

HA SKILLit YoungStars

Hey toppers!

How great that you participate in our ABN-AMRO / EIFFEL Hockey Academy challenge. Some exercises you can already, for other skills you have to train a little harder, but then, continue!! Create an app group with your team, group of friends, class or family and share your results. In some parts you enter how often it worked or what your goal is, in other parts how long it took you. And finally in the last column all check marks if it worked. We are of course also very curious about the videos!

Share? Post your skill videos on Facebook or INSTAGRAM with the hashtag #skillitHA Have fun and stay safe!

2D SKILLS

	nr	time	V
1. Ball forward, pull back a little and pop it up with your stick			
2. Make a triangle (eg with table chairs), 7 rounds with ball on your stick			
3. 50x the ball back and forth with Indian dribble (forehand - backhand)			
4. 10x the ball to the left of your body from front to back, 10x to the right			
5. 3 balls against the wall at same time, how often can you keep playing all 3?			
6. Gymnast play ball through your feet 15x			
7. Free practice, surprise us!			

3D SKILLS

	nr	time	V
8. Keep 45x high with a hockey ball			
9. Hold 10 times high with a tennis ball			
10. Rock a hockey ball on a toilet roll (note) so that the ball remains there			
11. The ball in the curl of the stick and lifts			
12. Hop with the ball on your stick			
13. Take a drum, 3 meters away, pop the ball into the drum			
14. Which trick can you do best?			

PERFORMANCE SKILLS

	nr	time	V
15. Hop 5 meters there and back			
16. Move back and forth 3 meters on 1 leg and 2 hands			
17. Jump rope for 70 seconds			
18. Stand on one leg for 10 seconds with your eyes closed			
19. 2 Stand up rollers behind each other and without using your hands			

