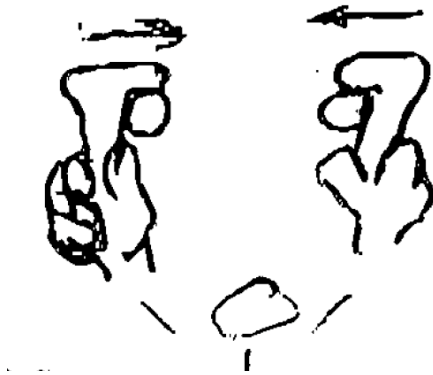


Focus on "over and back" move (see Marky V's drawing).



This is just moving the puck left to right in front of you. The puck is always in the inside of the stick. If you are right handed your hand is palm-down when moving to the left and palm-up when moving to the right.

Plan:

-Do the land drill:

Get your tuna can system going at home. Or whatever you want to use. CanAm sells a "Practice Puck" for land drills. See info below (buy it through sfuwah.org so we get a cut).

Do at least 3 minutes of just the "over and back" move. As soon as you can, stop looking at the puck. Do it every day. After those 3 minutes do something else if you feel like. Up to 7-10 mins is all you need.

-Do the water drill: On Thursday and Monday, do the same exercise in the water. If it is easier to do it still, start still, then transition to swimming. Again, as soon as you get good, stop looking at the puck.

Benchmark: (work in progress) Maybe by Monday 7/23 we do a timed measure of how long can a player does this move continuously without losing the puck, while swimming, without looking at the puck. Send ideas for ways to blindfold the player, bring whatever is need to practice to try it out this Thursday and Monday. And time yourself with the eyes closed.