

GROUP: Sauk Skills

HOCKEY EDU.

TIME: 5:00pm - 8:30pm DATE: FEBRUARY 2ND

SKILLS PLAN

15-20 min

DRILL: Puck Carrying

6 lines skating warmup - With pucks. We will have a huge focus on quick starts, winning races to pucks, and carrying the puck fast.

Knees bent

Awareness

Edge control

FOCUS: Quick Starts

Protecting the puck

Puck Carrying

Head Up

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:

DRILL: Partner puck protection

5 min

Coach Claudia will go through a series of puck protection warm up drills

Puck placement

Edge control

Puck protection

FOCUS: Mohawks

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

EQUIPMENT NEEDED: Pucks

DRILL: Compete Stations

20 min

We will have a few variations of drills to work on battles in front of the net & puck races.

Puck placement

Edge control

FOCUS: Puck protection

Mohawks

Compete

Net front

COACHES: Please help set up stations during the puck protection drill. Please also help run a station.

EQUIPMENT NEEDED:

Pucks, 8 Boarder Patrol, 4 Nets, tires & cones

DRILL:

FOCUS:

EQUIPMENT NEEDED:

