



# SHA / HOCKEY CANADA SKILLS OF GOLD OFF ICE TRAINING PROGRAM

## My 2010/11 In Season Accomplishments

Fakes Medal \_\_\_\_\_

Shots Medal \_\_\_\_\_



Month by Month Skills Achievement Targets & Tracking



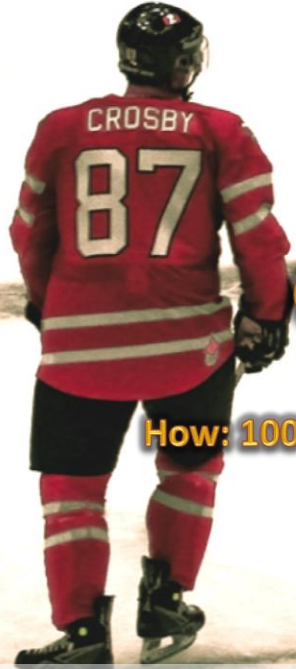
sha.sk.ca  
HockeyCanada.ca



**Sweet Hands!  
You Bet!**

**Stationary Stick Handling (45 seconds each & 15 min Total)**

1. Side to side stick handling (centre, wide left, wide right)
2. Right knee on floor (centre, wide left, wide right)
3. Left knee on floor (centre, wide left, wide right)
4. Both knees on floor (centre, wide left, wide right)
5. Figure 8 horizontal (forwards to backwards – hands in front of body- reverse direction)
6. Figure 8 vertical (in front of body side to side across body – reverse direction)
7. One handed stick handling (each hand – roll wrists)
8. Behind – through the legs – stick kick up (both sides)
9. Stationary balance with ball on stick
10. Toe Drag – forehand & backhand
11. Bouncing on stick
12. 360 Degrees Sick handling around body (both directions)
13. 3 Touch Triangle around body (both directions)
14. Telescoping
15. Puck Scoop



**Gold Medal**

**50,000 Fakes!!**

**How: 1000 Fakes per Session in 25 minutes  
X 2 Sessions Per Week  
X 25 In Season Weeks**



**Moving Fakes & Stick Handling (45-60 seconds each & 10 min total)**

1. Stick handling around forwards (centre, wide left, wide right, telescoping)
2. Stick handling around backwards (centre, wide left, wide right telescoping)
3. Stick handling around pylons (tight turns, puck protection, backwards, 360, ball on outside & body in middle, ball on inside & body on outside, forehand only, backhand only)
4. Stick diversion
5. Attack Triangle (legs & stick)
6. Toe Drag (Forehand, Backhand, Front, Side, Into Feet)
7. Pop & Drop
8. Toe drag into feet & kick-up to stick in middle & around each foot (forehand & backhand)
9. Behind back & through legs (both sides)
10. Between legs from front and up to side (Marek Malik)

**TIP: Make up your own stick handling course using various objects!**

**Silver Medal 40,000  
Bronze Medal 25,000**

**Monthly Tracking Sheet**

Date	FAKES							SHOTS						
	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Session 1														
Session 2														
Session 3														
Session 4														
Session 5														
Session 6														
Session 7														
Session 8														
	Total Dates _____ x 1000 = TOTAL FAKES							Total Dates _____ x 200 = TOTAL SHOTS						

**Shoots! Scores!!**

**Shots/Session**

- 40 Wrist
- 40 Snap or Slap
- 40 Backhand
- 40 Flip
- 40 Out of Mid-air

**Gold Medal**

**10,000 Shots!!**

**How: 200 Shots per Session  
X 2 Sessions Per Week  
X 25 In Season Weeks**

Remember to practice shooting the puck in different stances (one leg, in front & behind body, on knees, etc)

**Silver Medal 7,000  
Bronze Medal 5,000**