

GROUP: Sauk Skills - January 19th

HOCKEY EDU.

SKILLS PLAN

TIME: 5:00pm - 8:30 pm DATE: January 19th , 2024

20 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 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

10 MIN

DRILL: Partner Drills.

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

Mohawks

Puck protection

Stick handling

FOCUS:

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

15 MIN

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: