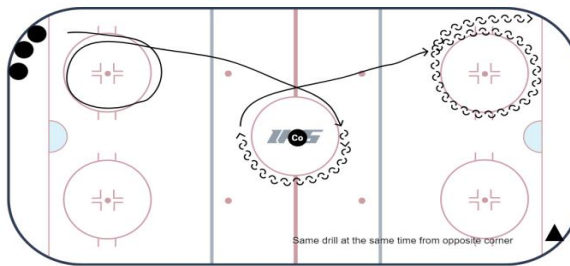
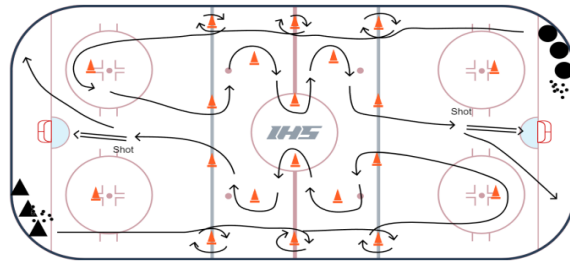


## FYHA Tryouts 2023/24 All Upper Levels

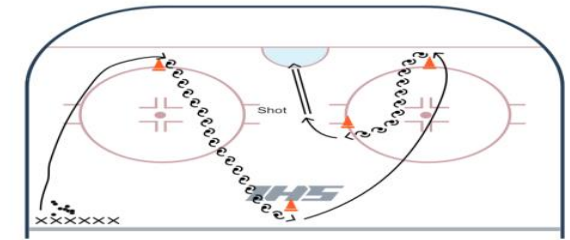
Drill 1	Time 10 Minutes
1-	Forward around first circle
2-	Transition at top of circle transition again at bottom of circle
3-	Backwards around 3rd circle
Notes	Go from opposite corners both ends at the same time Go 2 times then switch corners so players go both directions



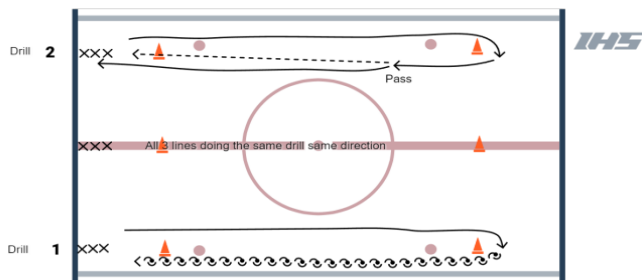
Drill 2	Time 10 Minutes
1-	With Puck, 3 power turns towards boards
2-	5 cone weave, finish with shot
Notes	Opposite sides go at same time 3 reps then switch corners so players turn both directions



Drill 3	Time 10 Minutes
1-	With Pucks players go through cones with transitions, and finish with a shot
Notes	Go through 3 times then from the opposite side reversed direction



Drill 4	Time 10 Minutes
1-	With puck out and transition around cone, backwards back to line
2-	With puck out, power turn at cone make pass back to next in line
Notes	All 3 lines doing the same drill, the same direction. 3 reps, then change direction, 3 more then change to drill part 2, 3 times each direction



Drill 5	Time 10 Minutes
1-	With puck from corner forward around circle, take shot from slot;
2-	Retrieve Puck from corner, around second circle, and finish with another shot
Notes	3 reps, then switch corners/direction

