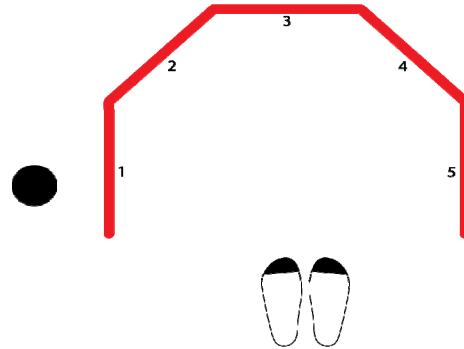


Video of all 25 drills can be found at fasthandshockey.com or youtube [#fasthandshockeydrills](https://www.youtube.com/hashtag/fasthandshockeydrills)

Lefty Shot

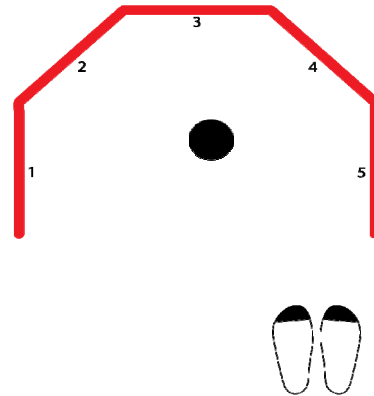
1) *Wide & Short Dribble Combo*

1-5, 5-1, 1, 5, 5, 1, Repeat



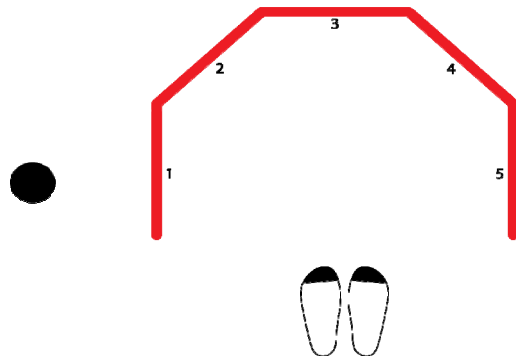
2) *Bait Cup Go Around*

3, TD 3, Around, 5, 3, TD 3, 5, Around, Repeat



3) *Expansion Across*

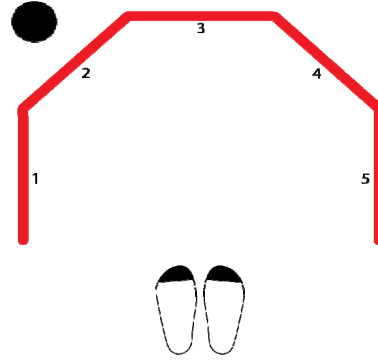
1-4, 4-1, 1-5, Reverse, 5-2, 2-5, 5-1, Repeat



4) V-Pattern Drill

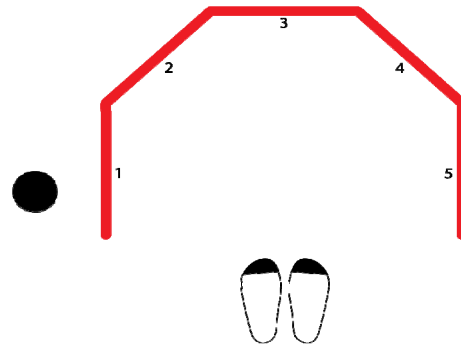
2, 4, 5-1, Repeat

*Opposite direction
4, 2, 1-5, Repeat



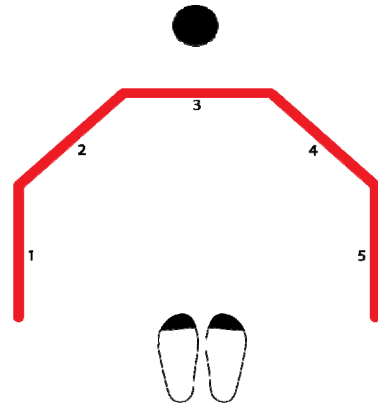
5) X-Pattern Drill

1-4, Over, 2-5, 5-2, Over, 4-1, Repeat



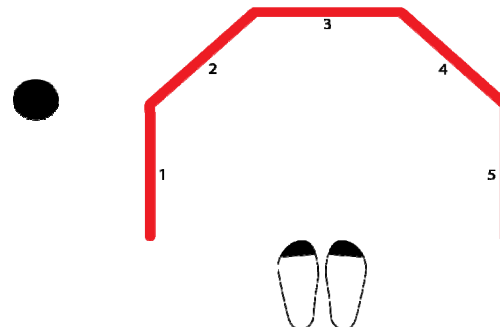
6) Toe Drag Backhand Toe Drag

TD 3, BTD 4, TD 3, BTD 5, Repeat



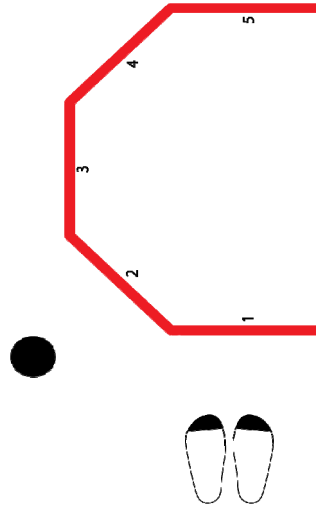
7) Fake Pass Pull Through

Fake Pass, 2-5, Fake Pass, BTD 1-5, Repeat



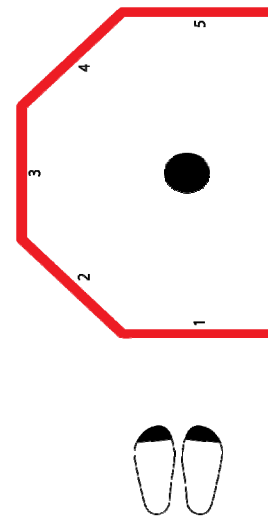
8) Forward Bring Back

2-5, 4, 3, Repeat



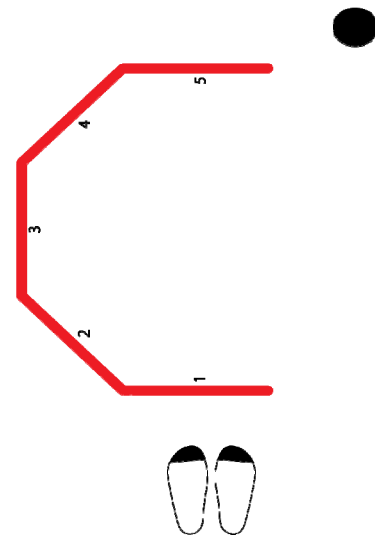
9) Minnesota

TD 1, 1, 3, 2-5, 2, 2, Repeat



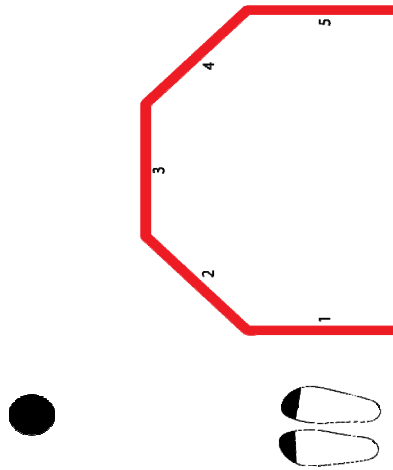
10) Z-Pattern Drill

Over, 4, 2, 2, 4, Repeat



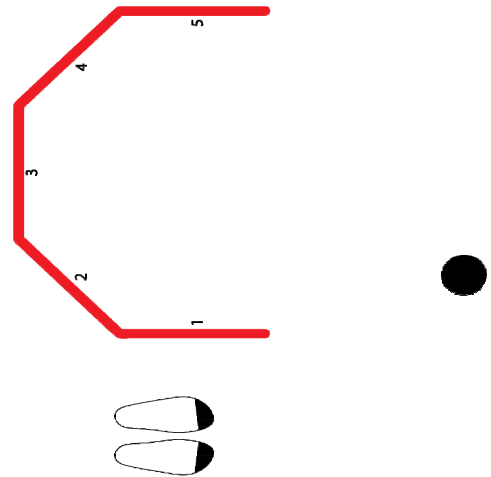
11) Backhand Lateral Expansion

Over Wide, 4, 2, Over Wider, 5, 2, Repeat



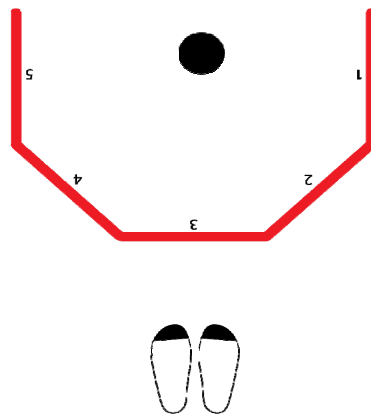
12) Behind Rotational Control

Backhand 4, TD 3, 4, TD 2, Repeat



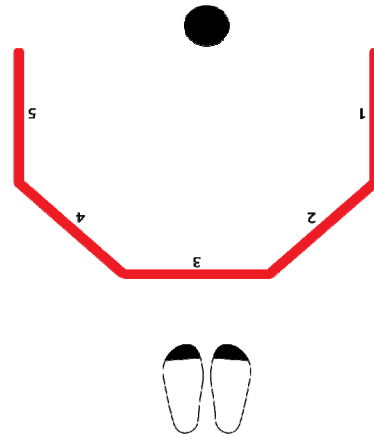
13) Quick Stick Figure 8

5, 4, 1, 2, Repeat



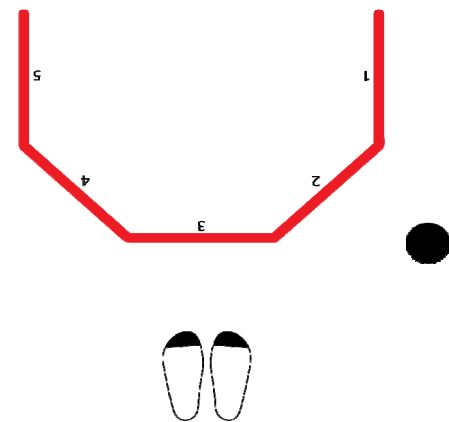
14) Wide Figure 8

Around, 1, Around, 5, Around, 2, Around, 4, Repeat



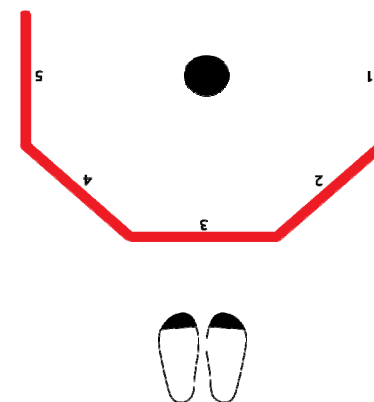
15) Expansion of Reach

2-5, 4-1, Repeat



16) Fast Hands

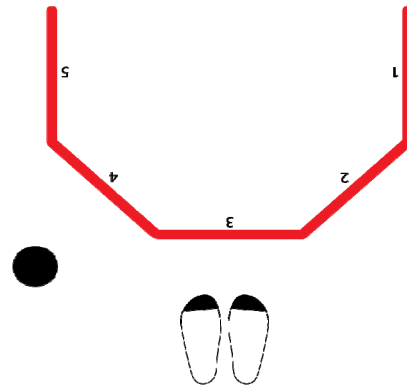
4, 4, 5, 5-1, 1, Reverse, 2, 2, 1, 1-5, 5, Repeat



17) Small & Big Circle

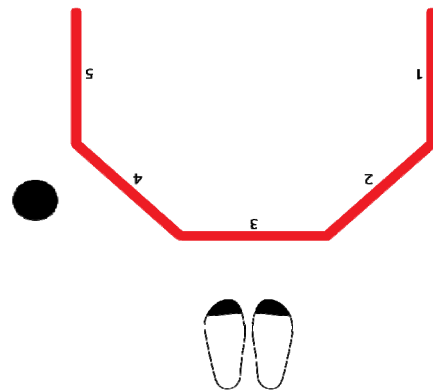
4, 2, 5-1, Repeat

*Opposite direction
2, 4, 1-5, Repeat



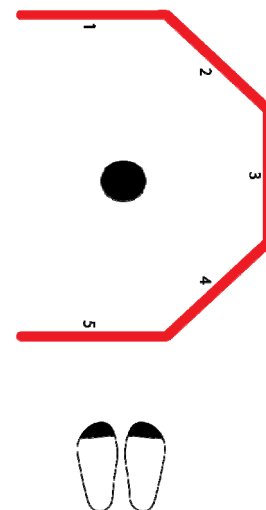
18) Accuracy

4-2, 2, TD 3, Reverse, 2-4, 4, TD 3, Repeat



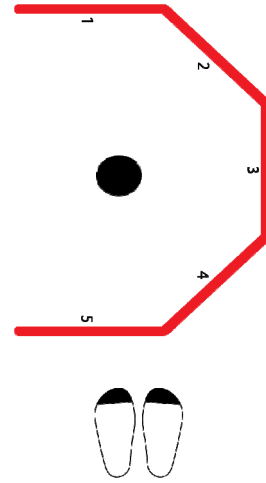
19) Michigan

2, 2, 3, 4, TD 5, 4, Repeat



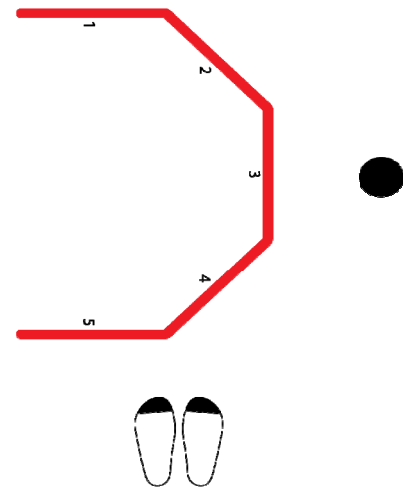
20) Quick Circles

3, Around, 1, Around, 2, Around, 1, Repeat



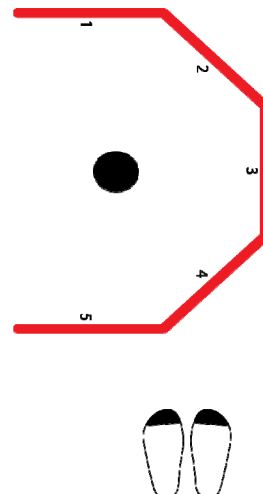
21) Toe Drag Transition

3, TD 5, 4, 3, Repeat



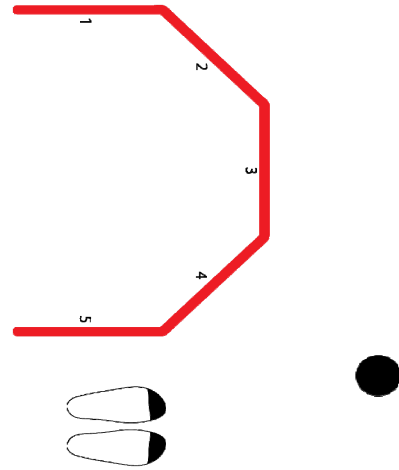
22) Backhand Toe Drag Deception

BTD 3, 4, 2, Around, Repeat



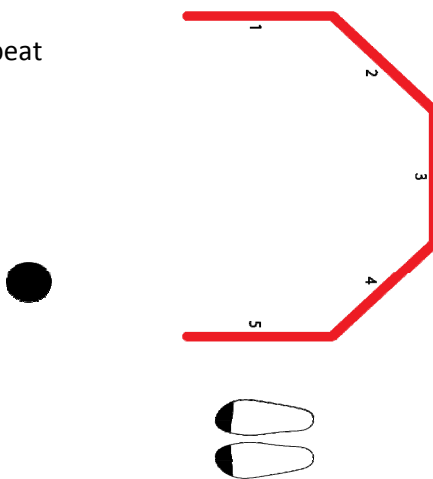
23) Forehand Lateral Expansion

Pull Wide, 2, 4 Pull Wider, 1, 4, Repeat



24) Lateral Control

Forehand 2, 3, TD 5, Forehand 2, 4, TD 5, Repeat



25) Quick Touch

4, 2, 2, 3, 2, 4, 4, 3

