

GROUP: Sauk Skills - January 5th.

HOCKEY EDU.

SKILLS PLAN

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

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
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!

FOCUS:
Mohawks
Protecting the puck
Pivots
Puck Carrying

EQUIPMENT NEEDED:

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

20 MIN

DRILL: Mohawk Stations

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: