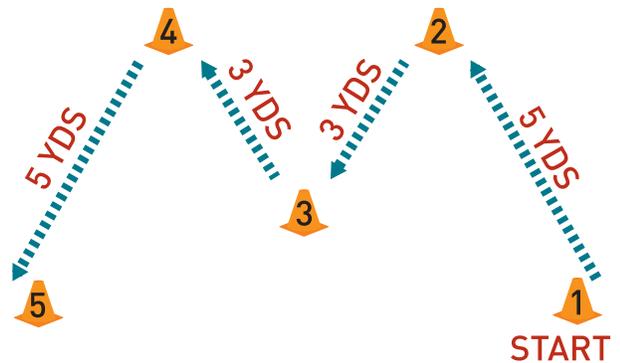
- Setup 5 cones in an M formation.
- Cones should be about 15 feet apart. Can shorten if needed.

DRILL TECHNIQUE

- Player starts at the bottom right of the M.
- Player explodes out of the drill and sprints to the next cone.
- Player must touch the top of the cone before changing directions.
- Player then sprints to the bottom of the M, touching the top of the cone once again.
- Player repeats steps until they are at the bottom left of the M.
- Player takes a quick break before going through drill again to end up where they originally started.

DRILL TIPS

- The M Drill is one of the most useful setups on and off the ice. Players can do a variety of different drills based on one setup.
- Players can switch up the way they run through the drill. Sprinting forward only, backpedaling only, or a combination of the two changes the drill and keeps it fresh.
- More advanced players can add a stick and ball to the drill to add some extra focus areas.
- Don't cheat yourself! Make sure you're touching the cone and properly exploding to the next cone like you would on the ice.





BALANCING WRIST SHOT

FOCUS AREA

- Shooting from a different position.
- Balance and shot technique.

DRILL SETUP

- Setup net about 20 feet from where you will be shooting.
- Setup a chair, stool, or anything that you can use to keep your leg up.
- Get as many pucks as you can and put them to the side.

DRILL TECHNIQUE

- If you're a righthanded shot, lift your left leg up and rest it on the chair while keeping your right foot planted.
- If you're a lefthanded shot, lift your right leg up and rest it on the chair while keeping your left foot planted.
- Start with a few light shots to get your form and technique in place before trying for quick shots or accuracy.
- Shift your weight forward and use your planted foot and leg to gain power in your shot.
- Make sure that the puck is near the heel of the blade to start and then it will slide up to the toe while you move your stick forward for the shot.
- Follow through with your shot just like you would on the ice.
- Don't just shoot to shoot. Keep your head up and aim for accurate shots.

DRILL TIPS

- For younger or beginner players, use a blue or lighter puck. Age appropriate training is important.
- Once you get the form and technique down, take a variety of different shots. Change the angles and distance.
- Shoot as many pucks as you can. More pucks shot, more practice.



20 Ft.



STICKHANDLE SHOT

FOCUS AREA

- Puck control while moving.
- Shooting in stride.

DRILL SETUP

- Setup 4 cones about 3 feet apart and setup a 5th cone 6 feet away from the rest.
- Setup net next to first cone, about 7 feet away from that cone.
- Use a hockey ball for this drill.

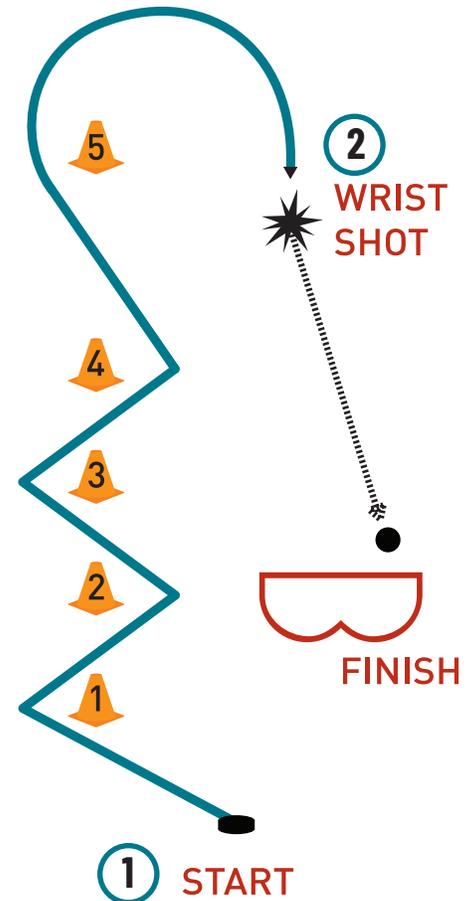
DRILL TECHNIQUE

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- Start on the right side of the first cone.
- Zigzag through the cones while stickhandling.
- Make sure that your hands are properly placed while stickhandling and that you have the correct grip on the top and bottom hand.
- Find the net around the 4th cone so you know where you will be shooting once you get around the final cone.
- Keep your head up as you round the final cone, pushing the ball forward and shifting your weight to the front leg.
- When shooting, remember to use a push/pull action to release the shot.
- Make sure you're square to the net and follow through with your shot.
- 4 reps of 10.

DRILL TIPS

- This drill setup has many different applications. You can add or subtract cones to make it more difficult or change the focus area.
- Focus on proper technique before worrying about getting through the drill quickly.
- If you mess up, find the ball and continue the drill. Don't let messing up discourage you from finishing strong.





ZIG ZAG STRIDE

FOCUS AREA

- Proper stride and form.
- Proper leg placement.

DRILL SETUP

- Place 6 cones in a zig zag pattern, 4-5 feet apart from each other.

DRILL TECHNIQUE

- Drill starts with participant standing inside the first cone, feet shoulder width apart, and knees bent as if they are getting ready to skate.
- Put weight onto the right leg with a knee band. At the same time, lift your left leg up in the air.
- Jump to the next cone while swinging your arms like you would during a hockey stride.
- Land on your left leg while keeping your knee bent with your right leg now lifted in the air.
- Hold pose for 3-4 seconds and then perform motion for each cone until you make it to the final cone.
- Jog back to the front of the line and repeat drill.

DRILL TIPS

- As with the other drills, focus on proper form before worrying about finishing the drill quickly.
- Once you run through the drill and have it down, you can start doing it with your stick to really simulate skating.
- Change it up a bit by running through the drill going backwards or by using a ball to stickhandle while doing the drill.
- Your stride is very important, this is an awesome drill to keep working on it even without ice.

