



WELCOME TO THE CAMBRIDGE ROADRUNNER 10,000 TOUCH SUMMER CHALLENGE!

How well do you think your stickhandling would improve if you touched the puck 10,000 times this summer?

To help players improve their stickhandling skills, we have adopted a plan for players of all ages and abilities to follow during their off-season workouts and recovery days.

These drills are a component of the offseason training plan we have created for you to ensure you are ready for the start of the season! These drills will help you to develop your puck control, stickhandling and overall dangles, making you a better hockey player in all situations, all over the ice.

There are 25 stickhandling and puck control skills designed to challenge you and improve your hand speed, quickness & coordination. The skills have been divided into 5 Skills Buckets and each bucket has a goal number of touches and includes recommended skills and number of touches.

Here are a few tips to get you started:

- Have a dedicated place to practice - A flat practice surface (floor, driveway) with a wall or rebounding surface (wall, curb)
- Start slow – practice each movement/skill until comfortable then convert each movement into game speed
- Don't just work on your favorite skill or ones that you're good at – work on all the skills!
- Make it a routine – spend some time each day doing your touches to ensure you improve as much as possible!

Oh, yeah ... one more thing ... What's a Touch???

- A 'touch' is simply every time there is a change in direction of the ball or puck

Be sure to post pictures of video of you doing your touches on X or Instagram and use the #CrGHA hashtag so that everyone can see how much you have improved your skills!

Track Your Stick-handling

Quick Hands

FRONT

50	50	50	50	50	500
50	50	50	50	50	

SIDE

50	50	50	50	50	500
50	50	50	50	50	

2/3 BALLS

50	50	50	50	50	500
50	50	50	50	50	

SPIN

50	50	50	50	50	500
50	50	50	50	50	

OBSTACLE COURSE

50	50	50	50	50	750
50	50	50	50	50	
50	50	50	50	50	

JUGGLING

50	50	50	50	50	250
----	----	----	----	----	-----

Narrow & Wide

NARROW/WIDE COMBO

50	50	50	50	50	500
50	50	50	50	50	

WIDE THROW & CATCH

50	50	50	50	50	500
50	50	50	50	50	

HAND SLIDE WIDE

50	50	50	50	50	250
----	----	----	----	----	-----

BALL THROUGH LEGS

50	50	50	50	50	250
----	----	----	----	----	-----

STICK THROUGH LEGS

50	50	50	50	50	250
----	----	----	----	----	-----

WIDE REACH

50	50	50	50	50	250
----	----	----	----	----	-----

Around Body

HALF CIRCLE

50	50	50	50	50	500
50	50	50	50	50	

BOX

50	50	50	50	50	500
50	50	50	50	50	

FIGURE 8

50	50	50	50	50	500
50	50	50	50	50	

FIGURE 8 IN MOTION

50	50	50	50	50	500
50	50	50	50	50	

FIGURE 8 FOREHAND ONLY

50	50	50	50	50	250
----	----	----	----	----	-----

Toe Drags

FRONT & SIDE

50	50	50	50	50	250
----	----	----	----	----	-----

ATTACK TRIANGLE

50	50	50	50	50	250
----	----	----	----	----	-----

MOVING

50	50	50	50	50	250
----	----	----	----	----	-----

CHIP OVER STICK

50	50	50	50	50	250
----	----	----	----	----	-----

TRANSITION STICKS

50	50	50	50	50	250
----	----	----	----	----	-----

Passing

STICK HANDLE & PASS

50	50	50	50	50	500
50	50	50	50	50	

ONE TOUCH PASS

50	50	50	50	50	500
50	50	50	50	50	

Name:

Age:

Email:

Level:

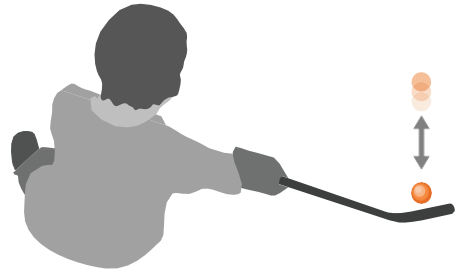
Position:

