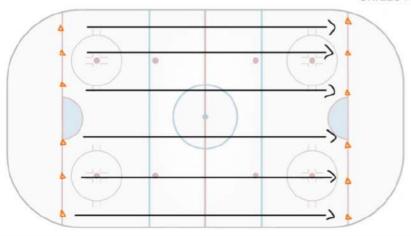
Sauk Skills 25-26 GROUP:

HOCKEY EDU.

TIME: 5:15-8:45

DATE: October 6th

SKILLS PLAN



15 MIN DRILL: SKATING WARMUP

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 FOCUS:

Stride recovery Edge control

Puck carrying Arm drive

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



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 FOCUS:

Cupping the puck Top hand control **Puck carrying**

Eyes up

COACHES:

Please float and help Players with their technique & making sure they are holding their stick correctly

Please join in the drill.

EQUIPMENT NEEDED: Pucks

15 MIN PASSING REVIEW DRILL:

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

FOCUS: Tape to tape aim

Push & pull method

Receiving passes

Puck support

COACHES:

Please help set up the game, I will

need a coach running each station.

EQUIPMENT NEEDED: Pucks & 6 Boarder patrol



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:



