

10U/12U PHASE II - PUCK HANDLING

BAIT, CUP & GO AROUND

FOCUS

- Deception.
- Bait defensive player to poke check the ball, Cup ball and Go Around; beating defensemen by moving in opposite direction.
- Top hand wrist control.

MOVEMENT

- 1 • Quick short dribbles in front of body.
 - 2 • On forehand side of the body push ball away from body to entice opponent.
 - 3 • Quickly pull ball back using toe of blade.
- 2 • Quickly pull ball back using toe of blade.
 - 3 • Extend reach to back hand as wide as possible.
 - Repeat.

ADVANCED

Set up 5 cones 3-4 feet apart. Players walk through course: Bait, Cup and Go Around cones. As technique is perfected players can jog through course Bait, Cup, Go.



10U/12U PHASE II - PUCK HANDLING

BAIT, CUP & GO AROUND

