



10,000 TOUCHES CHALLENGE

Program Overview

DT Coaching is proud to present **10,000 Touches**.

This program was created as a skill development opportunity for hockey players to develop stick handling skills at home.

There's evidence to show that daily micropractices are effective and often superior to longer practice sessions once or twice a week. When you practice a little each day, skills don't erode. In fact, they consolidate. It's like a bank account earning compound interest: a virtuous spiral where skill accrues quickly.

This program also aims to educate players, coaches, and parents on the LTPD model in a fun and interactive way.

So, how well do you think your stick handling would improve if you performed 10,000* Touches stickhandling over an 8-week period?

We have created a plan for players of all ages and abilities to follow over 8 weeks to accomplish this goal.

The Goal: Improved puck control skills through increased hand speed, quickness and coordination

The PLAN: Develop stickhandling skills performing 10,000* touches

Weekly Goal: 5 days per week | 75-150 minutes per week **Daily Goal:**
15-30 minutes per day

** Don't stop at 10,000! This is the minimum goal over the 8-week period*

Getting Started | What You Need

- Space – Have a dedicated place to practice. A safe, flat, practice surface (floor, driveway) ideally with a wall or rebounding surface (wall, curb)
- Equipment - Hockey gloves; ball to stick handle with (tennis ball, stickhandling ball [heavier])
- Stick
- Additional sticks, pucks, pylons, gloves or other house hold items to use as obstacles
- Skills are dived into 5 Skill Buckets; each Skill Bucket has a Goal Number of Touches and includes recommended skills and number of touches
- Skill = Simple – These are technique building, foundational movements
- Start slow – Rehearse each movement/skill then convert each movement into *Game Speed*
- Identify Weaknesses – Don't just work on your favourite skill or ones that you're good at
- Keep going - Players are encourages to complete more than the minimum required number of touches

Create a Daily Practice Routine

- Get into a routine. Choose a time when you can practice at the same time every day
- Plan ahead for days that you can't practice
- Be accountable – Do what you can without technique breaking down or losing your focus – don't just go through the motions. Break your workout into smaller chunks- for example, do half the workout early in the day and finish the rest later on that day
- Progressions - Combine skills to double or triple your touches per round of drills

What's a 'Touch'?

- A 'touch' can simply be defined as every time there is a change in direction of the ball
- With some skills, you will be able to perform many touches in a short period of time, ie. Quick Hands – Front; whereas, Wide Reach is a more deliberate motion with wide motion and path.

Tracking your Progress

- Players must track your shots on the **10,000 Touches Challenge** Tracking Sheet

Skills Buckets & Drills

- Skills are dived into 5 Skill Buckets
- Each Skill Bucket has a Goal number of touches and includes recommended skills and number of touches

1.0	Quick Hands 3500 Touches	1.1. Quick Hands - Front 1.2. Quick Hands - Side 1.3. Quick Hands - 2-3 balls 1.4. Circular Stickhandling 1.5. Quick Hands - in Motion 1.6. Obstacle Course 1.7. Juggling	500 500 500 500 500 750 250
2.0	Around Body 2250 Touches	1. Around Body 2. Around Body - Box 3. Figure 8 - Stationary 4. Figure 8 - in Motion 5. Forehand only	500 500 500 500 250
3.0	Narrow & Wide 2000 Touches	1. Narrow/Wide Combo 2. Wide Throw & Catch 3. Hand-Slide Wide 4. Ball Through Legs 5. Stick through Legs 6. Wide Reach	500 500 250 250 250 250
4.0	Toe Drags 1250 Touches	1. Toe Drag - Front & Side 2. Toe Drag - Attack Triangle 3. Toe Drag - Moving (Forehand & Backhand) 4. Chip over Stick 5. Transition Sticks	250 250 250 250 250
5.0	Passing 1000 Touches	1. Passing - Stickhandle & Pass 2. Passing - One Touch	500 500
Total Number of Touches			10,000

Remember ...

Build a foundation of technique skills ➤ Be consistent/accountable ➤ Increase proficiency & confidence ➤
 Have fun building your skills!