

COMPLETE GUIDE TO STICKHANDLING

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IMPROVE YOUR STICKHANDLING

Introduction: Hi, my name is Jeremy Rupke and I LOVE hockey. I may not be a pro, but I love teaching others and helping other players improve. I have been playing and studying hockey since I can remember, and I want to pass everything I know onto you. This e-book is all about stickhandling so I will be sharing every tip, trick and drill that I know. I will also share some common mistakes so you do not end up forming bad habits.

In this guide I mention a number of hockey training aids, if you are new to hockey I do not want to overwhelm you with products so I will keep it simple. Two products that I think a player training for hockey must have are a net, and a smooth surface (like the hockey shooting pad) to stickhandle and shoot off of. With these two products you can practice shooting and stickhandling all day long. The other products mentioned in this guide will help in other ways, but in my opinion the two mentioned above are crucial to your training.

In this guide I will share a few tips that helped make me a much better player and I will also include a list of stickhandling drills that you can practice at home or on the ice. Let's get to it!

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TIPS TO BE A GREAT STICKHANDLER



In this section I will share some tips that will open your mind to the world of stickhandling. This is something that took me a long time to figure out because **no one told me about it**. I'm sharing this with you so you can improve your game NOW!

I have noticed a common mistake that some hockey players don't even realize they are making. This is a mistake that I was also making until I bought a video about how to stickhandle. I had been playing hockey for over 10 years at this point and had a number of good coaches, but for some reason they never taught me this simple trick to greatly improve my stickhandling.

You see when most players learn, they just put the puck in front of them and move the puck back and forth. This is fine and you will get by in most leagues, but to be a truly GREAT stickhandler you need to do more. I like to think of it as puck control, rather than stickhandling because to be an awesome hockey player you need to **control the puck around your entire body**. Once I heard this it opened a whole new realm of moves I could try. When you practice at home make sure you practice stickhandling with the puck in front of you, to both sides, and behind you. practice and create moves that quickly move the puck from one area to the other and remember the next tip.

Stickhandling is not just back and forth it also involves forward and backward motion. When most hockey players learn to stickhandle they just move the puck from side to side. It wasn't until I learned about the toe drag that I understood the true power of front and back. Stickhandling is all about being deceptive, and after a while the back and forth motion is expected, start practising moving the puck forwards and back, and side to side around your entire body if you want to truly dominate on the ice.

Avoid "hip lock". I see many new players with their top hand glued to their hip. This limits your range of motion when you are stickhandling. Instead of sticking your top hand next to your hip and moving the puck from side to side, pull that top hand out in front of you and practice moving the puck nice and wide to both sides, and around you, this will give you a wider range of motion and much more control.

Stickhandling Basics



- The top hand should do most of the work when stickhandling while the bottom hand is mainly for support
- You should stickhandle with your head up and keep the puck in your peripheral vision. This way you can read plays and make passes while stickhandling.
- The bottom hand should have a loose grip and allow the shaft to move through it
- practice moving and controlling the puck **around your entire body**

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Getting a feel for the puck



If you want to dominate while on the ice you need to keep your head up while stickhandling. In order to do this you NEED to know where the puck is on your blade purely by touch and feel. To gain this skill slowly move the puck back and forth while not looking at it. Try VERY hard to gauge where the puck is and get the feeling of how it feels on the toe of your blade, in the middle, and on the heel. You can peek from time to time, but soon you will ALWAYS know where the puck is without even looking at it!

Total Control is important



When you're practising at home or on the ice, practice moving the puck side to side and forwards and backwards. You should also practice with the puck in front of you, on both sides and also as far behind your body as you can. By practising moving the puck around your entire body you will be comfortable in any situation on the ice. You should also practice moving the puck from one area to the other quickly (say from front left to rear right, rear right to top right, etc)

Quick Tips for great puck control



- Bring your top hand in front of you and practice moving the puck as far to the left and as far to the right as you can
- Stickhandle the puck around your entire body, move it as far behind you on both sides as you can
- practice moving the puck quickly from one area to the next
- practice bringing the puck into your body quickly, bringing the puck in close to your body is a good way to protect the puck
- Try using the toe of the blade of the stick to pull the puck in (toe-drag) and the back of the blade of the stick to pull the puck in
- practice moving the puck into your feet and kicking it back to your stick. You can do this with the puck behind you or in front of you. This move will help you recover the puck if you fumble it, or get a bad pass.
- practice controlling the puck while moving forwards and backwards



BUILDING STICKHANDLING MUSCLES



The muscles involved in stickhandling need to be trained for power and efficiency. Studies have shown that before you can perform an action naturally you need to repeat that motion **up to 10 000 times!** That means you need to toe-drag 10 000 times before you can do it without even thinking. When building your muscles you should do repetition to build the memory and weight to build the power. Repetition is important for building MUSCLE MEMORY and power is important for speed and control.

When you have the puck the other team is going to try to knock the puck off your stick, lift your stick or hack your stick. It is important to be strong on the stick so you can not get muscled off the puck. I find having good "stickhandling muscles" also helps me move the puck quickly, and pull the puck off of other people

A good way to build your stickhandling muscles is to practice with a weighted hockey puck or a weighted hockey stick. You can build your own weighted hockey stick by taping a few pucks to the shaft, or slipping a weighted plate over the shaft. You could also buy the [power blade](#) which is a really well made weighted stick that will balance the weight evenly throughout the stick. When you are using your weighted stick you should perform the drills just as you would with a normal hockey stick. I like to reach as far as I can to each side and then bring the puck, [stickhandling ball](#) or [green biscuit](#) in as quickly as I can, this helps build your muscles and will make you very strong on the puck.

Try doing quick movements with your weighted stick for about 5 minutes, your forearms will be burning!

Another good drill to build your stickhandling muscles is to take a weighted plate (like you see at the gym) and put it on the ground, you can use any weight you can handle. Turn your stick around (or use a broom stick) and put the knob in the middle of the weight plate. Now move the plate around in a figure 8 motion. You can do wide motions, or a nice tight 8, practice different motions and you will feel a lot of your muscles getting a workout (also a good workout for your abs)

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DRILLS TO IMPROVE YOUR STICKHANDLING



REMEMBER – Many of these drills can be modified using the modifiers at the bottom of this section. Try to at least practice each drill while standing still and also while moving

Where to practice? - These drills can be done with a stick, puck or ball, and a smooth surface. I recommend the shooting pad or [training tiles](#) for a smooth surface.

If you are practising on cement I recommend the Green Biscuit or a stickhandling ball to reduce friction and make your training more realistic

- **Soft Touch**
 - Move the stickhandling ball, green biscuit or puck back and forth as fast as you can with as little lower arm movement as possible, try to only move your top hand and top arm.
 - Remember to CUP the puck on the forehand and backhand, this will keep the puck from flipping over.
 - This will build your fast twitch muscles and help give you quick soft hands
 - After you are able to move the puck quickly practice performing this drill to your left, right, and while moving.
- **Reach**
 - Move the puck or ball as far to the right as you can, then as far left as you can
 - practice doing this slowly and quickly
 - Perform this same motion behind you and in all directions to improve your reach and control around your entire body
 - Practising this move will help train you to use your reach to get around opponents on the ice, and grab the puck when it is anywhere within arms (and stick) length.
- **Wide Reach**
 - To reach even further move the puck to your far left and then let go of the stick with one hand to get more reach
 - Now reach to the far right and let go of the stick with one hand to get more reach
 - This drill will help you become comfortable controlling the puck with only one hand on your stick
- **Yo-yo drill**
 - In this drill you will be moving the puck in an L pattern
 - Push the puck forwards on your forehand, and then pull it back with the toe of the blade, now push it out to the side of your body with your forehand, and pull it back in again with the toe of the blade.
 - Repeat this motion over and over to learn to quickly pull the puck in close to your body.
 - To give you some boundaries you can place three pucks on the ground in an L shape.
 - This move will help you learn to quickly pull the puck in towards your body. This will help you protect the puck and avoid stick checks.
- **Figure 8**
 - Place two pucks on your shooting pad or training tiles about 2-6 feet apart (you can change the distance to modify the drill if you would like)

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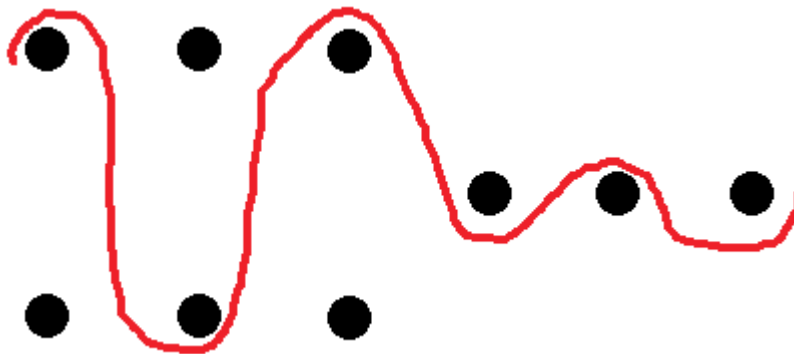
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- Now with another puck stickhandle around these two pucks in a figure 8 movement.
- practice moving around the pucks as quickly as you can in a smooth motion
- Now practice moving the puck around the obstacles as quickly as you can while stickhandling the entire time (soft hands)
- Change directions every few minutes
- **Modify this drill:** by moving and weaving around the pucks with your body while stickhandling
- **Figure 8 Upright**
 - Instead of having the pucks lined up parallel to your body you should now put them directly in front of you.
 - You will now be stickhandling around two pucks making an upright figure 8 motion
 - Placing the pucks in this pattern is a good way to practice moving the puck away from your body and then bringing the puck in. This will help you become comfortable with the puck in close to your body, and further away
- **Line Drill**
 - Make a line of pucks (about a foot apart each)
 - practice stickhandling through the slots as fast as possible.
 - practice going forwards, and backwards through the line.
 - You can also practice toe-dragging, and pulling the puck back with your backhand while walking down the line.
- **Freestyle obstacle course**
 - Place a few pucks on your shooting pad or training tiles and any other obstacles you can find (hockey stick, broom, shoes, attack triangle, etc)
 - Stickhandle around these items as quickly as you can while using different moves like the [toe-drag](#), backhand, forehand
 - Run around while you do this drill and switch up the location of the obstacles (not always in front of you) stickhandle around them while the puck is behind you, to your side and in front of you to gain control around your entire body
- **Mine Field**
 - This one is similar to the obstacle course but only requires pucks. It's a lot of fun and you can do it on or off the ice
 - Toss a bunch of pucks on the ground / ice and practice stickhandling around through them
 - The obvious goal here is to not hit any of them, but challenge yourself and try to make quick decisions and quick moves
 - If you do hit a puck, well... now you have a new pattern of pucks to weave through!
 - This is a great drill to teach you how to weave through tight quarters
- **Triangle Drill**
 - Grab three pucks and make a triangle shape on your shooting pad
 - practice stickhandling around the pucks and through the pucks in different patterns
 - Change directions and change the size of the triangle to modify the drill
- **Box Drill**
 - Put four pucks on the shooting pad so they form a square
 - Stickhandle smoothly around the pucks ensuring you cup the puck on the forehand and backhand

- Reverse directions every few minutes and try to increase your speed as you go.
- Modify this drill by using the toe to pull the puck
- Create your own patterns around the pucks and time how long it takes you to do it 5, 10, 15 times. See if you can improve your time
- **Over the Stick Drill**
 - Lay a stick down on your shooting pad and practice flipping the puck over the stick on your forehand and backhand
 - See how fast you can perform the move
 - Try to perfect popping the puck over and catching it on the other side
 - This move is great when you need to flip the puck over a stick or body
 - practice walking around the stick / moving while flipping the puck over
- **More Stick Drills**
 - There are a number of drills you can do just by placing a stick in front of you, to get some ideas check out this video of Jonathon Toews <http://www.youtube.com/watch?v=MVP03HM4iV4>
- **Savard Drill**



