



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

# Pw and Ban

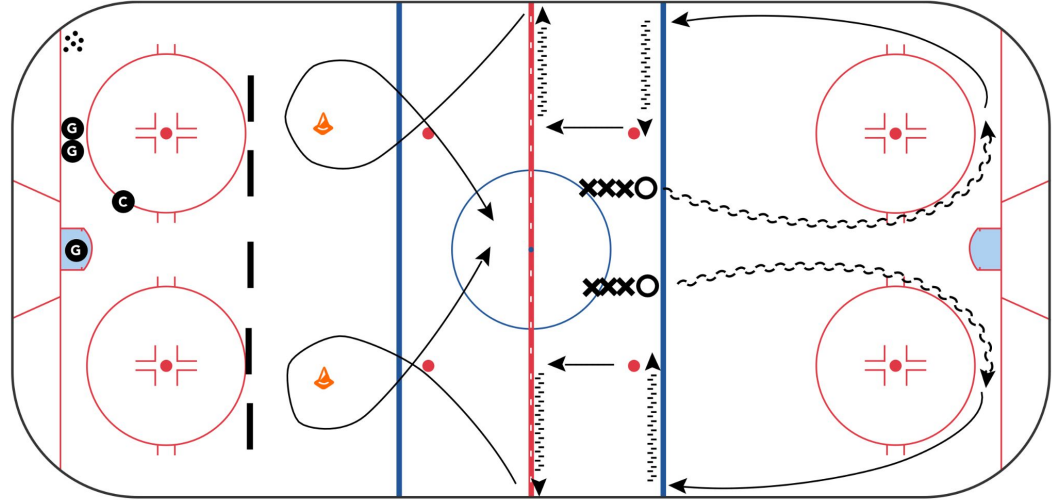
## Drill 1: Skating/Agility

- Player will complete with and without a puck
- Player starts skating backward
- Transitions to forward at bottom of circle
- Continues to neutral zone for side-step series
- Finishes with power turn around cone

### *What's being Evaluated?*

Forward skating, backward skating, lateral movement, puck control

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



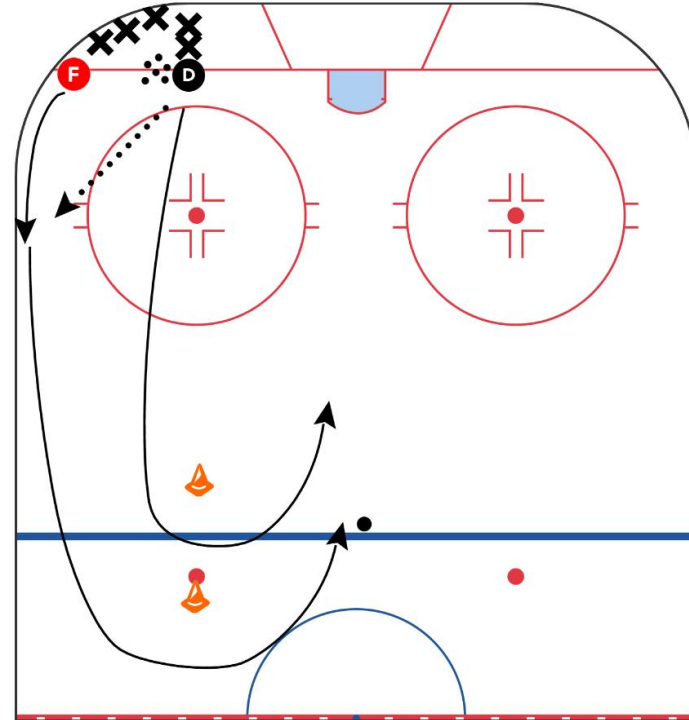
# Pw and Ban

## Drill 2: 1v1 half ice

- FWD and D start in the corner. FWD takes off and D passes the puck to the FWD.
- FWD continues to carry puck
- Both continue to cones loop back in zone for 1v1

### ***What's being Evaluated?***

Puck control, passing accuracy, receiving passes, gap control, timing, shooting



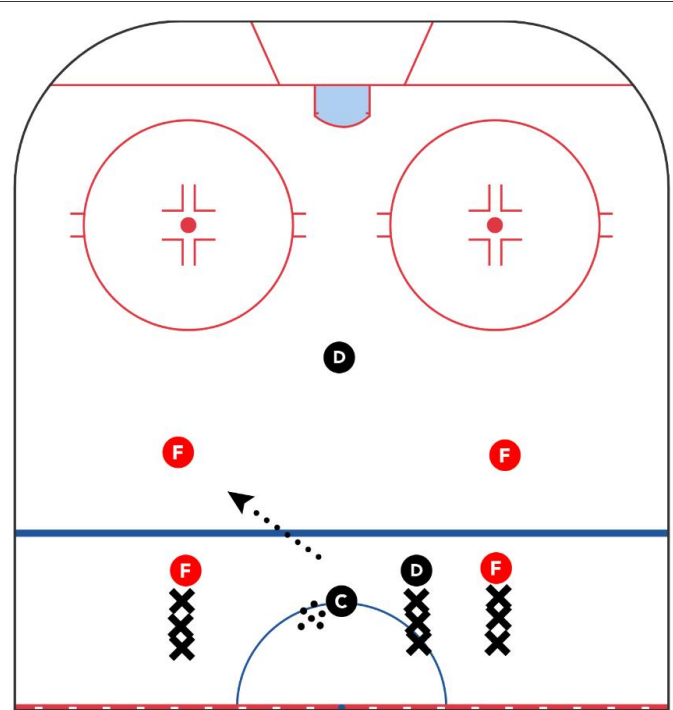
# Pw and Ban

## Drill 3: 2v1 half ice

- Two FWDs and one D step out in zone
- Coach passes to a FWD and 2v1 initiated in the zone

### *What's being Evaluated?*

Hockey IQ, passing accuracy, positional play, receiving passes, compete level, communication



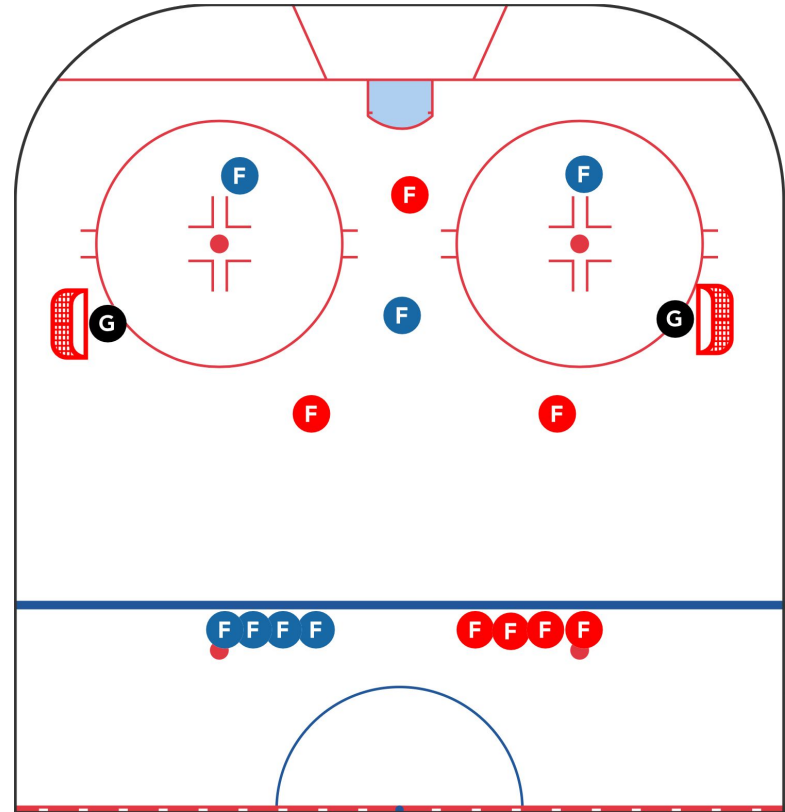
# Pw and Ban

## Drill 4: Across Ice 3v3

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

### *What's being Evaluated?*

Puck support, communication, puck movement, offensive and defensive play, compete level



# Pw and Ban

## Drill 5: Zone 2v2

- 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.

### *What's being Evaluated?*

Puck support, communication, puck movement, offensive and defensive play, compete level

