OMHA PLAYERS CLUB

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

GOAL: Improved puck control skills through increased hand speed, quickness and coordination
PLAN: Develop stickhandling skills performing 10,000 Touches
WEEKLY GOAL: 75-150 minutes per week
DAILY GOAL: 15-30 stickhandling minutes per day

OMHA 10,000 TOUCHES

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

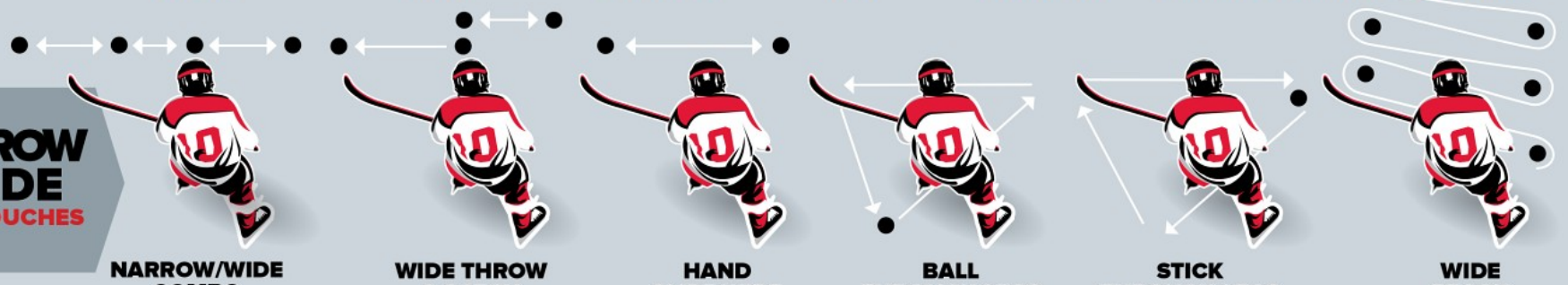
TRACK YOUR STICKHANDLING TOUCHES BY CHECKING OFF EACH BOX ONCE YOU HAVE FINISHED THE TASK. SUBMIT YOUR TRACKING SHEET TO COLLECT YOUR PRIZE!

QUICK HANDS
3,500 TOUCHES



QUICK HANDS FRONT | QUICK HANDS SIDE | QUICK HANDS 2/3 BALLS | QUICK HANDS SPIN | QUICK HANDS IN MOTION | QUICK HANDS OBSTACLE COURSE | QUICK HANDS JUGGLING

NARROW & WIDE
2,000 TOUCHES



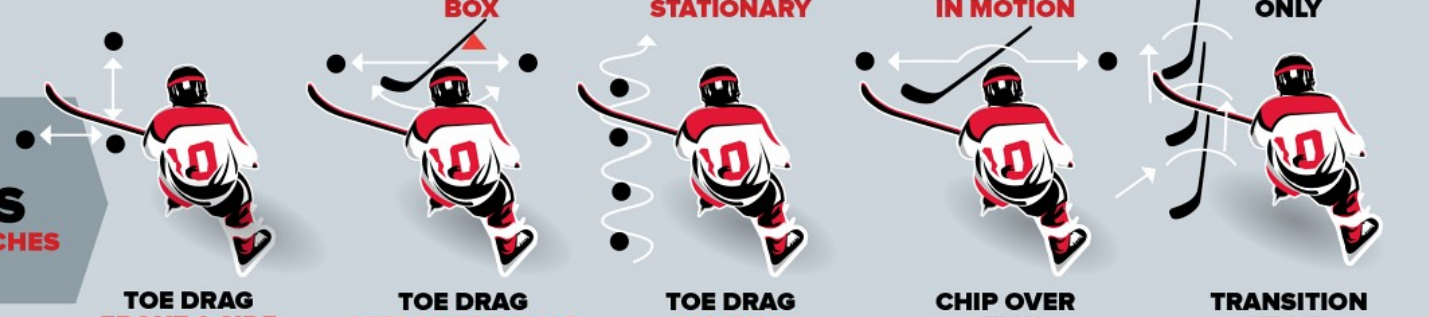
NARROW/WIDE COMBO | WIDE THROW & CATCH | HAND SLIDE WIDE | BALL THROUGH LEGS | STICK THROUGH LEGS | WIDE REACH

AROUND BODY
2,250 TOUCHES



AROUND BODY | AROUND BODY BOX | FIGURE 8 STATIONARY | FIGURE 8 IN MOTION | FOREHAND ONLY

TOE DRAGS
1,250 TOUCHES



TOE DRAG FRONT & SIDE | TOE DRAG ATTACK TRIANGLE | TOE DRAG MOVING | CHIP OVER STICK | TRANSITION STICKS

PASSING
1,000 TOUCHES



PASSING STICKHANDLING /PASS | PASSING ONE TOUCH

QUICK HANDS
3,500 TOUCHES

QUICK HANDS - FRONT	500
QUICK HANDS - SIDE	500
QUICK HANDS - 2/3 BALLS	500
QUICK HANDS - SPIN	500
QUICK HANDS - IN MOTION	500
QUICK HANDS - OBSTACLE COURSE	750
QUICK HANDS - JUGGLING	250

TOTAL 3,500

NARROW & WIDE
2,000 TOUCHES

NARROW /WIDE COMBO	500
WIDE THROW & CATCH	500
HAND - SLIDE WIDE	250
BALL THROUGH LEGS	250
STICK THROUGH LEGS	250
WIDE REACH	250

TOTAL 2,000

AROUND BODY
2,250 TOUCHES

AROUND BODY	500
AROUND BODY - BOX	500
FIGURE 8 - STATIONARY	500
FIGURE 8 - IN MOTION	500
FOREHAND ONLY	250

TOTAL 2,250

TOE DRAGS
1,250 TOUCHES

TOE DRAG - FRONT & SIDE	250
TOE DRAG - ATTACK TRIANGLE	250
TOE DRAG - MOVING	250
CHIP OVER STICK	250
TRANSITION STICKS	250

TOTAL 1,250

PASSING
1,000 TOUCHES

PASSING - STICKHANDLE & PASS	500
PASSING - ONE TOUCH	500

TOTAL 1,000

NAME: _____

AGE: _____

EMAIL: _____

TEAM: _____

POSITION: _____

TOTAL 10,000

Scan the page or take a photo and send it to playersclub@omha.net or mail to:

OMHA
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For more information on the Long Term Player Development (LTPD) model and other Development programs offered by the OMHA – visit www.omha.net

YouTube VISIT YOUTUBE.COM/ONTARIOMINORHOCKEY TO WATCH HOW IT'S DONE