- For this drill you will need a bit of space to stickhandle, you can do it on the ice, on the shooting tiles, or in a driveway with a ball and a cheap stick
- Set up two lines of pucks, side by side, about 2-5 feet apart(modify the distance as you like)
- After that line of pucks, set up a single line of pucks
- Your line should look something like the image above
- Stickhandle through the wide area, and then through the single line
- You can modify the drill by doing figure 8's around the wide pucks.
- **The Human Figure 8**
 - Instead of stickhandling around pucks or pylons in this drill you will stickhandle around your feet
 - Stand with your feet in any position you want and practice moving the puck or ball in a figure 8 motion through your legs and around your feet.
 - The point of this drill is to get you comfortable with the puck in front of you, on both sides, behind you and in between your legs.
 - To modify this drill you can get your feet involved, use them to kick the puck up, or drop the puck back to your foot and kick it behind you
- **Human Pylon**

- This one is similar to the human figure 8, however you will simply be stickhandling around your entire body (try not to get dizzy)
- The purpose of this drill is so you will become comfortable with the body around your entire body, and also moving it quickly from one area to the next.
- **Kick-Pass drill**
 - Stickhandle with the ball behind your body, pull it quickly into your feet, and then kick it forwards and catch it in front of you.
 - You can practice moving the puck from back to front and front to back
 - You can also practice doing this move on your forehand and backhand. For your backhand I find it is easier to do it with one hand.
 - This move will help you catch errant passes without breaking your stride, you can also use the move to beat the odd defensemen.
- **Weave Drill**
 - This drill can be done on or off the ice
 - Set up pucks or pylons in a zig-zag pattern (gap between pucks can be small for pure stickhandling, or wide if you want to run / skate while you weave)
 - Stickhandle with the puck while weaving through (running around) the obstacles
 - This drill will help you improve your forehand and backhand stickhandling. It will also help you improve your puck control while making quick turns
- **Tape Patterns - Quadrants**
 - If you want to practice a certain move or motion with the ball or puck you can mark boundaries with tape on your shooting pad / smooth surface.
 - The tape is nice because if you hit it you won't have to re-set (like if you hit a puck or pylon)
 - You can also tape out a big quadrant like this ++ and stand in the middle. Now practice stickhandling in each section.
 - In each section practice the quick hands (side to side and front to back), toe drags, yo-yo drill, over the stick and any more
- **Walking forwards and backwards**
 - If you have a decent sized shooting pad or the training tiles you can do this drill on your training surface. If you need more room you can use a stickhandling ball
 - practice moving the ball or puck while moving forward
 - Push the puck forwards on your forehand and backhand
 - practice dribbling (moving the puck quickly back and forth) while moving forwards
 - practice performing wide movements while moving forwards
 - Now perform the same actions while moving backwards
- **Modifiers**
 - To increase the difficulty of these drills you can
 - Run on the spot
 - Jump back and forth
 - Jump on one leg
 - Stand on a balancing board (this will help you work more than just your stickhandling muscles)
 - Do them one handed



- Use a weighted stick
- Use a weighted puck
- Use a golf ball
- You can also teach your top hand to do most of the work by putting a paper towel roll over the shaft and hold it with your bottom hand. This lets the shaft slide better and will quickly teach your top hand to perform the actions, making you a better stickhandler
- **Dekes**
 - There are a lot of dekes, fakes and moves that a player can practice at home. So many that I thought they deserved their own e-book and video. If you would like a complete break down of dekes and fakes you can try at home check out the [complete guide to Hockey Dekes](#)



Stickhandling Tricks

While some people may say doing stickhandling tricks is a waste of time ("you should spend that time practising REAL skills!") I still think that they are a lot of fun and will give a player more confidence with the puck. These tricks will help build hand-eye co-ordination and confidence with the puck as well as provide a nice break or something fun to do with a puck.

