

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

HOCKEY EDU.

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

SKILLS PLAN

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.

FOCUS: 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!

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

EQUIPMENT NEEDED: 20 cones & pucks

Water Break - 2min

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.

FOCUS: 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.

FOCUS: Knees bent
Top hand control
Holding sticks properly
Puck carry
Puck range
Heads up
Loading

COACHES:

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

EQUIPMENT NEEDED: Pucks & Cones

DRILL: GAME

cone passing

FOCUS:

EQUIPMENT NEEDED: PUCKS

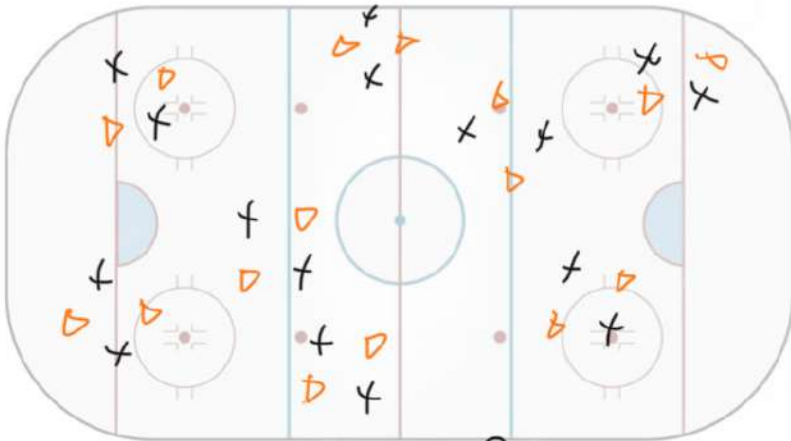
GROUP: Sauk Skills Night #3 - NOV. 10th

HOCKEY EDU.

TIME: BANTAM

DATE: November 10th

SKILLS PLAN



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.

FOCUS:
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: 20 cones & pucks

Water Break - 2min



DRILL: PASSING SKILLS

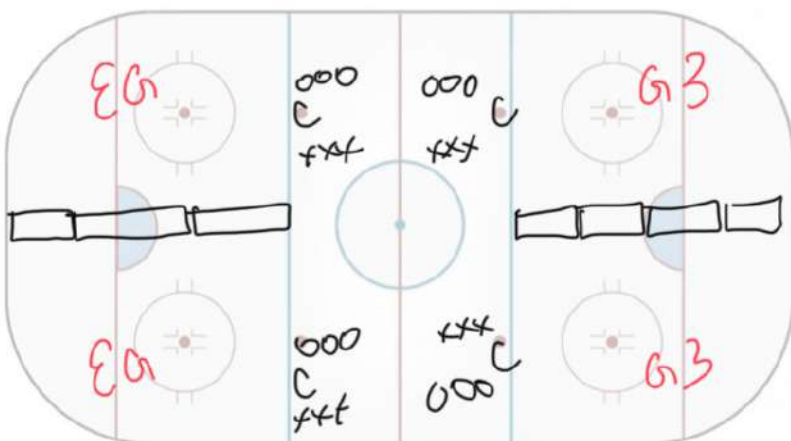
10 MIN

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

FOCUS:
Knees bent
Top hand control
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: