

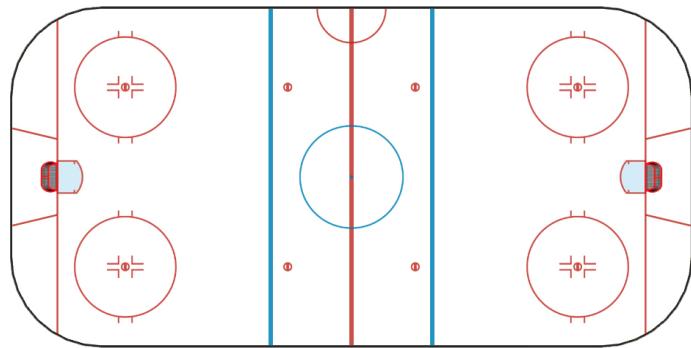
## Individual Stick Catch



MIN. NUMBER OF PLAYERS:  
OFF / DEF / GK - 12 / 8 / 2

LEVELS:

TAGS:



### DESCRIPTION:

This is a fun agility, balance and coordination activity that teaches body position "Power Position", on ice stability and heads up "head on swivel" scanning.

### KEYPOINTS:

KEY EXECUTION POINTS: Players place their stick on the butt end. Holding stick out away from the body at arms length. Release the stick and spin 180 degrees and attempt to catch the stick without it falling. Players not successful kneel in this elimination

game to allow successful players to continue until the last player remains. The last player standing wins. Vary directions.

### KEY TEACHING POINTS:

- \* Low body position.
- \* Quick pivot/spin stay low
- \* Upper body leads lower body .
- \* See the stick target to catch.

### NOTES:

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