- **The Scoopy-puck move**
 - This is the move where you put the blade flat on the puck and then scoop it up
 - Lay the blade flat on the puck
 - The back of the blade should be slightly hanging off so you can tilt the puck up on it's edge
 - In a quick movement push down on the heel, and flip your wrists over
 - If done correctly the puck will stay on your blade
 - This move can be done with the heel, toe, or back of the blade
 - In order to do this move on the ice you need to add a sweeping motion to get the centrifugal force working with you
- **The Tornado**
 - Once you get the puck on the blade of your stick you can practice moving it back and forth
 - The goal here is to quickly move the puck back and forth without losing it off your blade
 - Use centrifugal force to keep the puck "glued" to the blade of the stick
 - Once you get good you can move the puck like a ball in a Lacrosse stick
 - practice going left, right, up down, and spinning around
- **Catching the puck**
 - With the puck on your blade practice tossing the puck up in the air, and then catching it again flat on your blade





- The key is hand-eye co-ordination and timing
- Time the puck so it lands flat on your blade
- Try one flip, then two flips, then three and four etc
- This game can be played with a friend as well by passing the puck back and forth in the air (mad skill required!)
- **Flipping the puck up**
 - This trick can come in handy during a game and is fun to practice
 - Start with the puck on the shooting pad
 - Roll your hands over so the toe is cupping the puck
 - Quickly pull back and then roll your hands over to catch the puck
 - When the puck hits your blade lift the blade up to flip the puck up in the air
 - Try getting the puck to come straight up and then bounce it a few times in the air off your blade
 - In a game you can use this trick to go top shelf, or put the puck HIGH and out of your end



Two Person Drills

There are a number of drills that you can do to improve your skills with a friend. These are a lot of fun and will help you improve quite a bit.

- **Keep Away**
 - This is an easy one to play and you can do it on a big shooting pad, the training tiles, or with a ball or training puck in the driveway.
 - The only goal of this game is to keep the puck as much as you can, but also try some moves on your opponent.
 - When on defence try lifting the stick, hitting the puck away and getting in the other players way to get the puck
 - While on offence focus on trying new moves, fakes and dekes
 - This game can be played with a net and targets, the player must hit a target to score.
- **Keep away (protecting the puck)**
 - This is the same as before except now instead of trying to pull off fakes, moves and dekes you will be protecting the puck
 - Use your feet, legs, hips and butt, arms, hands and elbows to block the other player from getting the puck.
 - The key is to put your body, or a part of your body in between the opponent and the puck
- **Box Hockey**
 - Use a shooting pad, the training tiles or a defined area on pavement with a ball (use tape to mark off a small area) and make two small goals (you can use milk crates, or anything that isn't too big)
 - Players battle for the puck or ball in a small area and try to score on the opponents goal

- The point of this drill is to improve your stickhandling in tight spots
- Players should not be playing "goalie" by blocking their goal
- If you are playing on pavement or cement the Green Biscuit is a great puck to use!
- **Push Pull Drill**
 - This isn't really a game but it will build core strength, weight transfer and balance
 - Two players stand facing each other with one hockey stick
 - The stick is held parallel to the hip, with both players holding the stick
 - One player will push, while the other player resists
 - Players alternate pushing and resisting
 - Push and twist from the hip to activate the core muscles

Stickhandle and shoot



During a game a great way to score is to have a quick release and a deceptive shot. If you take a few seconds to prepare before shooting the goalie is going read you like a book and be prepared for a shot. A good way to practice your quick release is to stickhandle and then shoot. Here are a few things you can practice at home on your shooting pad

- Stickhandle with the puck to your side and try to shoot without giving any clues. Move the puck forehand to backhand and then when moving to your forehand snap the puck and try to snipe a corner
- Stickhandle with the puck to your side and practice pulling the puck in with the toe and then shooting. This is a good skill to have if there is traffic in front of the net and you need to pull the puck to the side and then shoot. The toe-drag to snapshot can be a powerful shot if you master it
- Stickhandle with the puck **in front of you** and practice moving quickly to your shooting side and shooting, and also practice moving quickly to your backhand and shooting.



STICKHANDLING TIPS FOR THE GAME



Stickhandling during a game is much different than stickhandling in your basement. Here are some tips that should help you on the ice!

Keep the puck moving – When skating with the puck it is a good idea to keep the puck moving, some people refer to this as dribbling the puck, similar to how basketball players always dribble the ball. With a puck you should just move it to your forehand and backhand while skating. This keeps the defenders thinking, so they will never know when you are about to pull a move or deke them.

