

GROUP: Sauk Skills - January 5th.

HOCKEY EDU.

TIME: 5:15pm - 8:45pm DATE: January 5th. 2026

SKILLS PLAN

25 MIN

DRILL: POWER SKATING

6 lines skating warmup - we will review proper skating techniques with skating drills. Drills may vary based on skill level. We will have a huge focus on Mohawk Skating & puck protection. Pucks will be added at the end.

Knees bent

Awareness

FOCUS:

Edge control

Mohawks

Protecting the puck

Pivots

Puck Carrying

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: Mohawk Stations

20 MIN

Coach Claudia will go through a series of puck carrying drills that will have a Mohawk skating and pivot focus.

Puck placement

Edge control

Puck protection

FOCUS:

Mohawks

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

EQUIPMENT NEEDED: Pucks & tires & 6 nets

DRILL: BANTAM Group

Mohawk Power Skating - We will add pucks right away and have a big focus on puck carrying and Puck protection awareness. We may split into partners for battle drills.

For the stations we will have a Mohawk skating focus... Passes may be added to drills, to continue our theme of IQ development and puck placement.

FOCUS:

EQUIPMENT NEEDED:

DRILL:

FOCUS:

EQUIPMENT NEEDED: