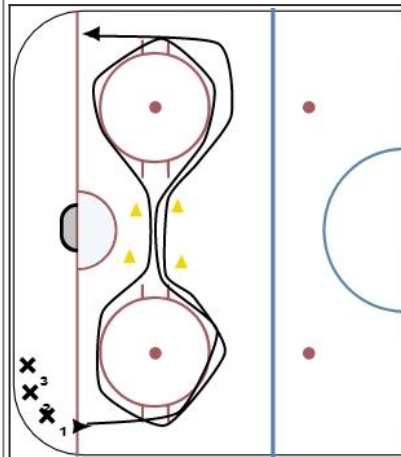


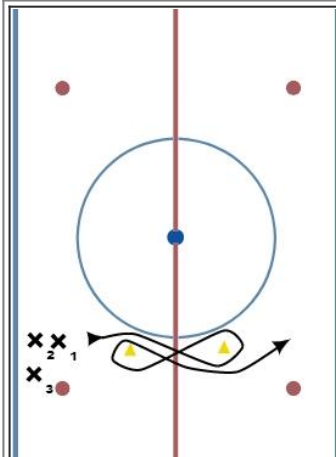
### Peanut Drill - 15 mins



Player skates forwards around circles. Cutting inside of the cones. Player will skate the circles 1 and 1/2 times, finishing in the opposite corner.

Drill will be started from both corners. Once each direction without a puck and then once each direction with a puck.

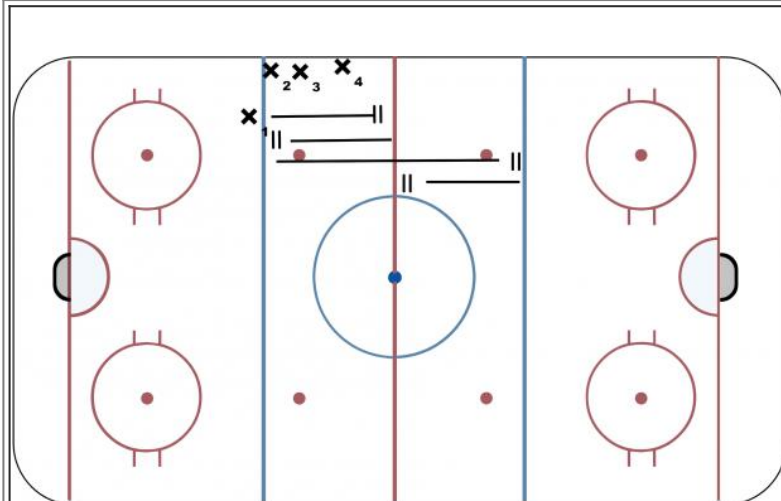
### Figure 8 Skating Tryout Drill - 15 mins



Player skates forward around cones completing a figure 8. 1 and 1/2 times through the cones finishing on the other side.

This will be done twice without a puck and then twice with a puck.

### Tryout Stopping Drill - 15 mins

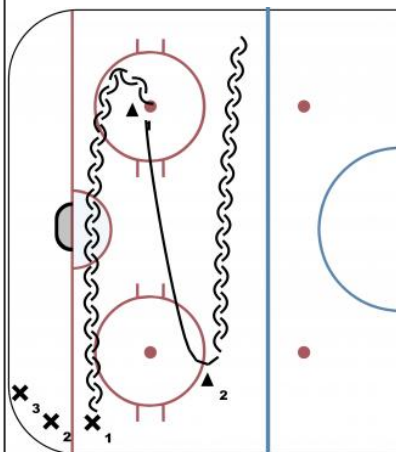


#### Tryout Stopping Drill

- Players will line up along boards in neutral zone to avoid interfering with other drills
- Players will skate forward the entire time
- All stops will be done facing the evaluators

- 1) Player starts at blue and skates forward to red line and stops
- 2) Player returns to blue line and stops
- 3) Player skates to far blue line and stops
- 4) Player skates to red line and stops
- 5) Player returns to far blue line and stops
- 6) Drill is complete - player goes to boards and gets back in line

## Transition Skating Squirt Tryout Drill - 10 mins



Player skates backwards to first cone and steps out around the cone to go forward. Player skates forwards up to the second cone and transitions to backward without going around the cone

Drill will be done once with a puck and once without a puck.

Cones will then need to moved from top to bottom of circle and vice versa and the line starts from the opposite boards. This way players transition and step out both ways.