



# 10,000 TOUCHES

HOW WELL DO YOU THINK YOUR STICK HANDLING WOULD IMPROVE IF YOU PERFORMED 10,000\* TOUCHES STICKHANDLING OVER AN 8-WEEK PERIOD?

THE GOAL: IMPROVED PUCK CONTROL SKILLS THROUGH INCREASED HAND SPEED, QUICKNESS AND COORDINATION

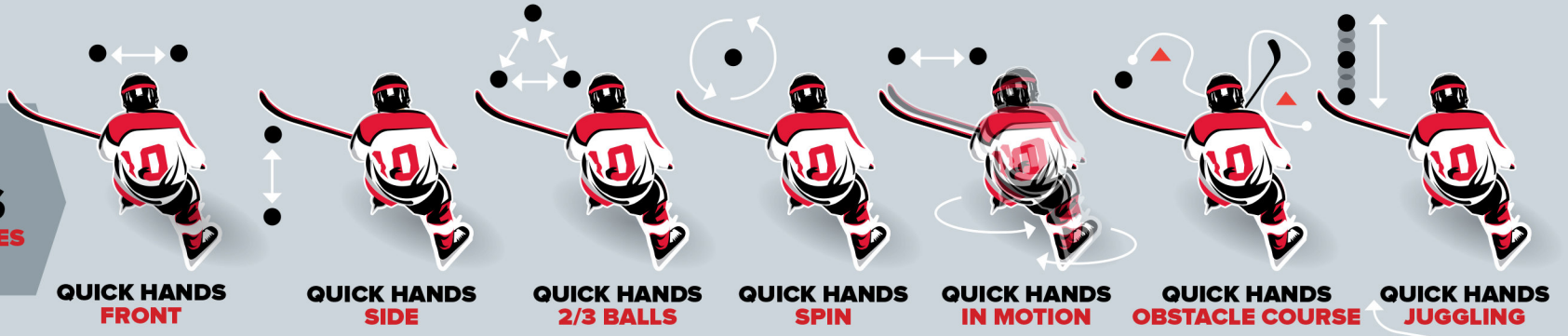
THE PLAN: DEVELOP STICKHANDLING SKILLS PERFORMING 10,000\* TOUCHES

WEEKLY GOAL: 75-150 MINUTES PER WEEK DAILY GOAL: 15-30 STICKHANDLING MINUTES PER DAY

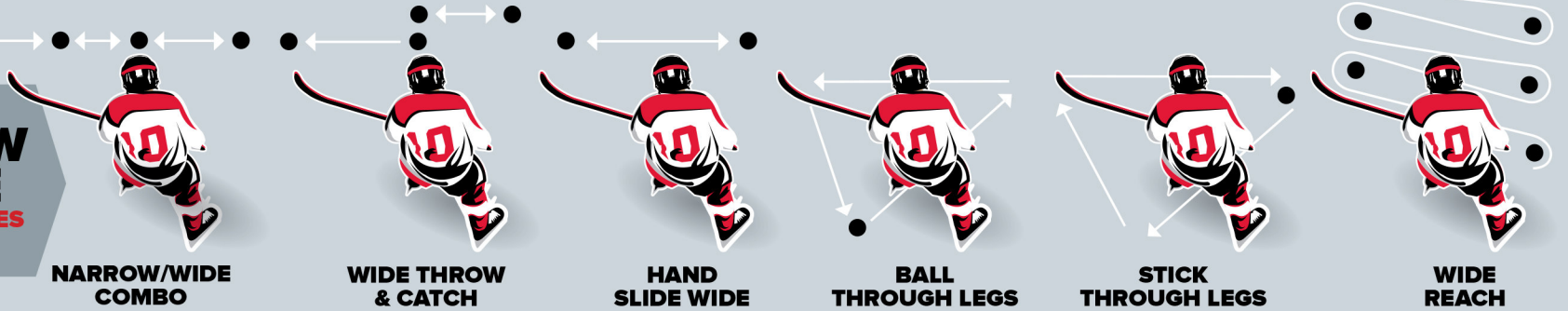
\* Don't stop at 10,000! This is the minimum goal over the 8 week period

WHAT'S A 'TOUCH'? A 'TOUCH' CAN SIMPLY BE DEFINED AS EVERY TIME THERE IS A CHANGE IN DIRECTION OF THE BALL.

