

TOUCHES

MKSTORM



GOAL: Improved puck or ball control skills through increased hand speed, quickness and co-ordination.

This is to be used alongside your Activity Tracker.

Here are a few tips to get you started:

Have a dedicated place to practice. A safe, flat, practice surface (floor, driveway) ideally with a wall or rebounding surface (wall, curb).

Start slow - Rehearse each movement/skill then convert each movement into Game Speed.

Skill = Simple - These are technique building, foundational movements.

Work through the skills and track your touches by checking off the box, every time you reach 50 touches. Start with 50 touches for Quick Hands - Front, then move onto 50 touches for Quick Hands – Side and continue to the right. Aim to spend 10mins stick handling, when your Activity Tracker says 'Touches'. The next day start at the beginning, or next uncompleted section and work through.

A 'TOUCH' can be defined as every time there is a change in direction of the puck or ball.

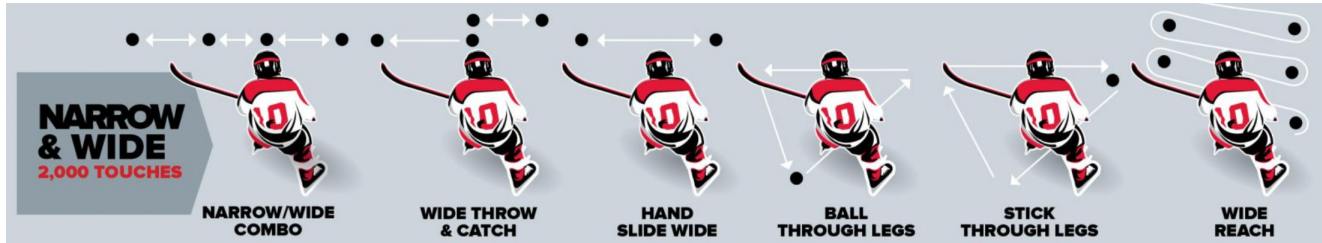
QUICK HANDS https://www.youtube.com/watch?v=ISypX803SAc&list=PLzJ1p0pyZHxJACbdzNmvrK4x8_BS8zRG&index=4&t=63s



QUICK HANDS 3,500 TOUCHES	QUICK HANDS - FRONT	50 50 50 50 50 50 50 50 50 50	500
	QUICK HANDS - SIDE	50 50 50 50 50 50 50 50 50 50	500
	QUICK HANDS - 2/3 BALLS	50 50 50 50 50 50 50 50 50 50	500
	QUICK HANDS - SPIN	50 50 50 50 50 50 50 50 50 50	500
	QUICK HANDS - IN MOTION	50 50 50 50 50 50 50 50 50 50	500
	QUICK HANDS - OBSTACLE COURSE	50 50 50 50 50 50 50 50 50 50	750
	QUICK HANDS - JUGGLING	50 50 50 50 50 50 50 50 50 50	250
	TOTAL		3,500

Once these 3,500 Touches have been completed, take to show your Manager to be signed off and move onto the next section, until 10,000 Touches have been completed. You can repeat the 10,000 Touches as many times as you like 😊

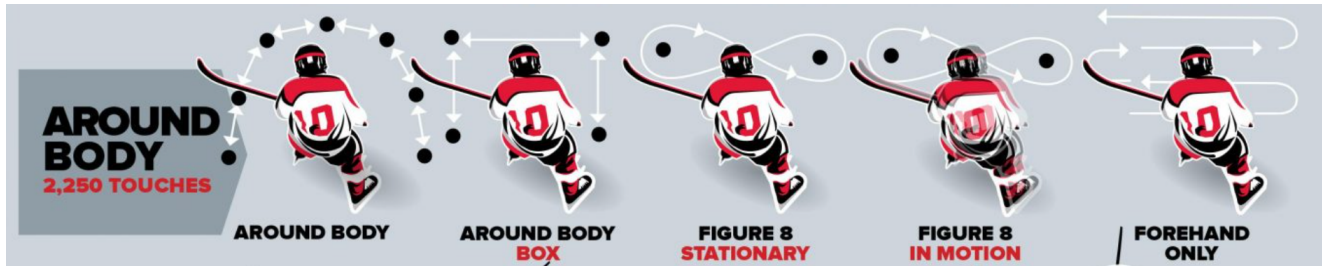
NARROW & WIDE https://www.youtube.com/watch?v=izvoeCjGcN0&list=PLzJ1p0pyZHXJACbdzNmvrK4x8_BS8zRG&index=3



NARROW & WIDE 2,000 TOUCHES	NARROW /WIDE COMBO	50 50 50 50 50	500
	WIDE THROW & CATCH	50 50 50 50 50	500
	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
TOTAL			2,000

Get signed off and move onto next section.

AROUND BODY https://www.youtube.com/watch?v=eSPSYxBivvo&list=PLzJ1p0pyZHXJACbdzNmvrK4x8_BS8zRG&index=1



AROUND BODY 2,250 TOUCHES	AROUND BODY	50 50 50 50 50	500
	AROUND BODY - BOX	50 50 50 50 50	500
	FIGURE 8 - STATIONARY	50 50 50 50 50	500
	FIGURE 8 - IN MOTION	50 50 50 50 50	500
	FOREHAND ONLY	50 50 50 50 50	250
TOTAL			2,250

Get signed off and move onto next section.

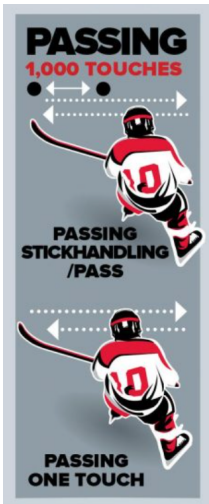
TOE DRAGS https://www.youtube.com/watch?v=Ucmouy77VsM&list=PLzJ1p0pyZHXJACbdzNmvrK4x8_BS8zRG&index=2




TOE DRAGS 1,250 TOUCHES	TOE DRAG - FRONT & SIDE	50 50 50 50 50	250
	TOE DRAG - ATTACK TRIANGLE	50 50 50 50 50	250
	TOE DRAG - MOVING	50 50 50 50 50	250
	CHIP OVER STICK	50 50 50 50 50	250
	TRANSITION STICKS	50 50 50 50 50	250
TOTAL			1,250

Get signed off and move onto next section.

PASSING https://www.youtube.com/watch?v=Rako2RAfJXk&list=PLzJ1p0pyZHXJACbdzNmvrK4x8_BS8zRG&index=5



PASSING 1,000 TOUCHES	PASSING - STICKHANDLE & PASS					500	PASSING - ONE TOUCH					500
	50	50	50	50	50		50	50	50	50	50	
	TOTAL					1,000						

Get your completed 10,000 Touches signed off and receive your completion certificate.

TOUCHES

MKSTORM



QUICK HANDS
3,500 TOUCHES

NARROW & WIDE
2,000 TOUCHES

AROUND BODY
2,250 TOUCHES

TOE DRAGS
1,250 TOUCHES

QUICK HANDS 3,500 TOUCHES	QUICK HANDS - FRONT	50 50 50 50 50 50	500
	QUICK HANDS - SIDE	50 50 50 50 50 50	500
	QUICK HANDS - 2/3 BALLS	50 50 50 50 50 50	500
	QUICK HANDS - SPIN	50 50 50 50 50 50	500
	QUICK HANDS - IN MOTION	50 50 50 50 50 50	500
	QUICK HANDS - OBSTACLE COURSE	50 50 50 50 50 50	750
	QUICK HANDS - JUGGLING	50 50 50 50 50 50	250
TOTAL		3,500	
NARROW & WIDE 2,000 TOUCHES	NARROW /WIDE COMBO	50 50 50 50 50 50	500
	WIDE THROW & CATCH	50 50 50 50 50 50	500
	HAND - SLIDE WIDE	50 50 50 50 50 50	250
	BALL THROUGH LEGS	50 50 50 50 50 50	250
	STICK THROUGH LEGS	50 50 50 50 50 50	250
	WIDE REACH	50 50 50 50 50 50	250
TOTAL		2,000	
AROUND BODY 2,250 TOUCHES	AROUND BODY	50 50 50 50 50 50	500
	AROUND BODY - BOX	50 50 50 50 50 50	500
	FIGURE 8 - STATIONARY	50 50 50 50 50 50	500
	FIGURE 8 - IN MOTION	50 50 50 50 50 50	500
	FOREHAND ONLY	50 50 50 50 50 50	250
	TOTAL	2,250	
TOE DRAGS 1,250 TOUCHES	TOE DRAG - FRONT & SIDE	50 50 50 50 50 50	250
	TOE DRAG - ATTACK TRIANGLE	50 50 50 50 50 50	250
	TOE DRAG - MOVING	50 50 50 50 50 50	250
	CHIP OVER STICK	50 50 50 50 50 50	250
	TRANSITION STICKS	50 50 50 50 50 50	250
	TOTAL	1,250	
PASSING 1,000 TOUCHES	PASSING - STICKHANDLE & PASS	50 50 50 50 50 50	500
	PASSING - ONE TOUCH	50 50 50 50 50 50	500
	TOTAL	1,000	

Name: _____

TOTAL 10,000

Date Completed: _____