Skate for open ice – You don't always have to dangle the defensemen! While coaching I saw it time and time again, a player has a shot at a breakaway if he would just skate fast and blow past the defensemen, but instead THEY SKATE RIGHT TO THEM and try to deke them out. If you have speed use it, when you get the puck skate as hard as you can to get by the other teams players.

To gain speed while skating push the puck slightly ahead of you on your forehand or back hand and take a few POWERFUL strides and then continue to stickhandle with the puck.

Keep the puck out of the danger zone – Another BIG mistake I see players making is just having the puck right in front of them the whole time they are skating. This makes it easy for a player to come and knock the puck off your stick. Keeping the puck safe is easy, if a defender is on your right, move the puck to the left while you skate by them.

If you want to get more advanced you can try the bait and switch (a move I like to use) if you know a defender is going to try to get the puck from you and they are 20 feet away from you on the right, purposely stickhandle with the puck closer to them, when they get within 10 feet quickly move the puck all the way to the other side of your body and accelerate. This gives them the false hope of getting the puck, and by moving it quickly to the other side of your body you put about 10-15 feet of distance between them and the puck

Protect the puck - This goes with keeping the puck out of the danger zone. When you are skating past a defender (or when a defender is checking you) use your body to protect the puck. You can use your feet, legs, hands, arms, elbow, butt or stick to block the defender and put an obstacle between them and the puck!

Skate with your head up – If you stare at the puck when you stickhandle you are going to get crushed! Keep your head up so you can see the defenders coming at you, make passes and see plays developing. I have included a drill that will help you get a feel for the puck and stickhandle with your head up.

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TRANSFERRING SKILLS OFF ICE TO ON ICE



In order to transfer your skills that you learn from off the ice to on the ice you need to make your off-ice training as ice-like as possible. This means reducing friction as much as possible and using products that help replicate the on-ice feel. No matter what, if you practice off the ice you will need to make some minor adjustments when you are on the ice but don't let this discourage you.

When practising shooting and stickhandling you can make HUGE gains off the ice, and then when you step onto the ice you may feel like you are not as good. The truth is you are much better, but you just need to make some minor tweaks to your moves. Think of it like 5 steps forwards and one step back.

Tips to making your off-ice practice more like on the ice

When I practice off the ice I like to make everything as "ice-like" as possible. This means reducing friction and making minor adjustments in the size and weight of some products. Here is a breakdown for you

- **Shooting pad or training tiles** – These help by providing a low-friction surface for stickhandling and shooting, the only surface with a better slide than these products is the synthetic ice but this can be fairly pricy!
- **Green Biscuit or Hockey Shot Puck** – These two pucks slide even better than a regular puck on the shooting pads. The green biscuit is for stickhandling only (can break if shot) but the hockey shot puck slides nicely and can be used for shooting.
- **Slideboard** – I like to use a [slideboard](#) while stickhandling so I can get the feeling of stickhandling while skating. I find if I just practice stickhandling while standing still I have to tweak my moves a lot once I get on the ice. With a slideboard I can practice my dekes and stickhandling while moving so I will have a better feel for a move where I need to side-step a player or fake one way and then go the other way while moving the puck.
- **Stick length** – When you are on skates you will be a few inches taller, but when you practice with shoes on you do not have this extra few inches. This means you may get used to your stick being up to your nose in length, but with skates on it is only up to your chin, and may feel awkward. Some people like to use a stick that is a bit shorter while practising off-ice, try it out and see what you think!
- **Puck weight** – On the ice a 6oz puck feels lighter due to the low friction of the ice, when you try to move a 6oz puck on pavement it feels heavier because there is more drag and resistance. Some products like the Green Biscuit and the Smart Hockey stickhandling balls took this into consideration when designing and made their products slightly lighter than a puck so when used off-ice they feel the same

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FREE PRODUCTS TO IMPROVE SKILLS



If you want to improve your skills with products you do not need to drop thousands of dollars, there are some items around your house that you can use to train with

- **Golf ball or tennis ball** - I like to use golf balls to stickhandle with because they have a lot of bounce. This means you need lightning fast hands to stickhandle with them. Using a golf balls is a good way to develop soft, quick hands. You can also use a tennis ball for stuff like stickhandling, shooting and doing tricks like flipping it in the air and bouncing it on your blade. It doesn't have the same design qualities of a stickhandling ball, but it is still better than doing nothing!
- **Water bottle** – Some players forget that their top hand should be doing most of the work, and their bottom hand is there for support. If you want to see how this really feels and give your wrist and forearms a nice workout just grab a water bottle (not a hockey water bottle) and cut the top and bottom off, then slide it over the shaft of your hockey stick. Hold the water bottle with your bottom hand while stickhandling and let the shaft move through it. This will help train you to use your top hand to handle the puck.
- **Weighted puck** – A weighted puck is a good way to build your stickhandling muscles, and you can get these for fairly cheap at hockey shot or a sports store, but you can also make one by screwing or gluing two pucks together!
- **Weighted stick** – If you want to try stickhandling with a weighted stick you can make your own fairly easily. One method is to tape a few hockey pucks along the shaft of an old stick, or you can get an old composite stick and fill the shaft with sand. A weighted stick will over-train your muscles, if you can train your muscles to quickly perform actions with a heavy stick, imagine how quick you can be with a light stick! Just remember not to use your regular stick as well so you don't pick up bad habits.
- **Pass Re-bouncer** – There are a lot of cool pass re-bouncers out there that work great, my favourite one is the x-deviator. If you can't afford one of these and want to work on your passing I found a good way to do it on the cheap. Just pick up one of those orange street hockey balls and find a nice solid wall. You can practice passing against the wall all day long :D practice on your forehand and backhand from different distances. It's not as cool as having a puck passed back to you, but it will still help improve your passing!
- **Targets** – Shooting on an empty net sucks! Plus how are you going to improve your accuracy if you are aiming at a 6x4 target? If you want to test yourself all you have to do is find some string and some soup cans and sting them up in your net. Hang them in the corners or just below the crossbar. To hang them just punch a hole in the bottom and tie a big not in the end, then tie them around the crossbar.

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OTHER GREAT PRODUCTS



Here are some of my favourite products that will help you improve your game

For Shooting

- A smooth surface is the first thing you need to practice your skills at home. Grab a [shooting pad](#), [hockey training tiles](#), or [passing kit](#) and watch your skills improve exponentially.
- For shooting you should have a decent net, my favourite from Hockey Shot is the [EZ Goal](#). It is a folding net that also comes with a nice backstop. The Backstop is a God-send because it stops a lot of pucks from flying past the net and into the yard (or your windows). The net also comes with targets!
- I really like the [SpeedTrac Radar gun](#) as it helped me improve my slapshot by 20 MPH. The SpeedTrac is very durable (I have dropped it a few times) and is probably the best priced radar gun out there.

For Stickhandling

- A few products that I think are a must have for stickhandling are the [Green Biscuit](#), a wooden stickhandling ball and the smart hockey [stickhandling ball](#). The Green Biscuit is my favourite off ice puck (but you can't shoot with it). Wooden stickhandling balls are very cheap and are fun to play with and the smart hockey balls are made to feel as much like a puck as possible.
- Hockey Shot also has their own off-ice puck which works great on a shooting pad and you can use it for shooting.

For Deking

- To practice deking you need some obstacles to deke out. You can probably build most of them yourselves, but if you want to buy something made for stickhandling practice you could check out the attack triangle.

For Passing

- If you would like to work on your passing at home you could try a [puck rebounder](#). I have tried a lot of them and I prefer puck rebounders that use bungee cords. You could also get a shooting pad / pass rebounder combo with the extreme passing kit.

For Skating

- Skating is a skill that is VERY hard to work on at home, but a [slideboard](#) may be the best product to use to build muscle memory and power. If you buy the slideboard it comes with a guide that I made that also includes a bunch of drills you can do at home.
- To build your speed and power on the ice you could try a [skate weight](#). I tried these and they fit nicely under the skate and add a bit of extra weight to build your muscles while you skate.

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