

## Dryland Skill Development (DSD) Program

The goal of the DSD program is to significantly increase stickhandling skills over the course of the season by spending 5-15 minutes a day developing hand and stick and puck skills.

Requirements (besides your stick and gloves):

- DSD Deck of Skill cards
- Stickhandling ball (or even a golf ball)
- 6 foot 2x4
- Six pucks
- Space (10x10 or so)
- Balance board or two 2x4s

**DSD Skill Card :** Each DSD Skill card has a stickhandling activity that lasts from 30-90 seconds. Players should find 5-15 minutes a time to create a routine for working toward the DSD weekly targets. *Note also that each card has a 'smart hockey' tip...read and absorb!!*

**Weekly targets :** Weekly targets are defined in terms of 'completed cards'. And note that you cannot bank cards for the next week. (I.e. if I did 35 this week, I can't report 30 and give myself a 5 card jump on next week.)

Target Level	Weekly Cards
Gold	50 cards
Silver	40 cards
Bronze	30 cards

So, players will work their way through the deck each week by drawing off the top card and executing it. If the player does every card, you can reshuffle if you want to change the order for next round.

**Intensity:** It is extremely important to push yourself every card. If you put hours and hours into practicing slow, half-hearted puckhandling, it will actually make you worse on the ice. You must stay mentally sharp and try to do every card with intensity – quickly and cleanly.

**Reporting:** Each player will self report the number of cards completed for the week on Sunday nights. You can send an email or use the form on the website at [www.gottaplayhockey.com](http://www.gottaplayhockey.com).

**Honesty:** A note on the integrity of self-reporting. Sports and school give you the opportunity to strive for success with honesty and integrity. Exaggerating your weekly cards is a dishonest short cut and as we talk about frequently, it's just very disrespectful to your teammates and coaches. There may be weeks that you don't get to bronze level and in these cases, I want you to be honest rather than fudge your numbers.

**Tracking:** Your helmet will be your 'tracking'. At Mondays practice, players will get a Gold, Silver, or Bronze helmet sticker for their DSD efforts.

**WEBSITE:** [www.gottaplayhockey.com/dsd](http://www.gottaplayhockey.com/dsd)

Has demos of every skill card. Each card has the address of the demo as well. Also, you can use this site to submit your weekly completed cards using a form on the site and it will be sent to your coach.

## DSD TIP Sheet:

### Stickhandling

Working on Stickhandling at home will help you tremendously on the ice. It will improve your confidence with the puck as well as your passing and shooting. And further, this is something that does not cost any money, but only that you can fit 5-10 minutes a day of stickhandling into your daily routine.

#### Remember:

- Top hand control
- Hands away from body
- V-Grip on top hand
- Head up if possible (i.e. all 'Quick Dribbles' and work on head up for others)
- Wide and balanced hockey stance
- Deviate and be creative (but don't take short cuts)
- Remember, do every card fast and clean. Half-heartedly going through the motions could make you worse.

### DSD Skill Card Notes

If a 'time' is shown, (i.e. 12:00 or 4:30) it means the ball or puck position relative to you. Straight ahead is 12:00. Behind you is 6:00. When stickhandling on your 'forehand' side, a righty is stickhandling at 3:00 and a lefty is at 9:00 and card might say 3:00R/9:00L to indicate that a righty should be executing at 3:00 and a lefty should be executing at 9:00.

"Bridge" refers to stacking up two piles of three pucks each and then laying a 2x4 or long hockey stick across the pucks to make a bridge.

C, R, L means Center, Right Left

The second line on each card tells you the minimum number to do and if to repeat. For example, 2x50 means do two sets of 50.

### Add a balance board

For any of the stationary feet cards, After you've got your hands flying, add a balance board to incorporate balance, agility, and core strengthening to any drill. Simplest way is to just cross two 2x4s to make a tetter-todder that you stand on (2x4 should be at least 3 feet long). A wobble board, or fancy balance board would work too (i.e. some have a spool that you need to balance on):

