



CONNECTICUT CHIEFS

27 Bittersweet Hill, Wethersfield, CT 06109

Stick Handling Plan Drills

Please try to complete 5x per week.

Click on Links for Videos

[Soft Touch](#)

[Around Body](#)

[Hand Slide Wide](#)

[Figure 8](#)

[YoYo](#)

[Quick Hands](#)

[Push Pull: Forehand](#)

[Push Pull: Backhand](#)

[Reach Drill](#)



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Week #1:									
Drill	Sets	Reps	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Soft Touch Drill	3	40x							
Around Body	3	15x							
Hand Slide Wide	3	15x							
Figure 8	3	15x							
YoYO	3	15x							
Quick Hands	3	8x							
Push-Pull: Forehand	3	8x							
Push-Pull: Backhand	3	8x							
Reach Drill	3	8x							



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Week #2:									
Drill	Sets	Reps	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Soft Touch Drill	3	40x							
Around Body	3	18x							
Hand Slide Wide	3	18x							
Figure 8	3	18x							
YoYO	3	18x							
Quick Hands	3	10x							
Push-Pull: Forehand	3	10x							
Push-Pull: Backhand	3	10x							
Reach Drill	3	10x							



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Week #3:									
Drill	Sets	Reps	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Soft Touch Drill	3	40x							
Around Body	3	20x							
Hand Slide Wide	3	20x							
Figure 8	3	20x							
YoYO	3	20x							
Quick Hands	3	12x							
Push-Pull: Forehand	3	12x							
Push-Pull: Backhand	3	12x							
Reach Drill	3	12x							



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Week #4:									
Drill	Sets	Reps	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Soft Touch Drill	3	40x							
Around Body	3	20x							
Hand Slide Wide	3	20x							
Figure 8	3	20x							
YoYO	3	20x							
Quick Hands	3	15x							
Push-Pull: Forehand	3	15x							
Push-Pull: Backhand	3	15x							
Reach Drill	3	15x							



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Week #5:									
Drill	Sets	Reps	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Soft Touch Drill	3	40x							
Around Body	3	21x							
Hand Slide Wide	3	21x							
Figure 8	3	21x							
YoYO	3	21x							
Quick Hands	3	17x							
Push-Pull: Forehand	3	17x							
Push-Pull: Backhand	3	17x							
Reach Drill	3	17x							



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Week #6:									
Drill	Sets	Reps	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Soft Touch Drill	3	42x							
Around Body	3	22x							
Hand Slide Wide	3	22x							
Figure 8	3	22x							
YoYO	3	22x							
Quick Hands	3	18x							
Push-Pull: Forehand	3	18x							
Push-Pull: Backhand	3	18x							
Reach Drill	3	18x							