

GROUP: Sauk Skills - Dec 22nd

HOCKEY EDU.

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

SKILLS PLAN

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

FOCUS:

Backwards skating

Crossovers

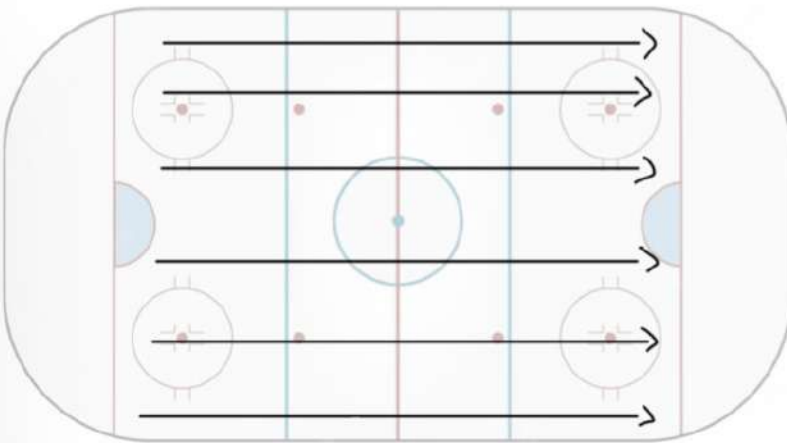
Pivots

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



DRILL: STATIONS

20 min

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

EQUIPMENT NEEDED: Pucks & tires & 6 nets

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



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:

