

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

FOCUS:  
Knees bent  
Outside edge  
Edge control  
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: Pucks

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.

FOCUS:  
Knees bent  
Tight turns  
Outside edge  
Puck carrying  
Crossovers  
Pivots

COACHES:  
Please float and help  
Players with their technique  
& making sure they are holding  
their stick correctly especially the top  
Hand

EQUIPMENT NEEDED: Pucks & tires & 6 nets

DRILL: PASSING SKILLS STATION

15 MIN

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

FOCUS:  
Knees bent  
Top hand control  
Holding sticks properly  
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: