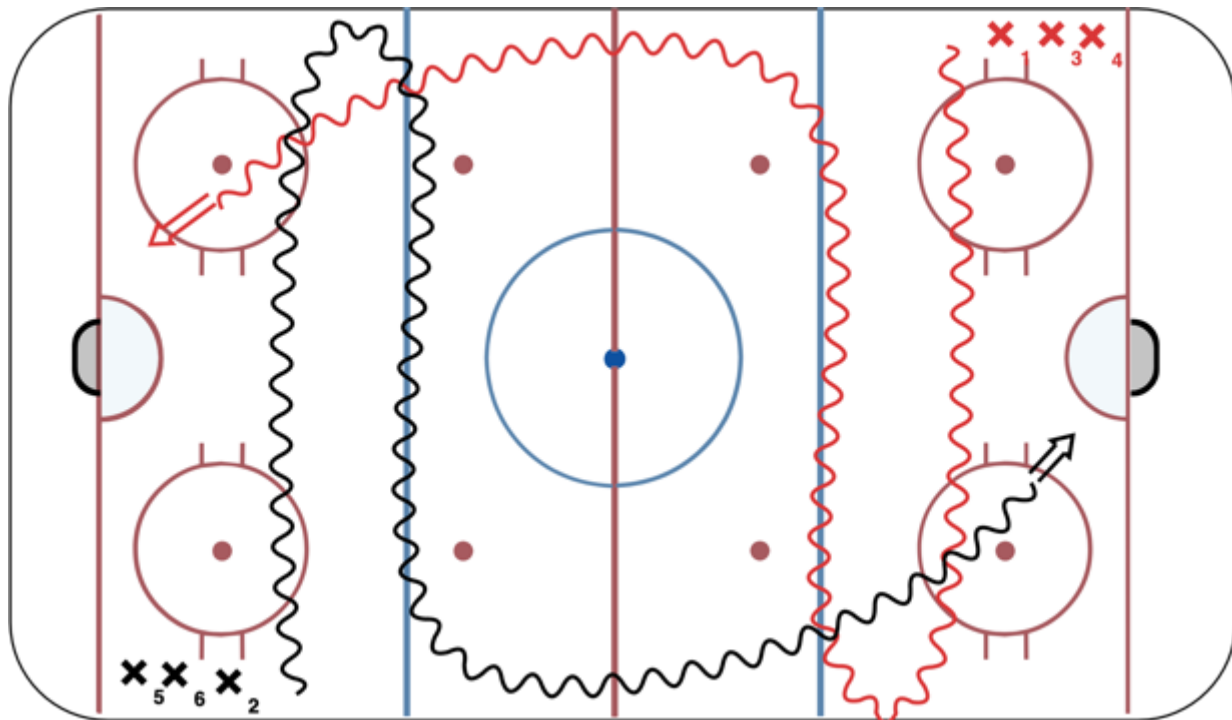


Backhand Stickhandling Warm-Up (Lines)



Description

Players are aligned in opposite corners on the hashmarks.

Players skate along the ringette line, with their body on one side of the line and the puck on the other.

- *Begin with players stickhandling once on each side (forehand and backhand) to develop an understanding of being comfortable on both sides.
- **2nd progression, have players handle the puck ONLY on their backhand sides both lines. This will help identify which players understand the concept of 'backhand' side as they will switch the puck to the other side when they change direction. Players that struggle wont switch, or may try to flip stick over.
- ***3rd progression, have players follow the same path while handling INFRONT of their body. On every whistle (frequently), they need to load the puck to their back hand side as if they are going to shoot/protect, where they hold the puck for a second or two before bringing it back out front.