



## Session #1: Micro Movements

**Session Objective:** To get players comfortable dissociation body parts while stickhandling, while also using small movements from various body parts to create deception when stickhandling.

**Session Length:** 20-25 mins

### Progressions:

- Warmup:
  1. Stickhandling puck In Between Toes (MID), by just using Top Hand on stick (20-25 secs x2)
    - Focusing on rotating the wrist
  2. Stickhandling puck in all three positions around body, Forehand (FH), Backhand (BH) and MID (20-25 secs x3)
    - Focus on letting Top Hand Rotate and Control Stick
    - Eyes up, and in an athletic stance
    - After first rep, you can add in some deception with incorporating a fake shot once you get puck to shooting position
- Micro Movements:
  1. Eye Movement (15 secs x2)
    - While stickhandling puck in all three positions around body, focus on looking around with your eyes, only your eyes should be moving, NOT HEAD
  2. Head Movement: (15 secs x2)
    - This time when you move the puck to your FH side, you look to your BH side, and then you switch. Looking opposite way then the puck is going
    - Eye and Head Movement
  3. Shoulder Movement: (25 secs x2)



- Stickhandling in MID position, do 3-4 stickhandles in that position then fake and move puck to one skate, when you fake there should be a head fake, as well as a shoulder fake both going the same way as the puck
- 4. Open Up Shoulder Movement: (25 secs x2)
  - Stickhandling puck in MID position, you will open up shoulders like making a pass across your body on a 2v1 (as a right-handed player making a pass to your left), reset, then open up shoulders like making a pass on the same side as the puck (like a right-handed player making a pass to the right side on FH)
  - It is important when make a pass on the same side as the puck, that your hands are away from your body
- 5. Knee Movement: (25 secs x2)
  - Puck starts and stays on FH side
  - Thinking about rotating your knee inwards as you go for a shot
  - Can still use Head and Shoulder Movement as you rotate knee
- 6. Blade Angle: (25 secs x2)
  - Using FH and BH side, letting Top Hand quick rotate to just open up the angle of the blade for a quick moment
  - Try and limit the large movements, and focus on quick small movements
- Deception Drill: (5-7 mins)
  - Players will line up 10 feet apart from each other with a ball/puck
  - Starts with a pass, once the first player gets the ball/puck the use a deception move and pass it back, then that player uses a deception move. Do that 2-3 times each, then one player sticks their stick out, the player with the ball/puck moves toward the player and makes and move through or around the stick and then either finishes with a shot or just reset