

HA Skill It ParaHockey

Hey young hockey stars,

It is great that you are keen to take part in our ABN -AMBRO /EIFFEL Hockey Academy Challenge. When you have done an exercise, you can put a tick or X in each box. Can you do them all? If you do not have cones you can use bottles, shoes or books to set out your exercise. You can find sample demonstration videos of each exercise on [www. Hockeyacademie.nl](http://www.Hockeyacademie.nl) Skill It ParaHockey. The exercises marked with p (5p,6p,12p,15p,16p,18p,19p) are specially made for you. These are different from the Skill-It Young stars or Skill It exercises.

Try each exercise and do not worry if it does not work at the start. Have another go and keep trying. When you have completed the skill put a tick or X in the box and try the next one. Post your skill videos on Facebook, Twitter or INSTAGRAM with #skillitparaHA #ParaHockeyNL

Can you do them all? Then why not try the Skill-It Youngstars or Skill It exercises next?

HAVE LOTS OF FUN AND STAY SAFE!

2D SKILLS

	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	
5p. 2 balls against the wall at the same time, how often can you keep playing all 2?	
6p. Make 10 figures around your legs. It is also allowed around pylons.	
7. Free practice, surprise us!	

3D SKILLS

	V
8. Keep 45x high with a hockey ball	
9. Hold 10x high with a tennis ball	
10. Rock a hockey ball on a toilet roll so that the ball remains there	
11. The ball in the curl of the stick and lifts	
12p. Walk or hop with ball on your stick 3 meters there and back	
13. Take a drum, 3 meters away, pop the ball into the drum	
14. What trick can you do best?	

PERFORMANCE SKILLS

	V
15p. Skipping or skating jumps for 5 meters	
16p. Crouch down on the floor with your hands on the floor and jump as high up in the air with your arms stretched upwards, do this 5 times	
17. Jump 70 seconds	
18p. Stand on one leg for 10 seconds	
19p. 20 times Jumping Jack, hands up and jump with your legs at the same time	

