

GROUP: Sauk Skills - Dec 22nd

# HOCKEY EDU.

## SKILLS PLAN

TIME: 5:15pm - 8:45pm DATE: December 22nd.

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 backwards skating & pivots. Some groups will have pucks added at the end.

Knees bent

Awareness

Edge control

Backwards skating

Crossovers

Pivots

Puck Carrying

### EQUIPMENT NEEDED:

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

20 min

### DRILL: STATIONS

Coach Claudia will go through a series of puck carrying drills that will have backwards skating and pivot focus.

Knees bent

Tight turns

Backwards

FOCUS: Puck carrying

Crossovers

Pivots

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

Backwards Power Skating - We will add pucks and have a big focus on puck carrying and backwards skating awareness

For the stations we will have a backwards skating & pivot / quick transition focus. Quick feet, edge work and fast transition speed will be our main points to cover. Passes may be added to drills, to continue our theme of IQ development.

### FOCUS:

### EQUIPMENT NEEDED:

### DRILL:

### FOCUS:

### EQUIPMENT NEEDED: