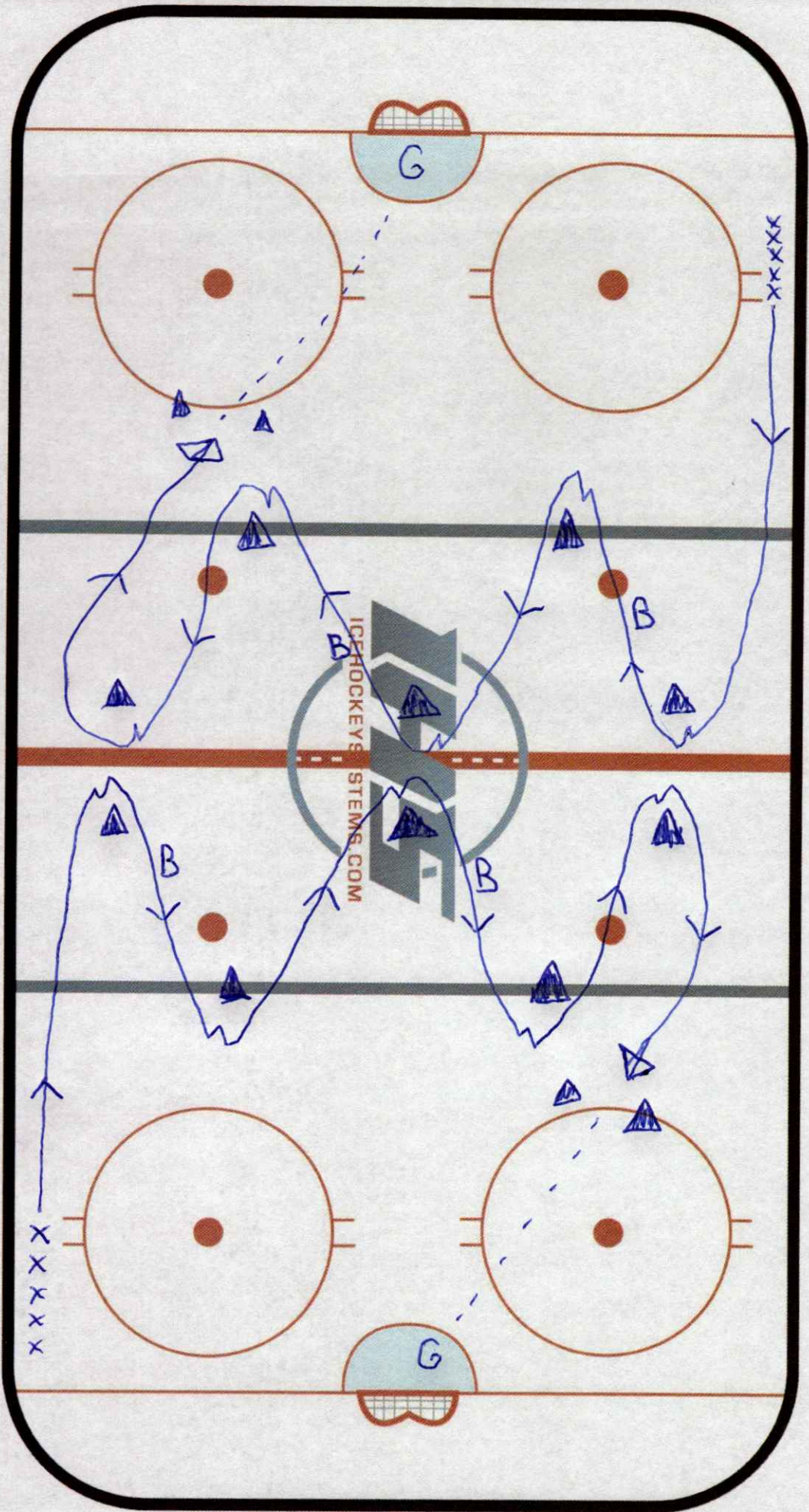


Drill:

Date:



Notes:

Drill #2

Forward/  
backward  
transition  
with puck

**RAHA Bantam/Peewee/12U**  
Tryout Drill #2  
Forward/backward Transition with Puck

**Main emphasis of this drill is skating and stickhandling.**

- First skater will start up at the hash mark to make sure the other skaters in line aren't in harm's way of an errant shot.
- Skaters will start with a puck and finish with a shot.
- The skater will start skating forward and transition to backwards at the far cones. When they get to the nearer cone they will transition to forward. The skater will always face down ice until after the last cone where they will transition to backwards and quickly back to forwards to go in and take the shot.
- The shot should be taken at or before skating to the 2 cones signifying the shot.
- When the skater has finished their rep, they should finish at the opposite hashmarks to start a new line on the opposite side of the same zone they started.
- Evaluators are mainly looking for speed and puck control.
- After every skater's first repetition is complete and finished on the opposite side, the coach will move the shooting cones to the other side and skaters will start their second rep.
- Each skater will take 2 repetitions total for the entire drill – one each direction.

**On-ice coach notes:**

- On your whistle, both sides will start at the same time.
- Allow a couple seconds after the skaters have released their last shot before blowing the whistle to start the next 2. This allows the evaluators to mark their score.
- Make sure jersey numbers are visible to the evaluators and not tucked in.
- The neutral zone cones should be placed a couple feet inside the red line and on the blue line equal distance apart.
- The 2 cones that signify where the shot should be taken from should be about a stick length apart from each other, around the top of the circle, and inline from when the skater rounds the last cone to the net.
- Goalies should rotate every 4 shots. If there is an odd number of goalies, they should rotate ends as well.