

GROUP: Sauk Skills 25-26

HOCKEY EDU.

TIME: 5:15-8:45

DATE: October 6th

SKILLS PLAN

DRILL: SKATING WARMUP

15 MIN

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

Pucks will be added at the end.

Knees bent
Long strides
Stride recovery
Edge control
Puck carrying
Arm drive

FOCUS:

COACHES: please float & help correct players with their techniques. Every reminder they receive is helping them form great habits!

Please also for the younger age groups, remind skaters to hold their top hand of their stick correctly during skating drills

EQUIPMENT NEEDED: Pucks

DRILL: STICKHANDLE REVIEW

15 MIN

Review: Coach Claudia will review stick handling techniques, players will then all find a line and for 5 min we will work on techniques

Puck carry chaos: we will split into two ends. 6-8 skaters will be in the zone at a time, each with a puck on their stick. Coach Claudia will have several variations based on skills group.

Knees bent
Holding sticks properly
Cupping the puck
Top hand control
Puck carrying
Eyes up

EQUIPMENT NEEDED: Pucks

COACHES: Please float and help players with their technique & making sure they are holding their stick correctly

Please join in the drill.

DRILL: PASSING REVIEW

15 MIN

Review: Coach Claudia will review passing technique, players will then all find a partner and for 5 min we will work on technique

Game: keep away. We will start with 3v1 and work our way up to 3v2 or 2v2. Drills will vary based on age group.

Moving to open passing lanes
Holding sticks properly
Tape to tape aim
Push & pull method
Receiving passes
Puck support

EQUIPMENT NEEDED: Pucks & 6 Boarder patrol

COACHES: Please help set up the game, I will need a coach running each station.

DRILL:

Coaches Notes:

- 1) review of proper stick & skating techniques
- 2) emphasis on puck skills and puck carrying
- 3) top & bottom hand technique is the foundation for stick skills, coaches please correct techniques as much as possible!

FOCUS:

EQUIPMENT NEEDED: