

GROUP: Sauk Skills Night #2

HOCKEY EDU.

TIME: 5:15PM - 8:45PM DATE: October 26th

SKILLS PLAN

DRILL: POWER SKATING

10 MIN

6 lines skating warmup - we will review proper skating techniques of last session with an emphasis of weight shift skating for shooting technique day
Pucks will be added.

Knees bent

Arm Drive

FOCUS: Long strides

Stride recovery

Weight shift

Single leg balance

COACHES: please float & 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: pucks

DRILL: SHOOTING TECHNIQUE REVIEW

10 MIN

Review: Coach Claudia will review shooting techniques, players
will then all find a spot on the boards and we will work on techniques

Goalies can warmup with shots from a coach.

Knees bent

Weight shift

FOCUS: Holding sticks properly

Loading the puck

Snap of the wrists

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: SHOOTING TECHNIQUE STATIONS

25 MIN

Review: Coach Claudia will have players go through shooting technique stations. For 25 minutes
Players will have a variation of drills to help with shooting.

Knees bent

Weight shift

FOCUS: Holding sticks properly

Loading the puck

Snap of the wrists

COACHES:
Please float & remind players of the
focus points (head up, top hand grip,
knees bent & weight shift etc...)

EQUIPMENT NEEDED: 6 boarder patrol Pucks & 6 nets

DRILL:

Coaches Notes:

- 1) we will review shooting techniques so players know what to focus on at home & in the shooting corner of the rink off the ice
- 2) Bantam practice, we will incorporate more passing drills and concepts
- 3) please encourage your players to work on form at home, by the end of the Season all off the work will pay off!

FOCUS:

EQUIPMENT NEEDED: