

# STICKHANDLING PROGRESS TRACKING SHEETS

While you are working to improve your stickhandling it is nice to track your improvements and see how far you have come since you started. Below I have attached a sheet that you can print off and use to see your improvements over time. **There are three ways to use the sheet, outlined below**

## Max Reps – Time restricted

The first method is set up to track **how many reps** you can do in a certain amount of time. You can use this to give yourself a set amount of time, and then see how many times you can perform a movement. An example is given below

### Example

I want to see how many figure 8's I can do in 2 minutes, I use the sheet below and pencil in the guidelines in bold **before I start the drill**

DATE	DRILL	REPS	VARIATION	TIME	NOTES
Oct 29th	Figure 8	????	NONE	2 min	Pucks 5 feet apart, Sweeping motion used

You can see the reps is blank, now I will perform the drill and see how many reps I can do in a two minute time. Use an alarm, or stopwatch **most phones have a timer with an alarm.**

Do this drill every day, or a few times a week and see how your reps improve over time. The end result may look like this

DATE	DRILL	REPS	VARIATION	TIME	NOTES
Oct 29th	Figure 8	30	NONE	2 min	Pucks 5 feet apart, Sweeping motion used
Nov 1st	Figure 8	35	NONE	2 min	Pucks 5 feet apart, Sweeping motion used
Nov 3rd	Figure 8	38	NONE	2 min	Pucks 5 feet apart, Sweeping motion used
Nov 5th	Figure 8	44	NONE	2 min	Pucks 5 feet apart, Sweeping motion used
Nov 7th	Figure 8	53	NONE	2 min	Pucks 5 feet apart, Sweeping motion used

Need help? Need Drills? Check out my [Complete Guide to Stickhandling](#) to learn everything you need to know to improve your stickhandling.



## Max Speed – Rep Restricted

In the second method you are using reps as your measure, and time as your variable. You will give yourself a set number of reps and then time how long it takes you to complete them.

### Example

DATE	DRILL	REPS	VARIATION	TIME	NOTES
Oct 29 <sup>th</sup> Morning	Forehand toe drag	100	NONE	?????	Done against a wall to stop puck from getting away if I mess up

In this example you are timing how long it takes you to do 100 toe drags on your forehand. This is a great way to achieve a goal of doing 1000 toe drags in a given amount of time. Say you want to do 1000 in a week, you can do 100 a day, and on some days do 100 in the morning and 100 in the afternoon.

### Example

DATE	DRILL	REPS	VARIATION	TIME	NOTES
Oct 29 <sup>th</sup> Morning	Forehand toe drag	100	NONE	3min 29s	Done against a wall to stop puck from getting away if I mess up
Oct 30 <sup>th</sup> Morning	Forehand toe drag	100	NONE	3min 12s	Done against a wall to stop puck from getting away if I mess up
Oct 30 <sup>th</sup> Afternoon	Forehand toe drag	100	NONE	2min 52s	Done against a wall to stop puck from getting away if I mess up

## How to use the sheet

**Drill log** – Print one sheet for each drill and every time you do the drill add your results to the sheet

**Daily log** – Keep track of all your results on one sheet and print a new one each time your sheet is filled. After a month look back to see your improvements

**Routine Log** – Create your own drill routines **Example** - 20 soft hand reps in each quadrant, 30 max reach reps, 30 reps figure 8, 30 reps yo-yo drill, 20 reps human figure 8 – Now write down your TOTAL time. Do this routine every day and see how you improve.

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