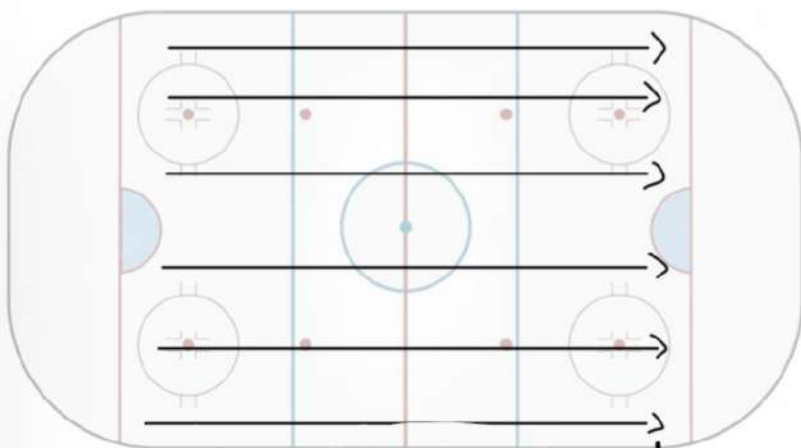


GROUP: Sauk Skills - January 19th

# HOCKEY EDU.

TIME: 5:00pm - 8:30 pm DATE: January 19th . 2026

## SKILLS PLAN



### 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 puck protection skating. We will do a few puck carrying drills as well.

Knees bent

Edge control

### FOCUS: Puck carrying

Mohawks

Knees bent

Turns

**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:

Water Break - 2MIN



### DRILL: Partner Drills.

Coach Claudia will go through a series of partner drills using Mohawks.

Mohawks

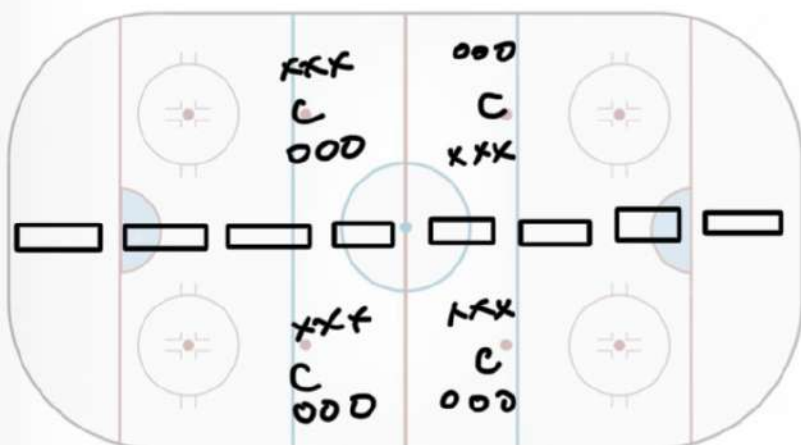
Puck protection

Stick handling

### FOCUS: Passing

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

### EQUIPMENT NEEDED: Pucks & 2 cone per group



### DRILL: Keep away stations

We will revisit this drill. Some groups may have added challenges or different variations of the drill, but we will spend some time on puck protection in a tight space.

Mohawks

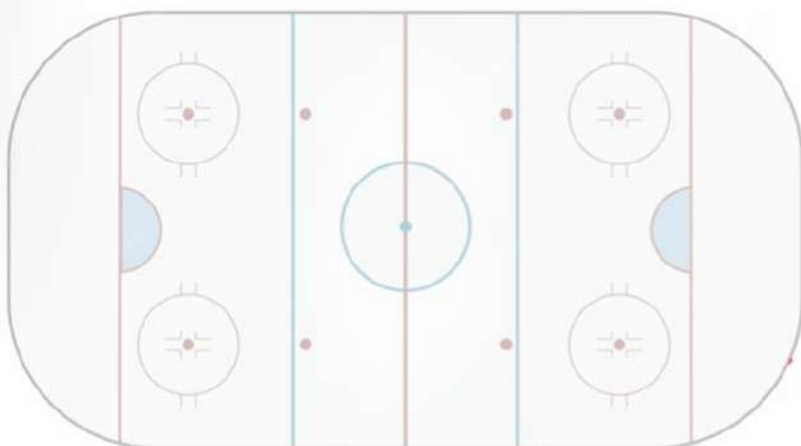
Puck protection

### FOCUS: Stick handling

Passing

**COACHES:**  
Please run a station. You will be able to send out players, change the lines, and stop your Drill to talk about concepts.

### EQUIPMENT NEEDED: Pucks & 8 Boarder patrol



### DRILL:

### FOCUS:

### EQUIPMENT NEEDED: