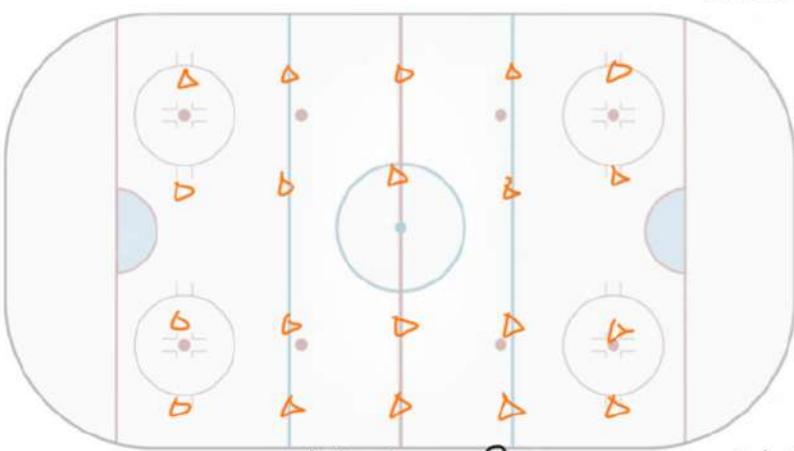


GROUP: Sauk Skills Night #3 - NOV. 10th

# HOCKEY EDU.

## SKILLS PLAN

TIME: 5:00PM - 8:45pm DATE: November 10th



### DRILL: POWER SKATING 20 min

4 lines skating warmup - we will review proper skating techniques With turns & edge holds. Drills may vary based on skill level.

Knees bent  
Turns & pivots  
Edge control  
Single leg balance

COACHES: please float & help correct players With their techniques. Every reminder they Receive is helping them form great habits!

FOCUS:

Please also remind skaters to hold their top hand of their stick correctly during skating drills

EQUIPMENT NEEDED: 20 cones & pucks

### DRILL: PUCK CARRY EXERCISE 10 min

Review: Coach Claudia will review puck carrying drills with skaters. Skaters will have a partner and two cones to work on their drills. Goalies can find a net and receive warm up shots from a coach.

Knees bent  
Eyes up  
Holding sticks properly  
Cupping the puck  
Top hand control  
Puck carrying

COACHES:  
Please float and help  
Players with their technique  
& making sure they are holding  
their stick correctly especially the top  
hand.

EQUIPMENT NEEDED: Pucks & Cones

### DRILL: PASSING SKILLS 15 min

Coach Claudia will review passing drills and players will work on passing technique.

COACHES:

Knees bent  
Top hand control  
Holding sticks properly

Please float & remind players of the focus points ( head up, top hand grip, knees bent etc...)

FOCUS: Puck carry  
Puck range  
Heads up  
Loading

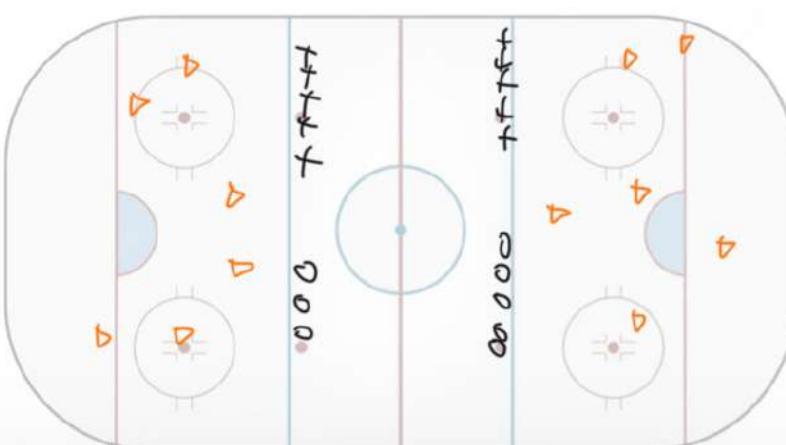
EQUIPMENT NEEDED: Pucks & Cones

### DRILL: GAME

Cone passing

FOCUS:

EQUIPMENT NEEDED: PUCKS



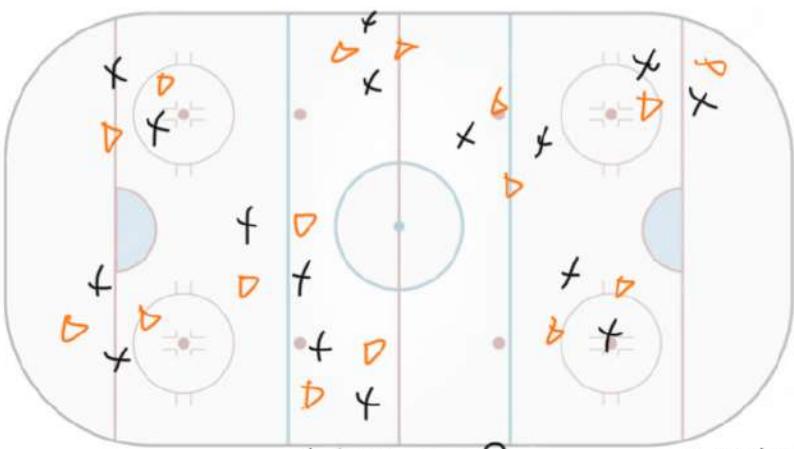
GROUP: Sauk Skills Night #3 - NOV. 10th

# HOCKEY EDU.

## SKILLS PLAN

TIME: BANTAM

DATE: November 10th



### DRILL: PUCK CARRY EXERCISE

Review: Coach Claudia will review puck carrying drills with skaters. Skaters will have a partner and two cones to work on their drills. Goalies can find a net and receive warm up shots from a coach.

Knees bent

Eyes up

FOCUS: Holding sticks properly

Cupping the puck

Top hand control

Puck carrying

COACHES:

Please float and help

Players with their technique

& making sure they are holding their stick correctly especially the top Hand.

EQUIPMENT NEEDED: 20 cones & pucks

### DRILL: PASSING SKILLS

10 min

Coach Claudia will review passing drills and players will work on passing technique.

Knees bent

Top hand control

FOCUS: Holding sticks properly

Puck carry

Puck range

Heads up

Loading

COACHES:

Please float and help

Players with their technique

& making sure they are holding their stick correctly especially the top Hand.

EQUIPMENT NEEDED: Pucks & Cones

### DRILL: PASSING CONCEPTS

15 min

Coach Claudia will review passing drills and players will work on passing & concepts.

COACHES:

Please run a station.

FOCUS:

EQUIPMENT NEEDED: Pucks & boarder patrol & 4 nets

### DRILL:

FOCUS:

EQUIPMENT NEEDED:

