

## Powerskating and Hockey Skills (ages 7-10)

### On-Ice Program

Monday AM Session: Introduction to powerskating. Focus on technique and repetition. Main points – long powerful stride, stride recovery, bringing feet back together, edge control and balance.

Monday PM Session: Introduction to stickhandling. Focus shot – Wrist shot. Combination of stickhandling and shooting drills.

Tuesday AM Session: Stopping, laterals, quick feet, and balance drills are the focus. Continued work on the wrist shot.

Tuesday PM Session: Review passing (stationary, and then while moving); practice will feature passing and shooting drills with players focusing on their wrist shot.

**Wednesday AM Session:** Backwards skating, review forwards stride and edge control. Half and full turns with and without pucks will be covered as well.

Wednesday PM Session: Focus Shot – Backhand. Drills will focus on passing, receiving passes and shooting with their backhand. 45 minute full ice scrimmage.

Thursday AM Session: Pivots, double pivots with and without pucks, continued work on backwards skating with and without pucks. Continued work on areas needing improvement – ie stopping, pivoting.

Thursday PM Session: Focus shot – Slap shot. 5-6 drills that focus on players using their slap shot. Players will work on skating and shooting in stride.

Friday AM Session: Skills day, mixture of fun flow drills with pucks. Lots of passing and shooting drills; with on ice games and competitions included.

Friday PM Session: Warm up drills, followed by full ice hockey game officiated by one of the instructors. Additional instructors will be coaching each team. Teams will be made up by the instructors.