GROUP: Sauk Skills - U10 - Bantam

HOCKEY EDU.

TIME: 5:15-8:45pm

DATE: December 8th

SKILLS PLAN

DRILL: POWER SKATING

15 MIN

5-6 lines skating warm up, we will continue with outside edge work and carry

pucks

Knees bent

Outside edge

Edge control FOCUS: Single leg balance

> Crossovers **Pivots**

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: STATIONS

15 MIN

Coach Claudia will go through a series of puck carrying drills that will have an outside edge and tight turn focus.

> Knees bent **Tight turns** Outside edge

FOCUS: Puck carrying

Crossovers **Pivots**

COACHES-

Please float and help Players with their techniq & making sure they are holding their stick correctly especially the top

EQUIPMENT NEEDED: Pucks & tires & 6 nets

DRILL: PASSING SKILLS STATION

15 MIN

Claudia will run the group through a series of passing drills.

Knees bent

Top hand control

Holding sticks properly

FOCUS: Passing

Aim tape to tape

COACHES:

Please float & remind players of the focus points (head up, top hand grip,

knees bent etc...)

EQUIPMENT NEEDED: Pucks & tires & 6 nets

DRILL:

**To Note: Bantams will have a slightly

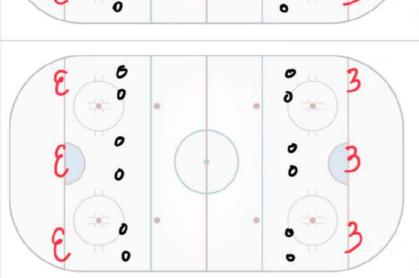
Different practice structure.

***if you would like to have your goalies Attend and receive shots, they will get a lot

of shots in net this practice

FOCUS:

EQUIPMENT NEEDED:



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