



Tryout Session 1 Hockey Drill Legend

— Skate

~~~~ Skate with Puck

•••• Pass

⌒⌒ Backwards Skating

⌒⌒ Backwards Skating with Puck

| | | | Lateral Skating

~ Goalie Butterfly Slide

~ Goalie Pad Slide

➡➡ Shot

|| Stop

➤ Direction

)) Pivot

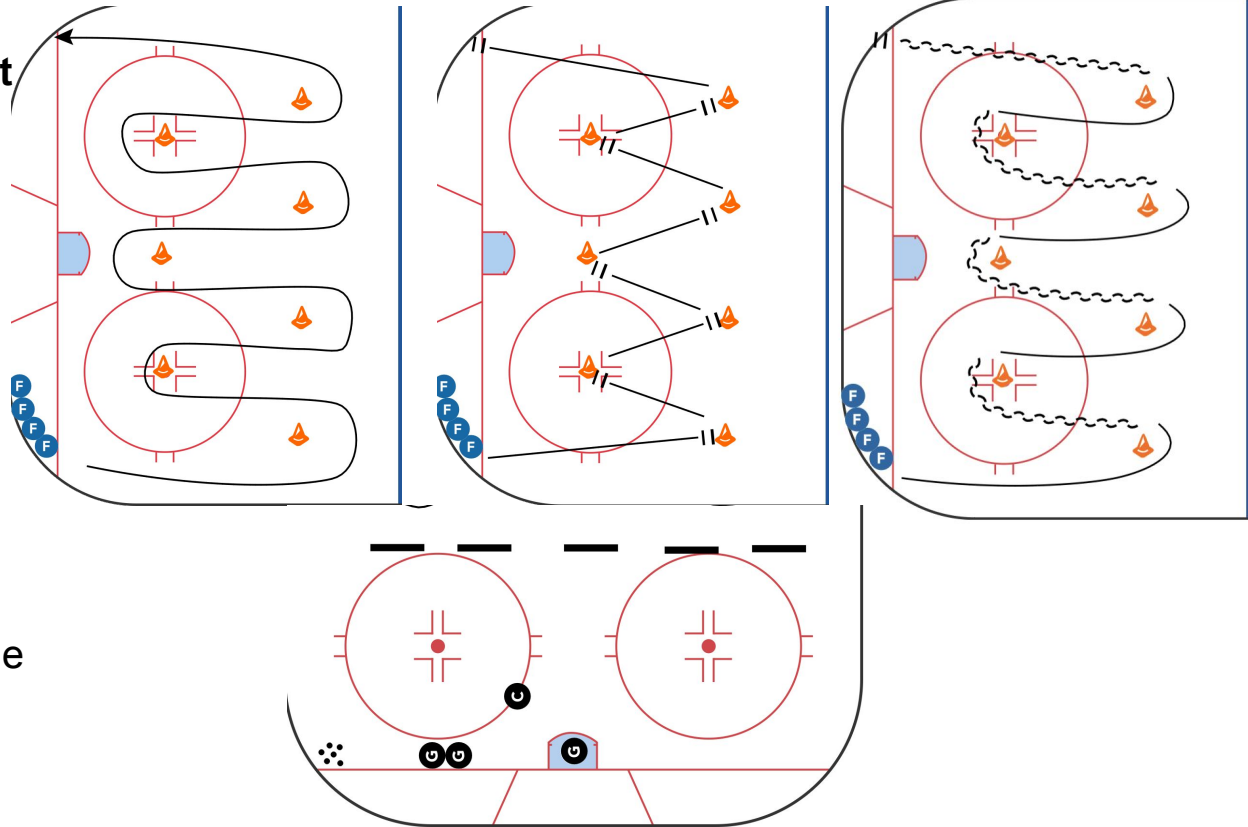
➤✕ No Arrowhead

# SQ/10U

## Drill 1: Skating/Puck Control (out of both ends)

Player will complete skating drill with with and without a puck

- Forward and backward skating
- Stopping, both directions
- Transitions
- Mohawks

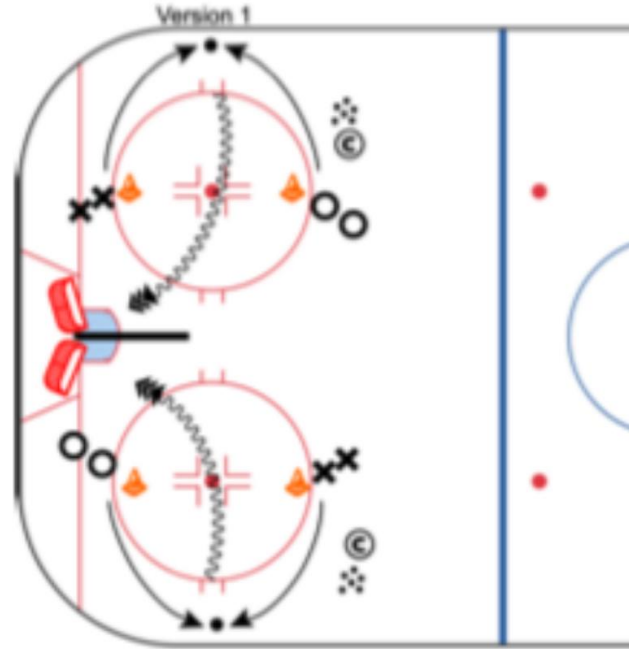


\*\*\*Goalies will be completing goalie specific skating drills at one end

# SQ/10U

## Drill 2: 1v1 Board Battle (out of both ends)

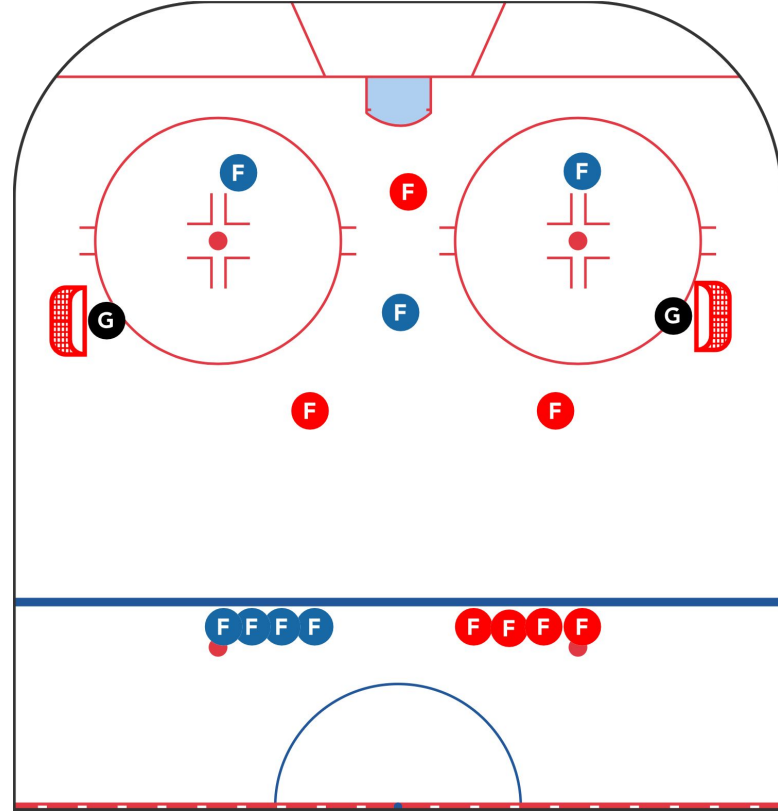
- On whistle coach throws puck out to boards
- One player from each line battles to gain possession and score



# SQ/10U

## Drill 3: Across-Ice 3v3 (out of one end other end 2v2)

- Will be completed on a half sheet of ice with 2 nets.



# SQ/10U

## Drill 4: Zone 2v2 (out of one end, other end 3v3)

- Will be completed on a half sheet of ice with 1 net.
- Team must pass to the Coach on the blue line and receive a return pass to become active to score.

