GROUP: Sauk Skills Night #2

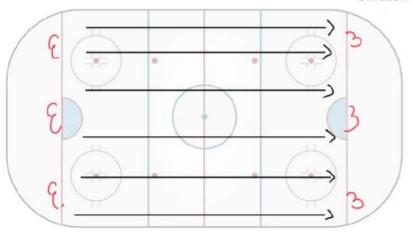
HOCKEY EDU.

TIME: 5:15PM - 8:45PM

DATE:

October 26th

SKILLS PLAN



DRILL: POWER SKATING

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.

COACHES: please float & help correct players With their techniques. Every reminder they

Knees bent **Arm Drive** 

Receive is helping them form great habits!

FOCUS: Long strides

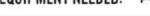
Stride recovery Please also remind

Weight shift

skaters to hold their top hand of their stick

Single leg balance correctly during skating drills

pucks **EQUIPMENT NEEDED:** 



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.

DRILL: SHOOTING TECHNIQUE REVIEW

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:

FOCUS:

SHOOTING TECHNIQUE STATIONS

25 M/N

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

Holding sticks properly

Loading the puck

Snap of the wrists

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:**

