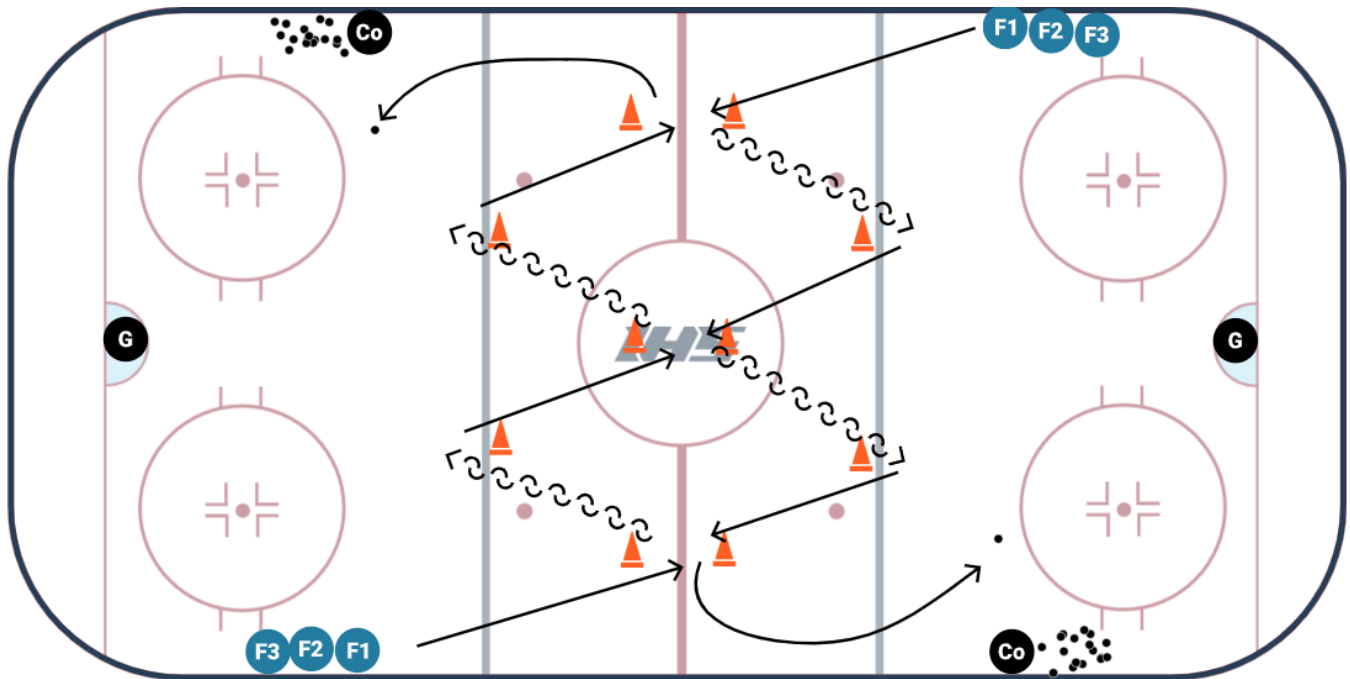


Tryout Drill 1-Transition Forwards to Backwards



Description

1. Player starts without the puck and transitions from forwards to backwards around the cones.
2. Coach puts a puck out for the player to take and shoot on the goalie.

*Both sides go at the same time to speed up the process

For evaluators, this provides an opportunity to watch skaters:

- foot speed
- body position
- backwards skating ability
- forward to backwards and backwards to forwards transitions
- strength and accuracy of players shot