ELITE DIAMOND HOCKEY

OFF-ICE TRAINING · GARLAND ENTERPRISES

ALL LEVELS · HANDS ONLY

Rising Stars · Champions in the Making · Champions Academy

STICKHANDLING DRILL PACK

30 off-ice hands drills in 3 tiers, from first touches to game moves.
Any player with a stick and a ball or off-ice puck.

- 30 drills, 3 tiers of 10
- 6 ready-made 10-minute circuits
- Speed test page
- Cue, common mistake and harder version
- 30-day hands challenge
- Cut-out drill cards

STICKHANDLING DRILL PACK

WHAT'S INSIDE

Pick your tier, learn the drills, then run the circuits and the 30-day challenge. The drill cards at the back can be cut out and kept by the practice spot.

START HERE	How to use this pack	3
START HERE	Setup: surface, ball vs puck, tape grid	4
TIER 1 · RISING	Tier 1 · Rising: S1-S3	5
TIER 1 · RISING	Tier 1 · Rising: S4-S7	6
TIER 1 · RISING	Tier 1 · Rising: S8-S10	7
TIER 2 · MAKING	Tier 2 · Making: S11-S13	8
TIER 2 · MAKING	Tier 2 · Making: S14-S17	9
TIER 2 · MAKING	Tier 2 · Making: S18-S20	10
TIER 3 · ACADEMY	Tier 3 · Academy: S21-S23	11
TIER 3 · ACADEMY	Tier 3 · Academy: S24-S27	12
TIER 3 · ACADEMY	Tier 3 · Academy: S28-S30	13
CIRCUITS	Circuits 1-3	14
CIRCUITS	Circuits 4-6	15
CHALLENGE	30-day hands challenge	16
CHALLENGE	Speed test	17
DRILL CARDS	Drill cards: how to use	18
DRILL CARDS	Drill cards S1-S30	19
FINISH	Your next step	24

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TIER 1 · RISING

RISING DRILLS S1-S3

Foundation touches. Start here if the player is 10 or under, new to stickhandling, or getting back into it.

Tier 1 · Rising: 10 drills. Master each one clean at the listed dose before using the Harder version. Tick the boxes under each drill as you go.

S1 NARROW DRIBBLE RISING

3 x 30s

WHY Soft, quick hands in front of the body.
SETUP Skating stance, puck in front of the toes.
HOW Move the puck side to side about a foot wide using the middle of the blade.
COACHING CUE Top hand loose, bottom hand guides.
COMMON MISTAKE Slapping the puck. Cup it on every touch.
HARDER Eyes up for the last 10 seconds.

☐ Clean at the dose ☐ Clean at Harder Best count: _____ Date: _____

S2 WIDE DRIBBLE RISING

3 x 30s

WHY Range: move the puck as wide as the stick reaches.
SETUP Feet wide, knees bent.
HOW Side to side as wide as you can while staying in control.
COACHING CUE Bend the knees to reach, don't just straighten the arms.
COMMON MISTAKE Standing tall and losing balance.
HARDER Alternate 2 wide, 2 narrow.

☐ Clean at the dose ☐ Clean at Harder Best count: _____ Date: _____

S3 FRONT-TO-BACK, FOREHAND RISING

3 x 20s

WHY Control in the direction you skate.
SETUP Puck on the forehand side.
HOW Push the puck forward and pull it back beside the body on the forehand side.
COACHING CUE Roll the wrists to cup the puck both ways.
COMMON MISTAKE Puck bouncing off a flat blade.
HARDER Speed up but keep the puck silent.

☐ Clean at the dose ☐ Clean at Harder Best count: _____ Date: _____

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CIRCUITS

10-MINUTE CIRCUITS 1 TO 3

Each circuit is 5 drills x 2 rounds: 45 seconds of work, 15 seconds to reset, then the next drill. 10 minutes total. Start every circuit with 1 minute of easy narrow dribbles.

CIRCUIT 1: FIRST TOUCHES TIER 1 · RISING

#	DRILL	WORK	ROUNDS
1	S1 Narrow dribble	45s	☐ ☐
2	S2 Wide dribble	45s	☐ ☐
3	S6 Figure 8s	45s	☐ ☐
4	S7 Toe drag starter	45s	☐ ☐
5	S9 Eyes-up numbers	45s	☐ ☐

CIRCUIT 2: ON THE MOVE TIER 1 · RISING

#	DRILL	WORK	ROUNDS
1	S3 Front-to-back, forehand	45s	☐ ☐
2	S4 Front-to-back, backhand	45s	☐ ☐
3	S5 Diagonals	45s	☐ ☐
4	S8 Walk and carry	45s	☐ ☐
5	S10 Stop and go	45s	☐ ☐

CIRCUIT 3: PROTECT IT TIER 2 · MAKING

#	DRILL	WORK	ROUNDS
1	S11 Toe drag both sides	45s	☐ ☐
2	S12 Pull-through gate	45s	☐ ☐
3	S14 Top-hand only	45s	☐ ☐
4	S18 Around the front foot	45s	☐ ☐
5	S19 One-leg handling	45s	☐ ☐

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