

Toe Control Homework

Push Puck out with the heel on the forehand and pull puck back with the toe. Each exercise should be done in sets of 10, then move immediately to the next exercise. Perform this circuit 3 times daily.

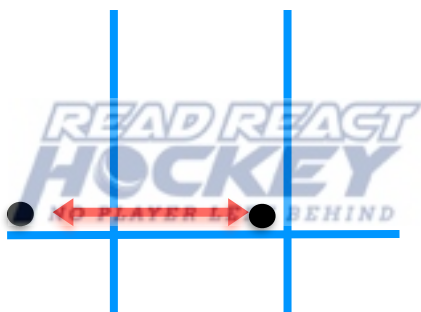
1. Dribble Pull



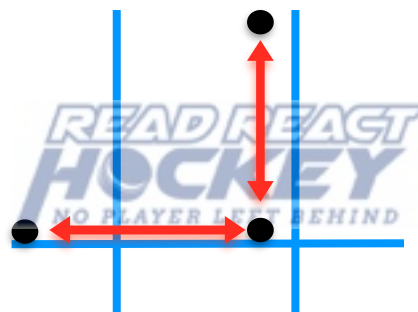
2. Continuous Pull



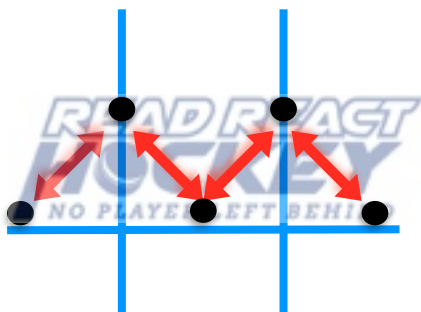
3. Side Pull



4. "L" Pattern



5. "M" Pattern



6. Box

