



HOME ICE ADVANTAGE

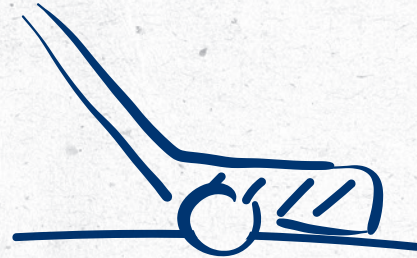


Hey Isles Family! Arron Asham, the Islanders' Lead Amateur Hockey Alumnus has your first Home Ice Advantage assignment. The focus for this week is the importance of staying active at home and how that helps make you a better hockey player. We'll cover stick handling when you're warming up before a game, and show you stick handling drills you can do right at home. Use the worksheet below to help you stay on track.

Week 1

Drill 1 (15-20 seconds)

- Ball out in front
- Stickhandle - start out slow - gather speed
- Keep your head up



Drill 2 (15-20 seconds)

- Ball on the side (forehand)
- Good hockey position
- Envision defender
- Stickhandle
- Hands out
- Keep your head up



Drill 3 (15-20 seconds)

- Ball on the other side (backhand)
- Lose the ball? Reset!



Pro Tips: Good Hockey Position

- Slight knee bend
- Shoulder width apart
- Stick out in front

SHOW OFF YOUR SKILLS:

Submit a video of yourself completing this week's drills with the #NYIHomeIceAdvantage for a chance to be featured on one of our social media channels and win a prize courtesy of Northwell Health!