

GROUP: Sauk Skills U10 - Bantam

# HOCKEY EDU.

## SKILLS PLAN

TIME: 5:15 - 8:45pm

DATE: November 24th

15 MIN

### DRILL: POWER SKATING

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

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:

15 MIN

### DRILL: Passing

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.

Knees bent

Eyes up

Holding sticks properly

FOCUS: 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

15 MIN

### DRILL: PUCK CARRYING

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

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: