

GROUP: Sauk Skills U10 - Bantam

# HOCKEY EDU.

TIME: 5:15 - 8:45pm

DATE: November 24th

## SKILLS PLAN

DRILL: POWER SKATING

15 MIN

6 lines skating warmup - we will review proper skating techniques with skating drills. Drills may vary based on skill level.

FOCUS: Knees bent  
Outside edge  
Edge control  
Single leg balance  
Crossovers  
Pivots

COACHES: please float & 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: Passing

15 MIN

Coach Claudia will go through a series of passing drills for each age group. Older age groups may play a passing game or have passing concept drills.

FOCUS: Knees bent  
Eyes up  
Holding sticks properly  
Cupping the puck  
Top hand control  
Tape to tape  
Flat passes

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

EQUIPMENT NEEDED: Pucks

Water Break 2min

DRILL: PUCK CARRYING

15 MIN

Review: Coach Claudia will review puck carrying drills with 6 lines on the goal line..

FOCUS: Knees bent  
Top hand control  
Holding sticks properly  
Puck range  
Heads up / awareness  
Quick hands

COACHES: Please float & remind players of the focus points ( head up, top hand grip, knees bent etc...)

EQUIPMENT NEEDED:

Pucks

DRILL:

FOCUS:

EQUIPMENT NEEDED: