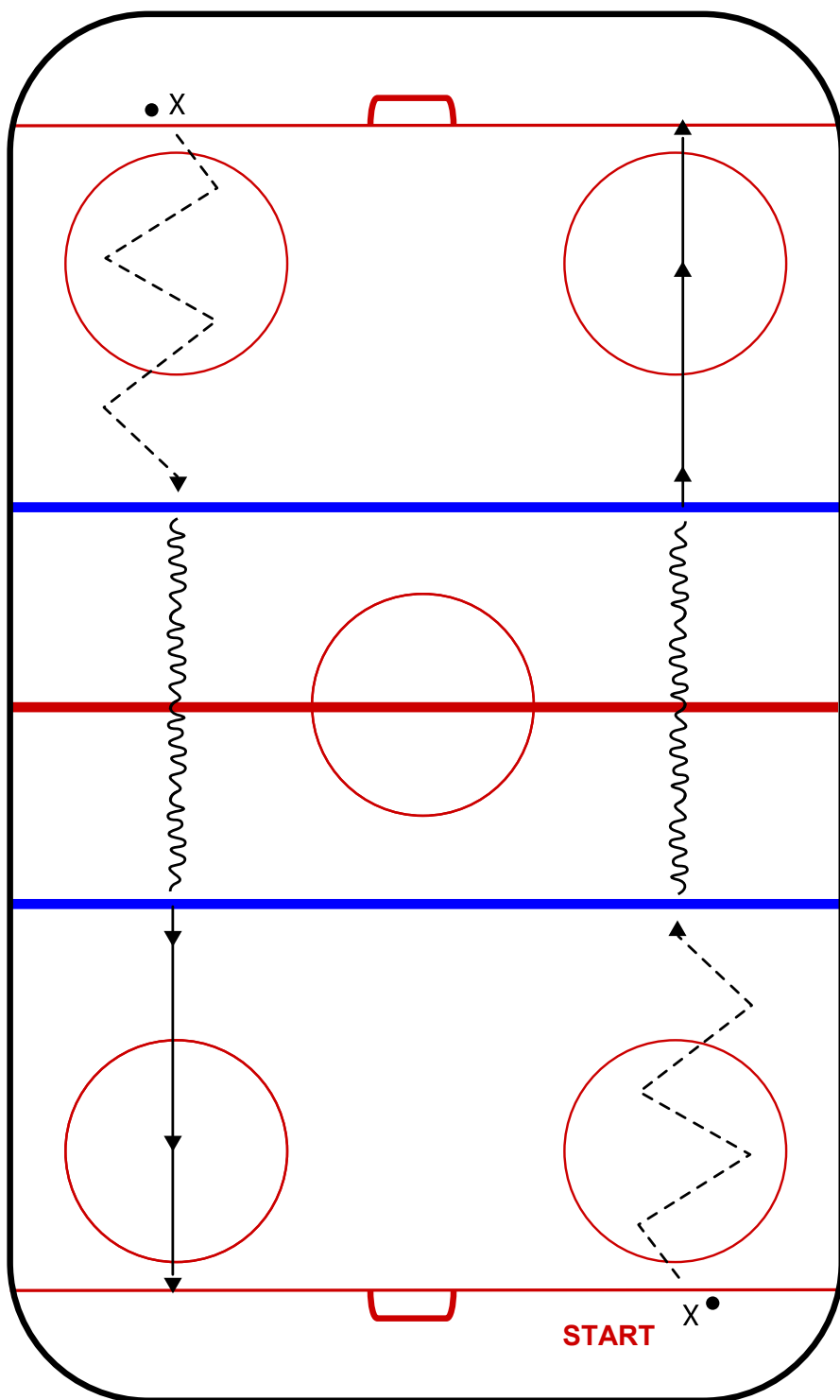




# TRYOUT DRILL NUMBER 1



## SPEED TRANSITIONS

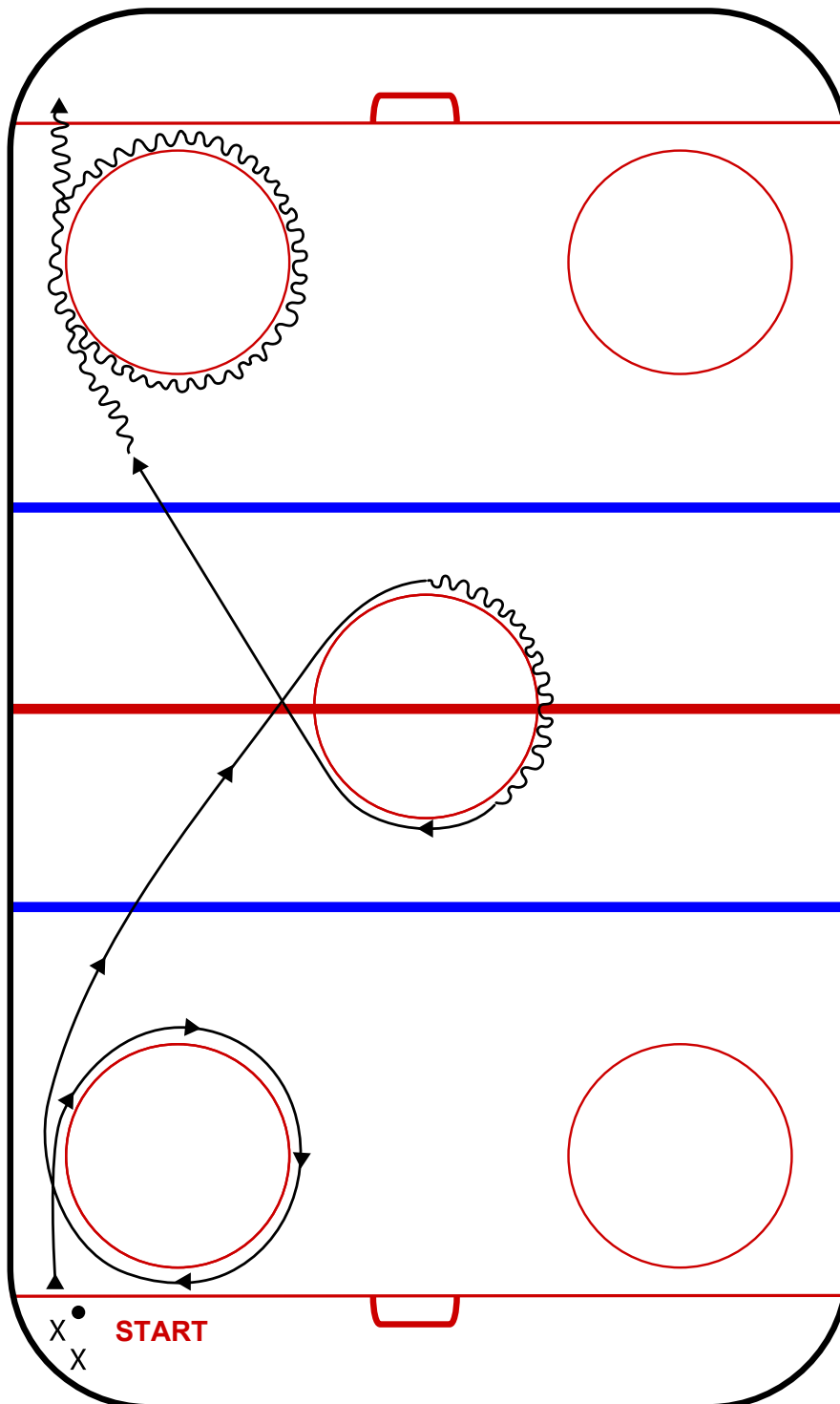
- 2 Skaters at a Time
- With Pucks

## DRILL ORDER

- Forward Lateral  
2 Steps Right, then  
2 Left up to 1st  
Blue Line
- Backward to  
Next Blue
- Forward to End



# TRYOUT DRILL NUMBER 2



## PUCK CONTROL WITH TRANSITIONS

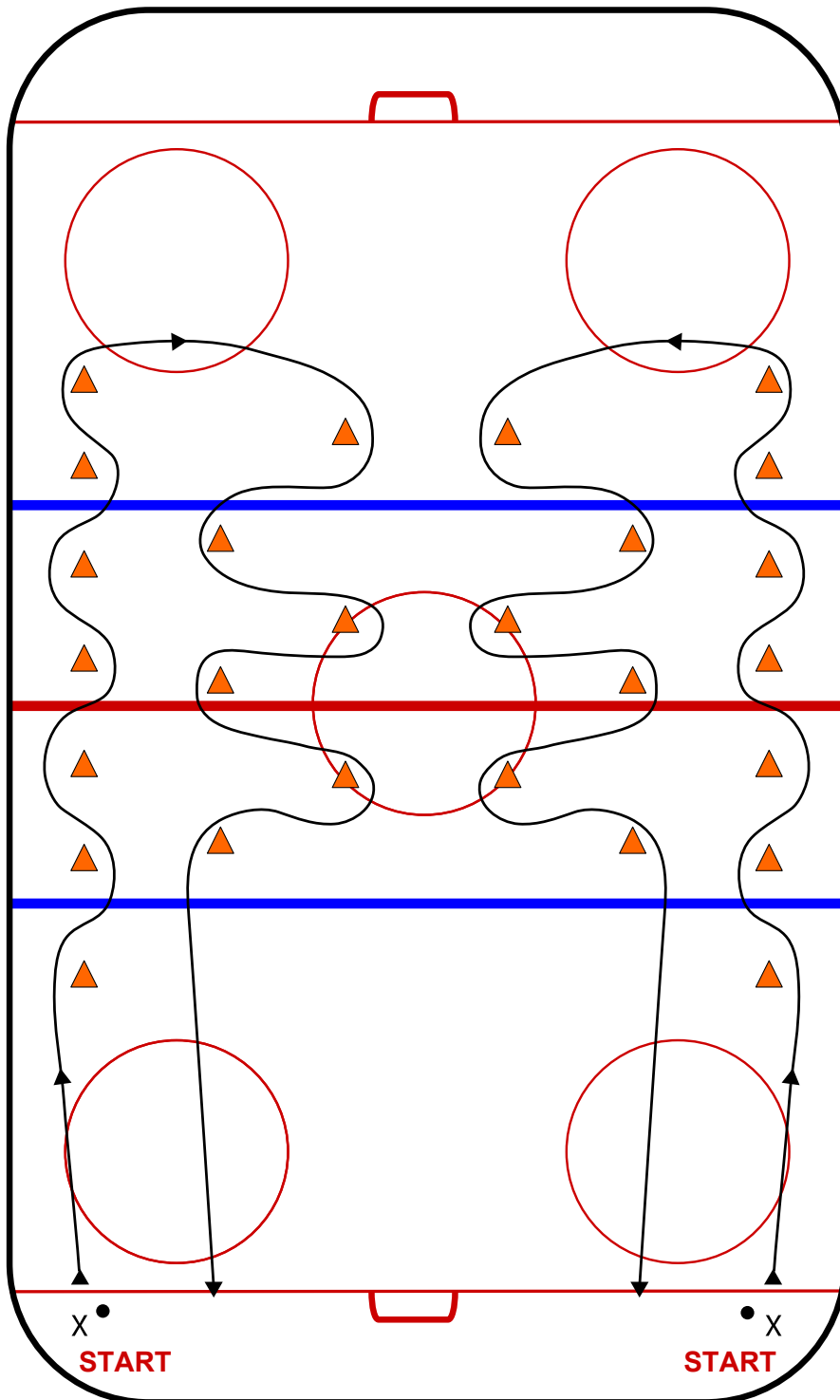
- 1 Skater at a Time
- With Pucks

## DRILL ORDER

- Forward to Center Circle Top
- Backward to Center Circle Bottom
- Forward to Right Before End Circle
- Backwards Around End Circle to End
- Repeat