Quick Hands

3,500 Touches



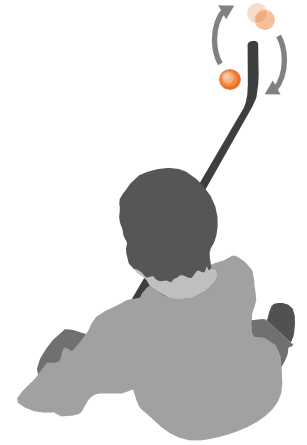
Front



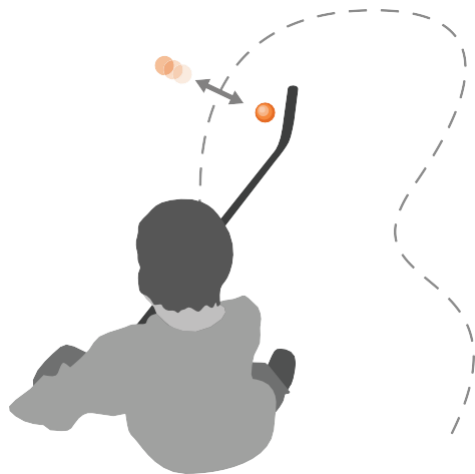
Side



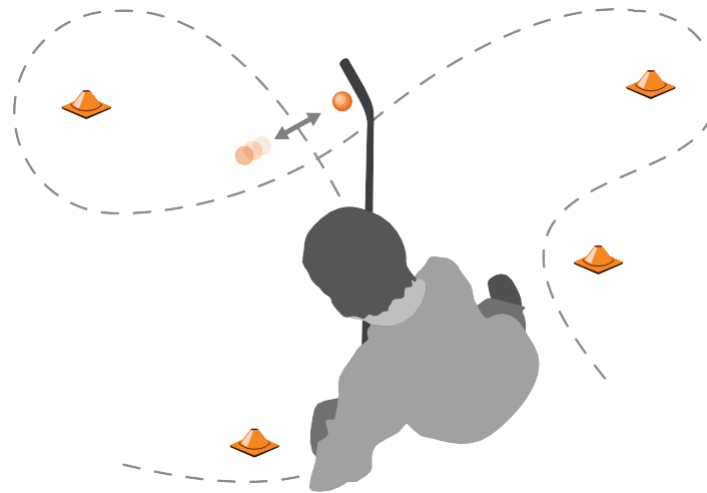
2/3 Balls



Spin

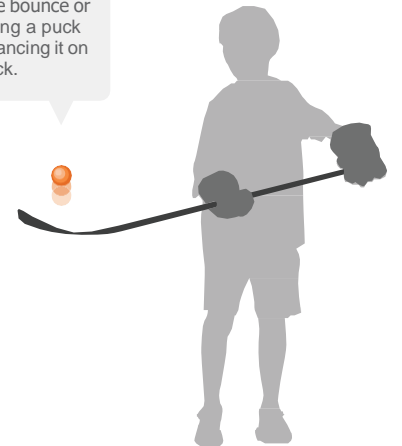


In Motion



Obstacle Course

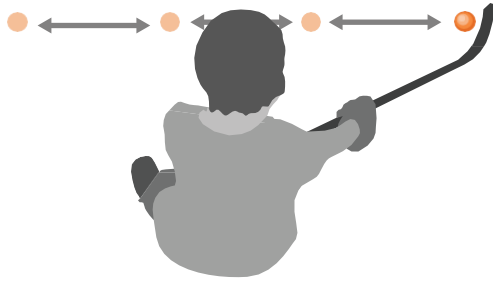
Use a tennis ball for more bounce or try flipping a puck and balancing it on your stick.



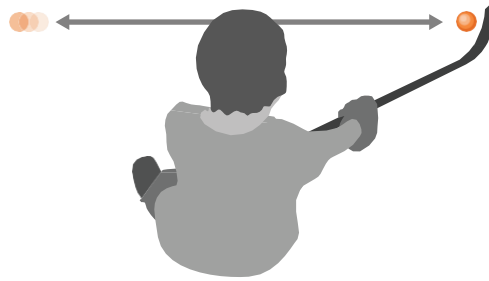
Juggling

Narrow & Wide

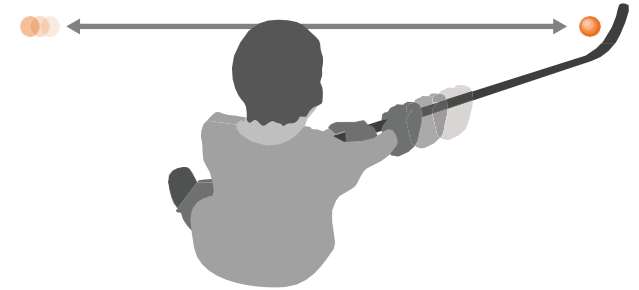
2,000 Touches



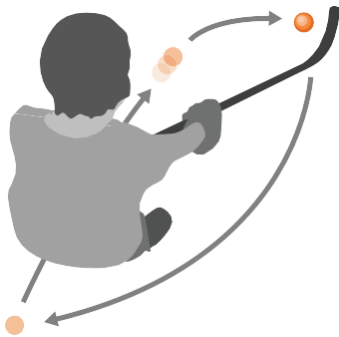
Narrow/Wide Combo



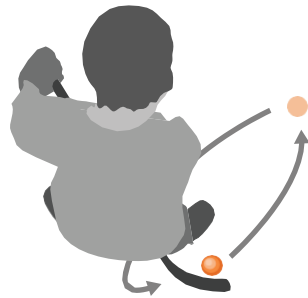
Wide Catch & Throw



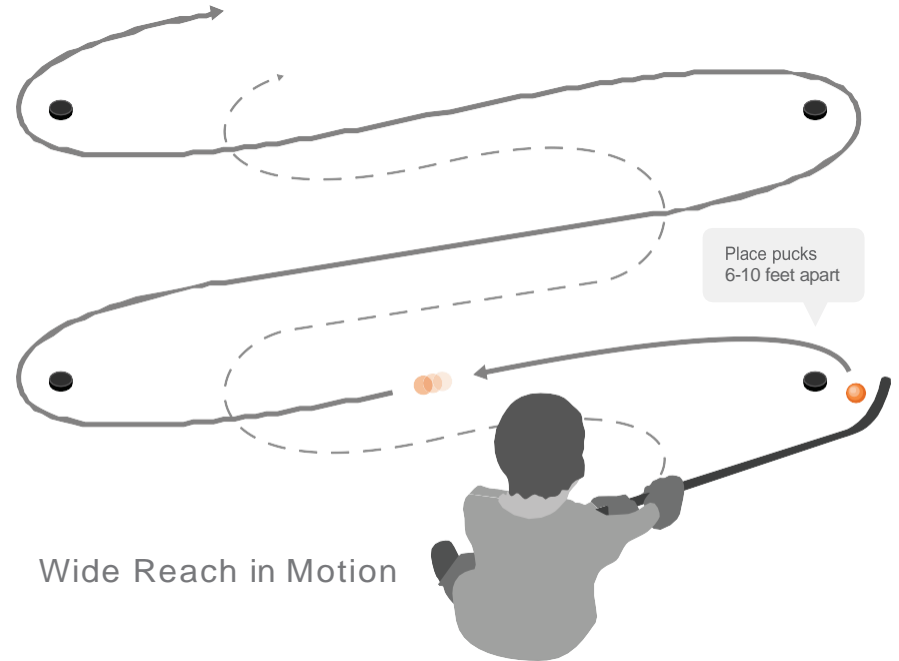
Hand Slide Wide



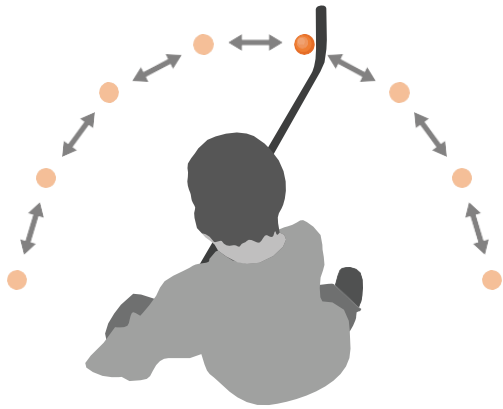
Ball Through Legs



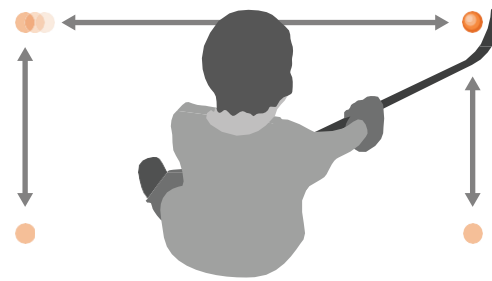
Stick Through Legs



Wide Reach in Motion



Half Circle



Box

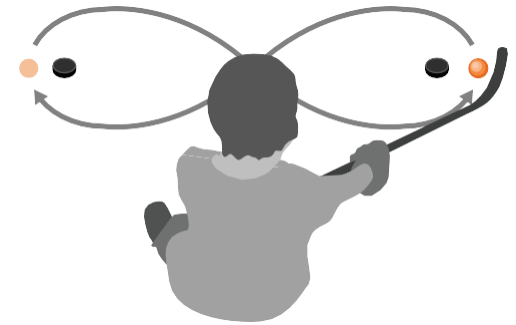


Figure 8

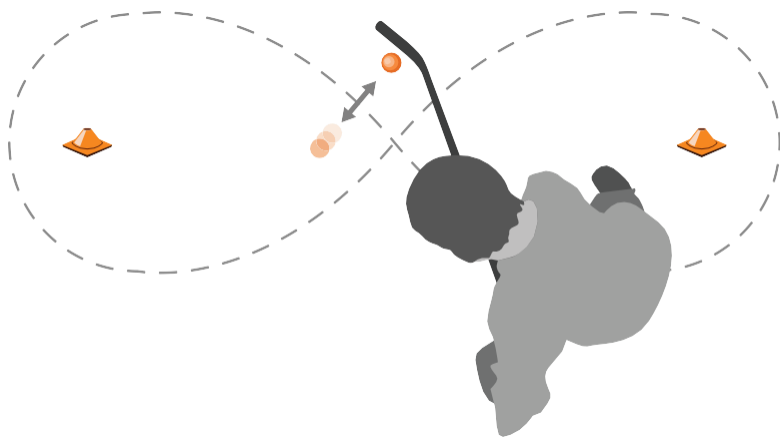


Figure 8 in Motion

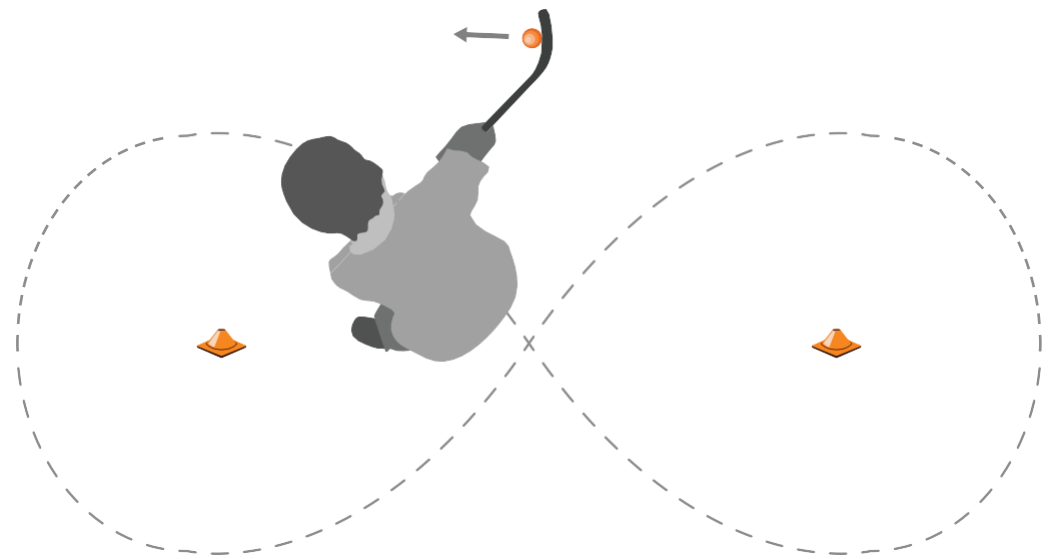
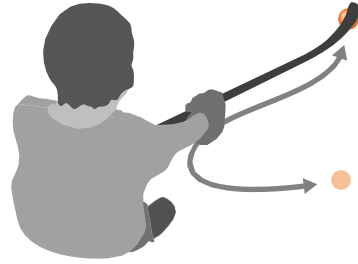


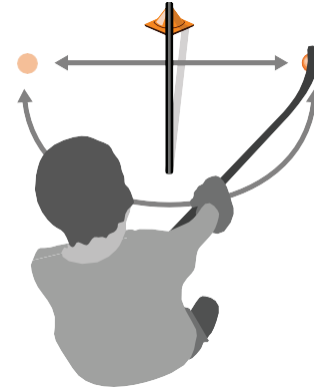
Figure 8 Forehand Only

Toe Drags

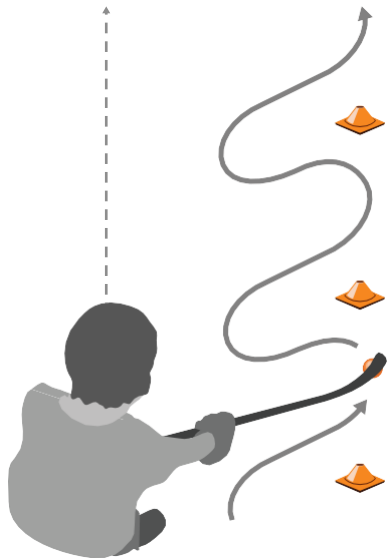
1,250 Touches



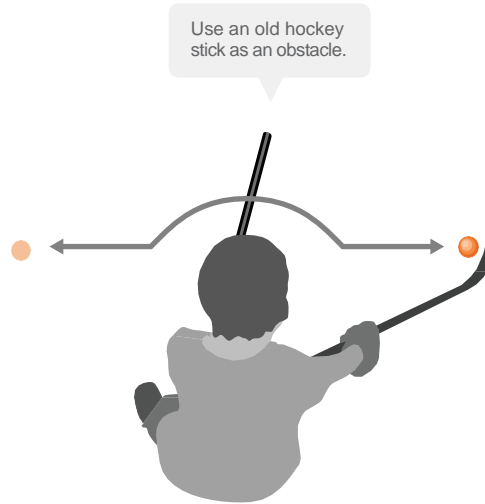
Front & Side



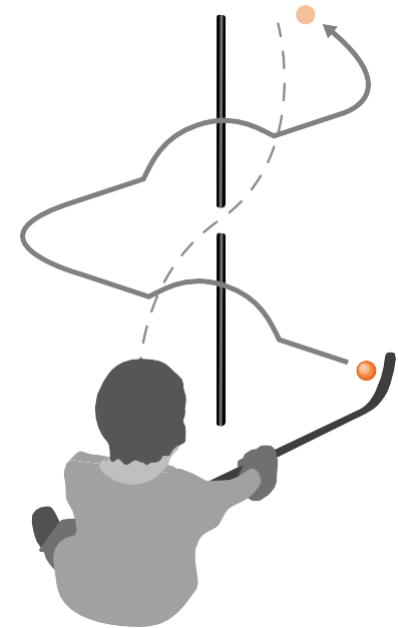
Attack Triangle



Toe Drag



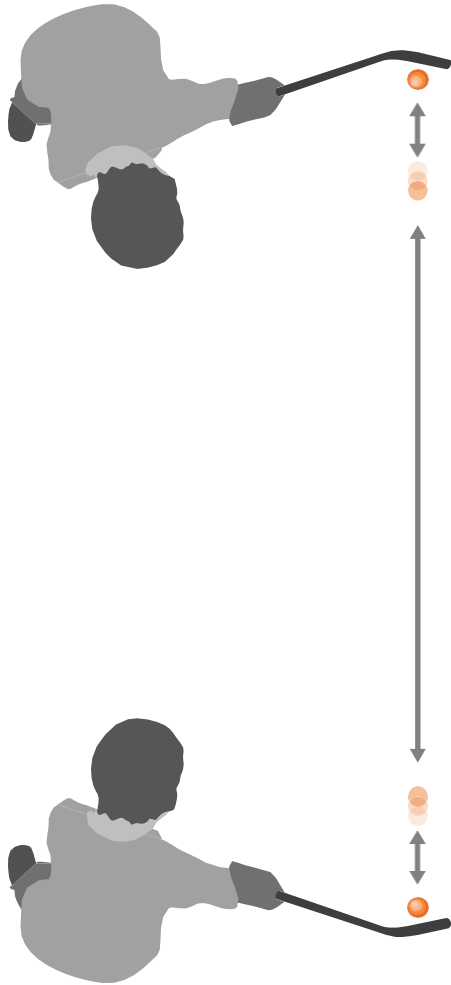
Chip Over Stick



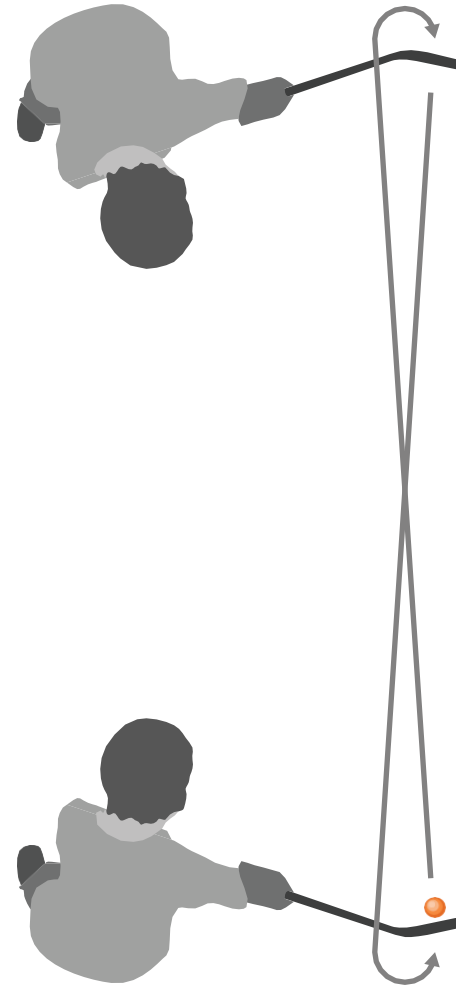
Transition Sticks

Passing

1,000 Touches



Stick Handling Pass



One Touch Pass

— Ball Motion

----- Player Motion