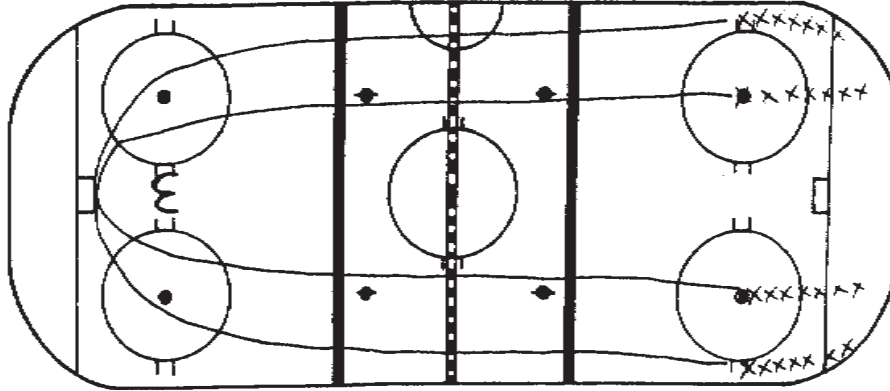


HORSESHOE STICKHANDLING PROGRESSION WARM-UP

The drill is done in a horseshoe format. Work areas for players are between the blue lines on both sides of the ice. If they are turning, stopping or pivoting, etc. always have them perform the task to one side of the building so that they do it to both the right and left as they progress through the drill. Players start on the hash marks by the boards and at the faceoff dot and end at the same spots on the other side of the ice. If time permits, players should be allowed to perform each task twice to allow for improvement. Goaltenders can be worked with in the net at one end while forwards and defensemen progress through the warm-up drills.



- **360 degree turns**
push puck ahead at blue line – turn completely around and pick up the puck.
 - **Backward between blue lines**
while controlling puck.
 - **Forehand or backhand move at each blue line**
players control the puck in a narrow dribble in front of their skates all of the way around the rink. At each blue line they do a wide dribble, moving the puck wide to go around an imaginary defender.
 - **Control puck with feet between blue lines**
drop puck into feet and control with inside edges – toes pointed out to sides – good knee bend for balance (don't kick puck more than a stick length ahead).
 - **Drop puck into skates and kick up to stick**
carry puck around a horseshoe – at each
- line, drop the puck into the skates and kick it back up to the stick.
 - **Complete 360 degree turns with puck**
tight turns at each blue line controlling puck with heel of stick.
 - **Controlling two pucks**
carrying two pucks using stick and feet – players are not allowed to push pucks along on their stick (they must be constantly dribbling puck and using their feet to control both pucks).
 - **Weave between blue lines**
control puck while crossing over three steps to the left then three to the right between blue lines.
 - **Opposite hand stickhandling**
hold stick opposite in hand (i.e. right-handers hold stick as a left-hander would and vice-versa) and stickhandle around the horseshoe.

warmups/#9 horseshoe