# TRYOUT DRILL NUMBER 3



## STICK-HANDLING

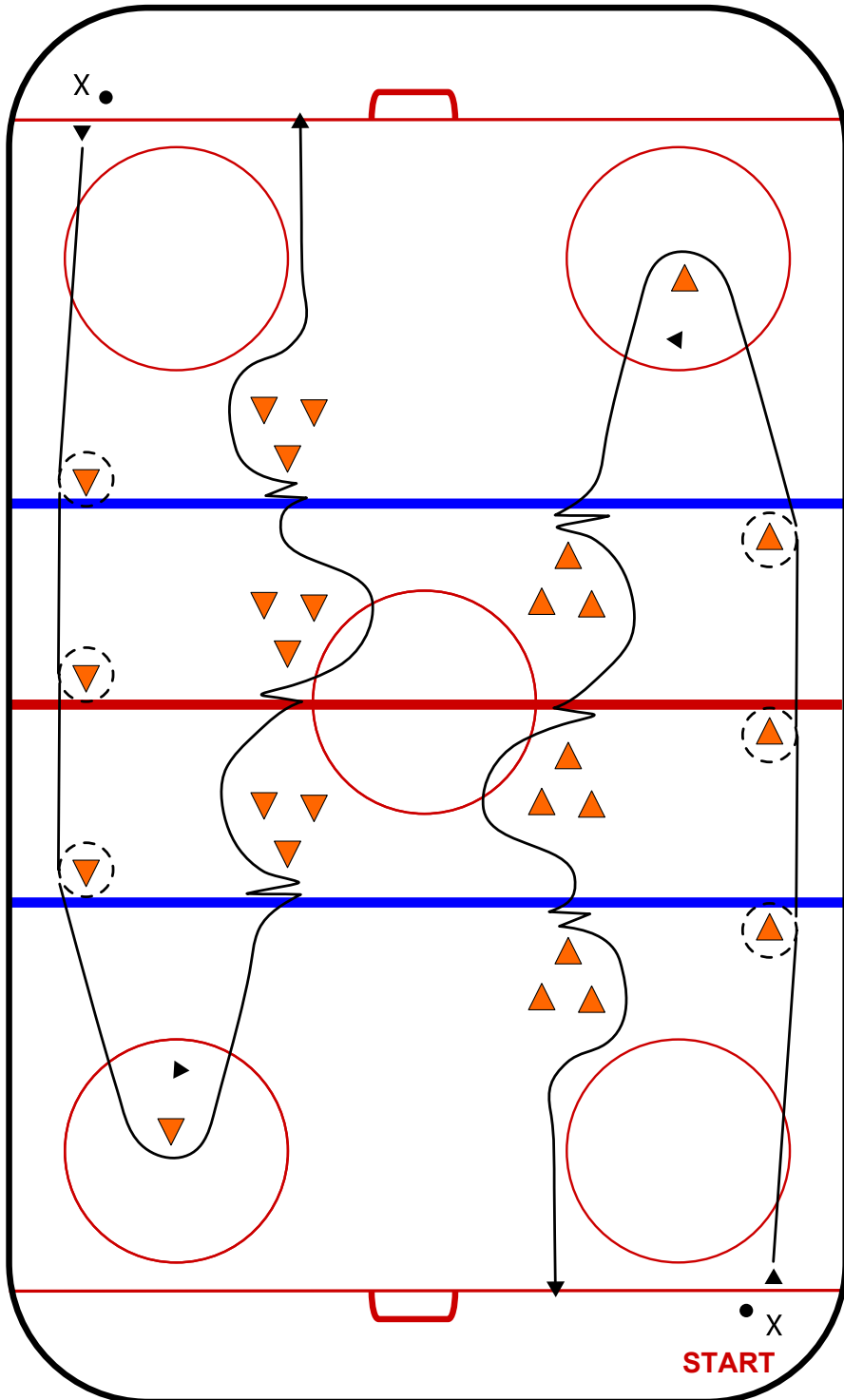
- 2 Lines
- With Pucks
- Race Vs. Other Skater to Goal Line
- Move 1 Player to Mix-Up Matches
- If Loses Puck, must Stop and Retrieve
- 2nd Time Through Switch Corners

## DRILL ORDER

- Stick-handle Through 7 Straight Cones
- Back Through 6 Staggered Cones



# TRYOUT DRILL NUMBER 4



## STICK-HANDLING

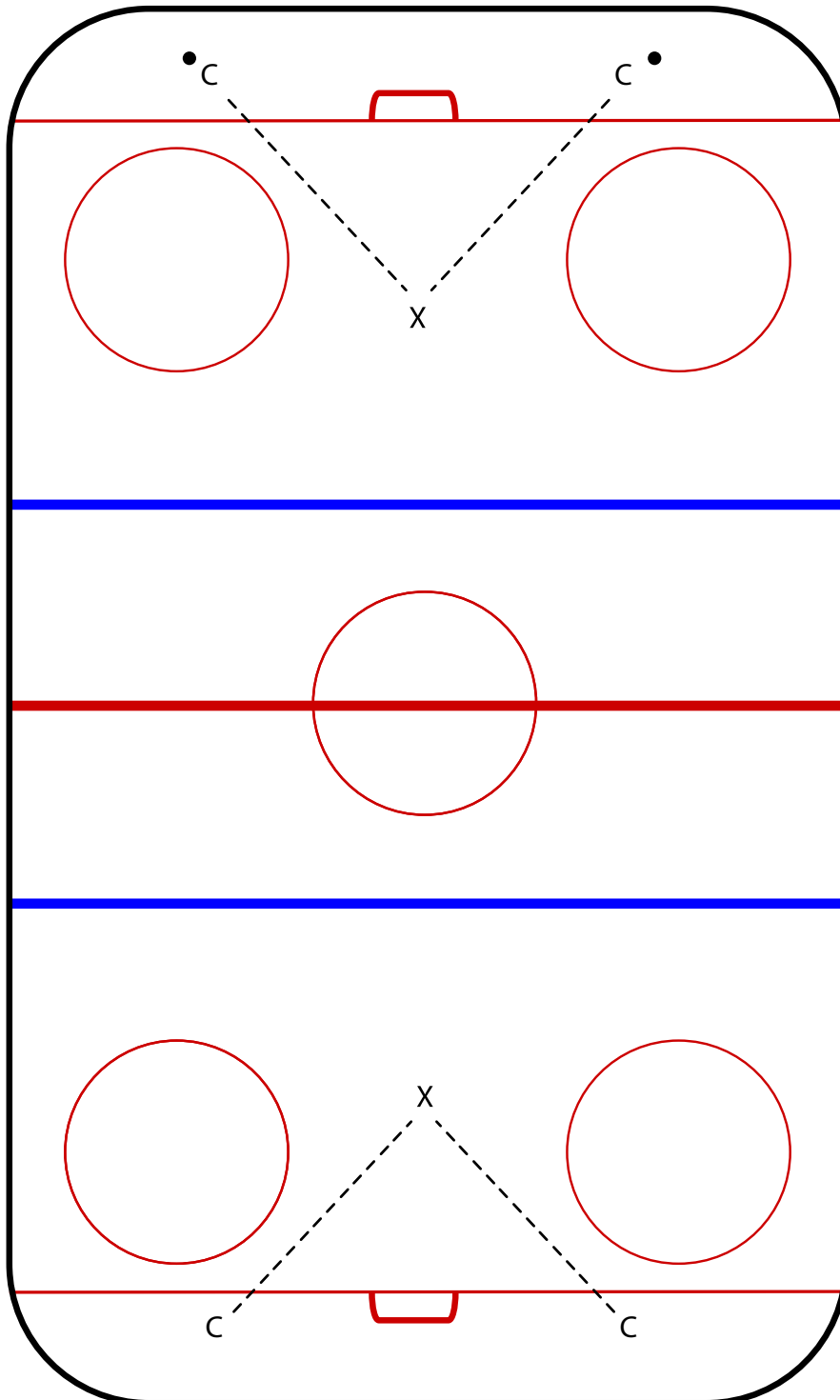
- 2 Lines
- With Pucks
- Focus on Quality of Dekes Vs. Speed
- Switch Lines to Force Backhand - Repeat from Other Corner

## DRILL ORDER

- Stick-handling 360° Around First 3 Cones
- Back Deke Through 3 Sets of 3 Cones



# TRYOUT DRILL NUMBER 5



## SHOOTING

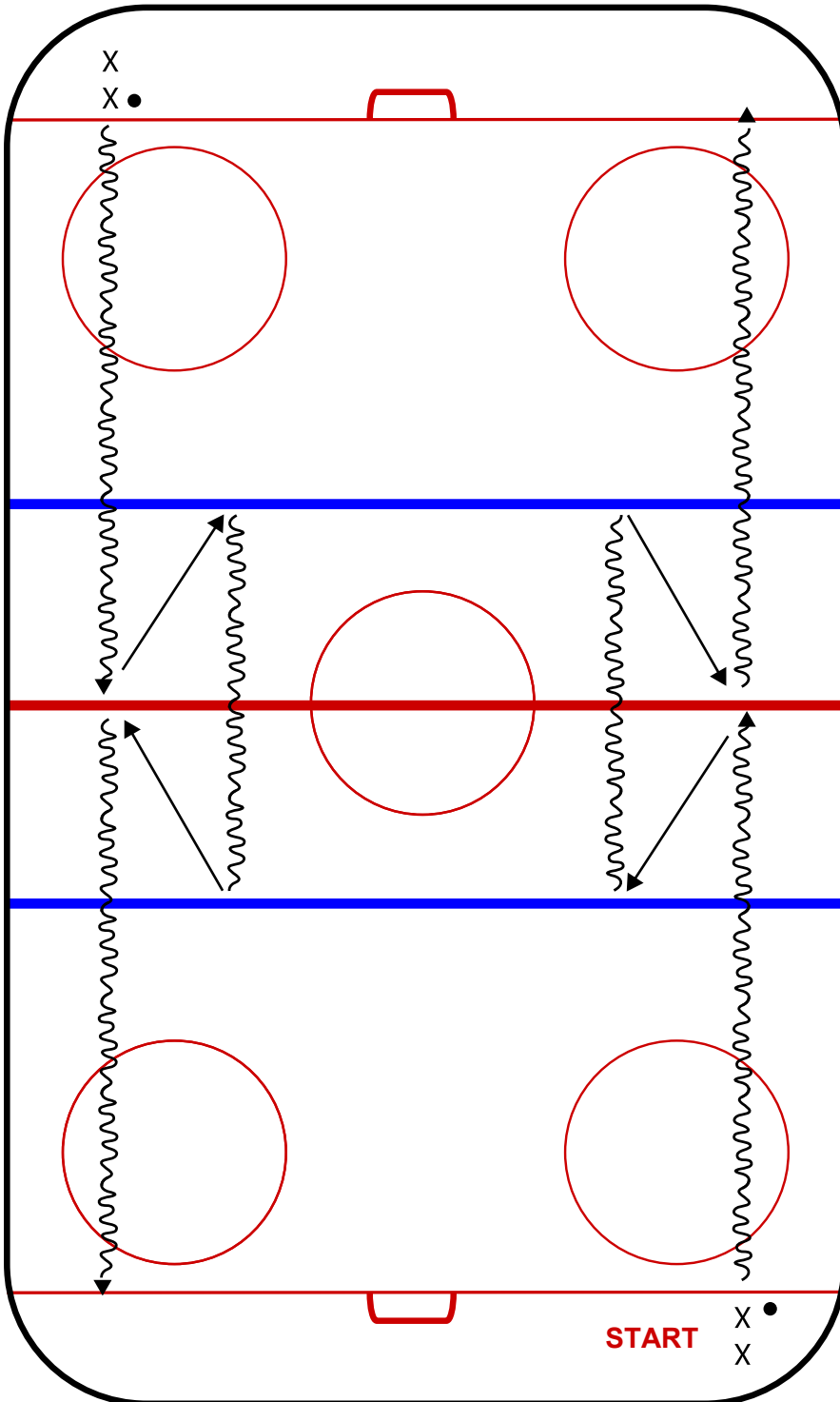
- Both Sides

## DRILL ORDER

- 8 Shots On Board
- Alternate Passes  
2 at Each Corner



# TRYOUT DRILL NUMBER 6



## BACKWARD & FORWARD TRANSITIONS

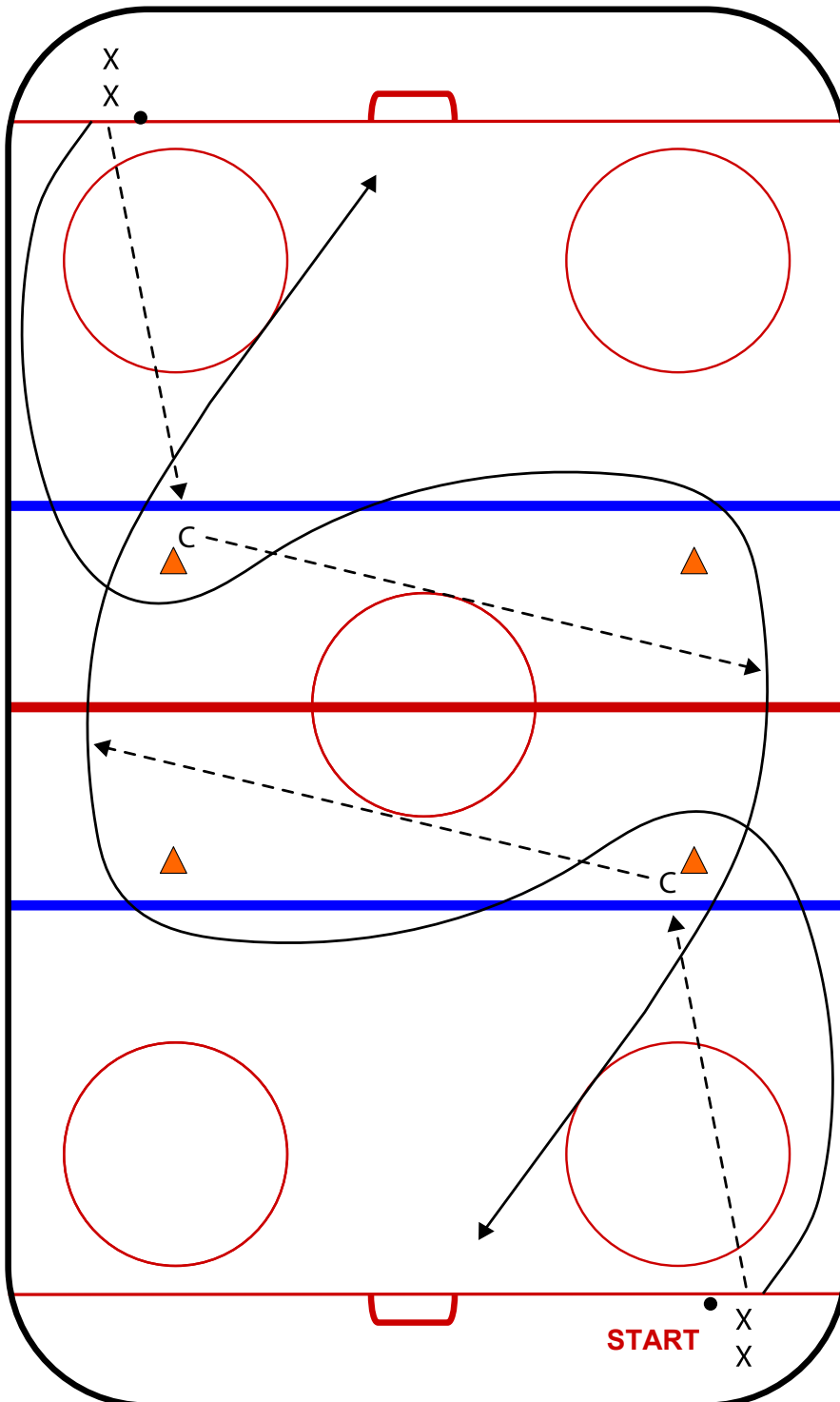
- 2 Sides
- Bantams with Pucks
- PW without Pucks
- Same for Girls
- Drill is Herbie, but Using Backwards
- Looking at Crossovers and Transitions

## DRILL ORDER

- Backward to Red
- Forward to Blue
- Backward to Blue
- Forward to Red
- Backward to End



# TRYOUT DRILL NUMBER 7



## PASSING DRILL

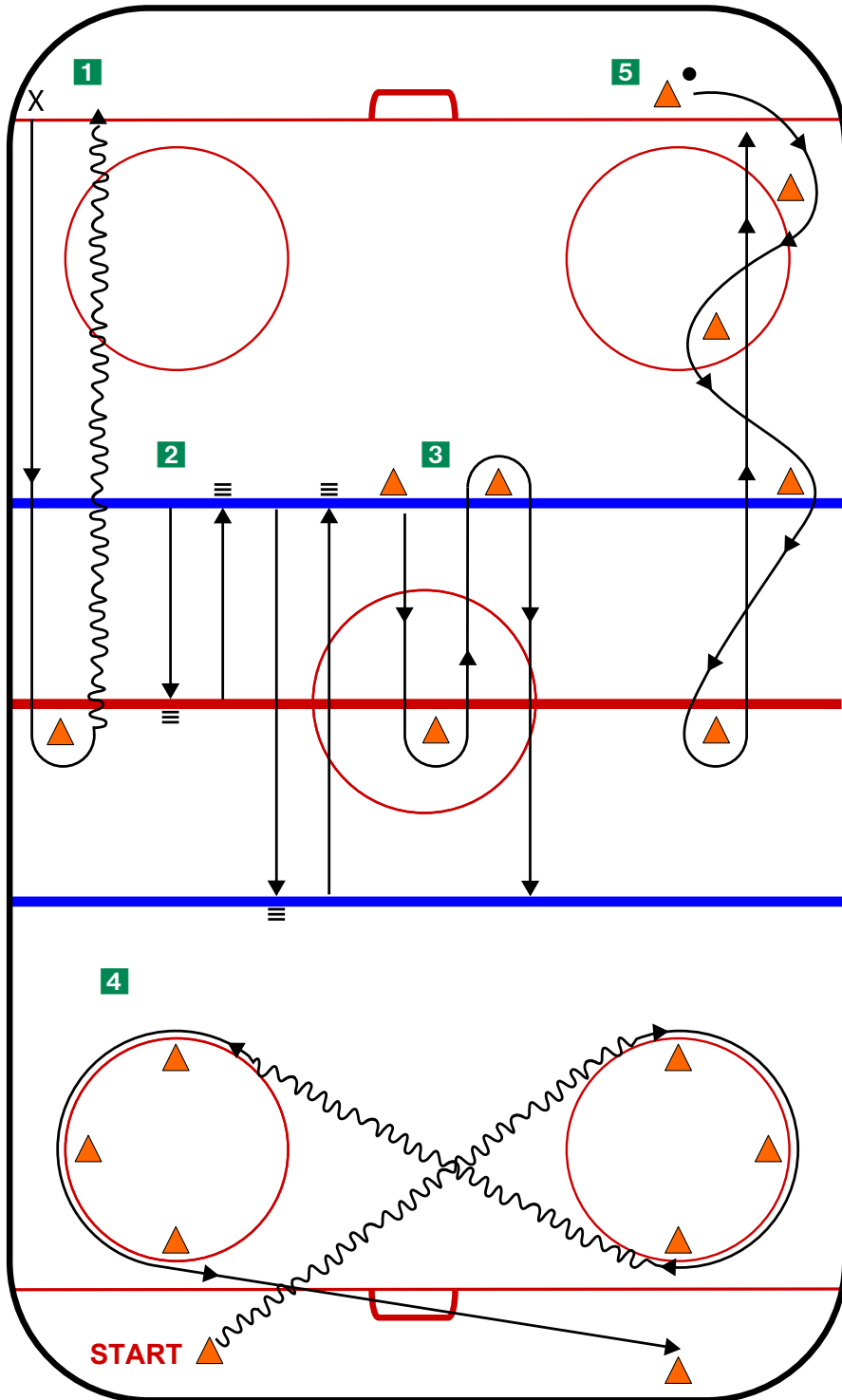
- Both Corners Start at Same Time
- Pucks with Coach In Case of Misses
- 2 Times Each Side
- Drill Shows Players Ability to Pass and Receive a Pass in Stride

## DRILL ORDER

- Players in Opposite Corners with Puck
- Upon Whistle Each Player Takes Several Strides
- Passes to Coach/ Helper
- Players Continue Skating Around Coach/Helper and Around 1 Cone
- Once Past Cone, Player Opens Up for Return Pass From Coach /Helper
- Player Finishes Drill with a Shot On Goal



# SQUIRTS & YOU



- 1** Forward to Backward Acceleration
- 2** Stops & Starts
- 3** Zig-Zag Control Turns
- 4** Circle Figure 8 Forward & Backward
- 5** Puck Control Big Zig-Zag Course