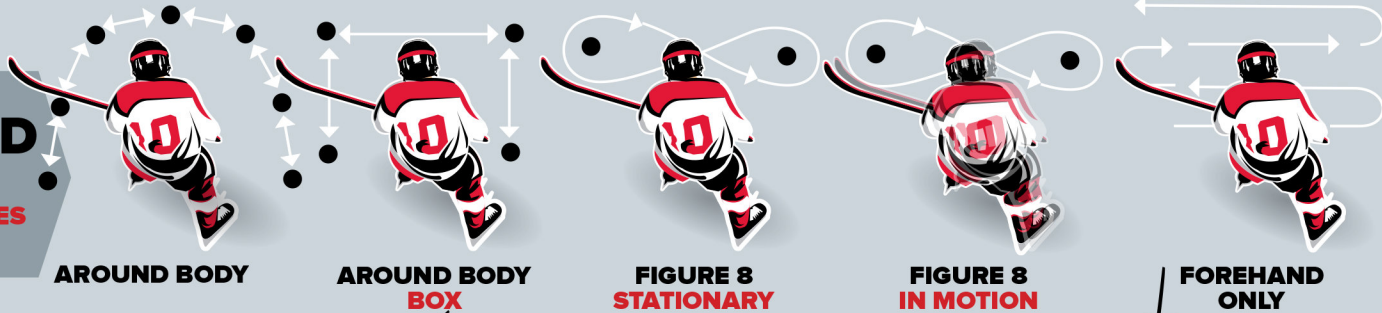
## QUICK HANDS 3,500 TOUCHES



## NARROW & WIDE 2,000 TOUCHES



## AROUND BODY 2,250 TOUCHES



## PASSING 1,000 TOUCHES



## TOE DRAGS 1,250 TOUCHES



## 10000 TOUCHES

TRACK YOUR STICKHANDLING TOUCHES BY CHECKING OFF EACH BOX ONCE YOU HAVE FINISHED THE TASK. ONCE YOU ARE FINISHED, SUBMIT YOUR TRACKING SHEET TO COLLECT YOUR PRIZE!!

<b>QUICK HANDS</b> 3,500 TOUCHES	<b>QUICK HANDS - FRONT</b>	50 50 50 50 50	500
	<b>QUICK HANDS - SIDE</b>	50 50 50 50 50	500
	<b>QUICK HANDS - 2/3 BALLS</b>	50 50 50 50 50	500
	<b>QUICK HANDS - SPIN</b>	50 50 50 50 50	500
	<b>QUICK HANDS - IN MOTION</b>	50 50 50 50 50	500
	<b>QUICK HANDS - OBSTACLE COURSE</b>	50 50 50 50 50	750
<b>TOTAL</b>			3,500

<b>NARROW &amp; WIDE</b> 2,000 TOUCHES	<b>NARROW /WIDE COMBO</b>	50 50 50 50 50	500
	<b>WIDE THROW &amp; CATCH</b>	50 50 50 50 50	500
	<b>HAND - SLIDE WIDE</b>	50 50 50 50 50	250
	<b>BALL THROUGH LEGS</b>	50 50 50 50 50	250
	<b>STICK THROUGH LEGS</b>	50 50 50 50 50	250
	<b>WIDE REACH</b>	50 50 50 50 50	250
<b>TOTAL</b>			2,000

<b>AROUND BODY</b> 2,250 TOUCHES	<b>AROUND BODY</b>	50 50 50 50 50	500
	<b>AROUND BODY - BOX</b>	50 50 50 50 50	500
	<b>FIGURE 8 - STATIONARY</b>	50 50 50 50 50	500
	<b>FIGURE 8 - IN MOTION</b>	50 50 50 50 50	500
	<b>FOREHAND ONLY</b>	50 50 50 50 50	250
	<b>TOTAL</b>		

<b>TOE DRAGS</b> 1,250 TOUCHES	<b>TOE DRAG - FRONT &amp; SIDE</b>	50 50 50 50 50	250
	<b>TOE DRAG - ATTACK TRIANGLE</b>	50 50 50 50 50	250
	<b>TOE DRAG - MOVING</b>	50 50 50 50 50	250
	<b>TOTAL</b>		

<b>PASSING</b> 1,000 TOUCHES	<b>PASSING - STICKHANDLE &amp; PASS</b>	50 50 50 50 50	500
	<b>PASSING - ONE TOUCH</b>	50 50 50 50 50	500
<b>TOTAL</b>			1,000

Name: \_\_\_\_\_

Boytown Team: \_\_\_\_\_

SUBMIT TO YOUR COACH

**TOTAL 10,000**

