

Stick Handling Form

Players Name _____

DATE	DRILL	10 MINUTES, 3 X'S PER WEEK Circle Day Completed	Player Signature	Parent Signature
Week of Jan 23rd	Soft Touch	Sun - Mon - Tues - Wed - Thur - Fri - Sat		
Week of Jan 30th	Around Body	Sun - Mon - Tues - Wed - Thur - Fri - Sat		
Week of Feb. 6th	Hands & Feet	Sun - Mon - Tues - Wed - Thur - Fri - Sat		
Week of Feb. 13th	Moving	Sun - Mon - Tues - Wed - Thur - Fri - Sat		
Week of Feb. 20th	Hop	Sun - Mon - Tues - Wed - Thur - Fri - Sat		
Week of Feb. 27th	Blinders	Sun - Mon - Tues - Wed - Thur - Fri - Sat		
Week of March 6th	Golf Balls	Sun - Mon - Tues - Wed - Thur - Fri - Sat		