

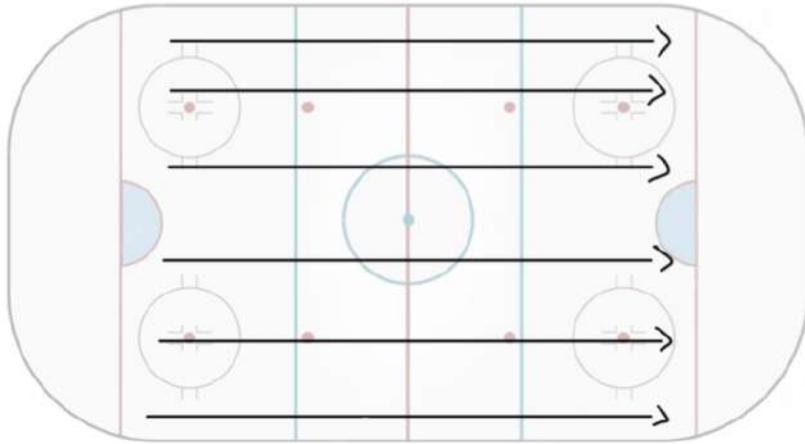
GROUP: Sauk Skills All Ages

HOCKEY EDU.

TIME: 4:30pm - 8:45pm DATE: FEBRUARY 16th

SKILLS PLAN

15-20 min



DRILL: Puck Carrying
 6 lines skating warmup - With pucks. We will have a huge focus on quick starts, winning races to pucks, and carrying the puck fast. We will race at the end.

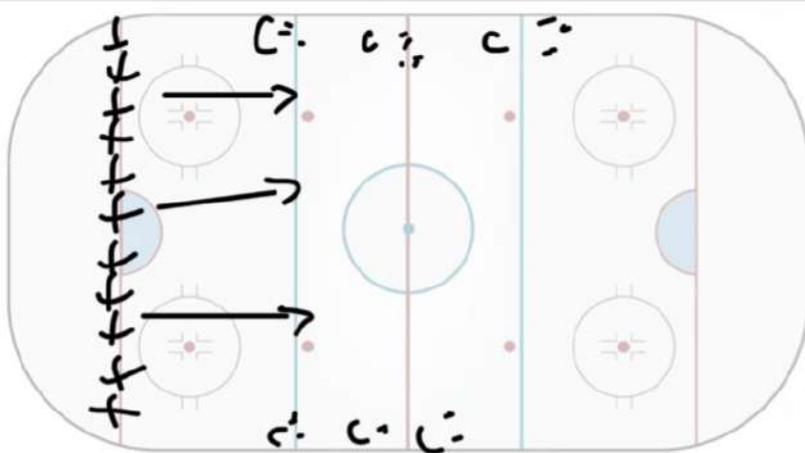
Knees bent
 Awareness
 Edge control

FOCUS: Quick Starts
 Protecting the puck
 Puck Carrying
 Head Up

COACHES: please float with a line and make sure Players are listening. Please 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:



DRILL: Puck Carrying Game

5-7 min

FOCUS: Last session FUN!

COACHES:
 Please play in the game!

EQUIPMENT NEEDED: Pucks



DRILL: Compete Stations

20 min

We will have a few variations of drills to work on battles in front of the net & puck races.

FOCUS: Puck placement
 Edge control
 Puck protection
 Mohawks
 Compete
 Net front
 FUN

EQUIPMENT NEEDED: Pucks, 8 Boarder Patrol, 4 Nets, tires & cones



DRILL:

FOCUS:

EQUIPMENT NEEDED: