

MYEDGE HOCKEY

BYHA PRE-TRYOUT CAMP



PRACTICE PLANS – GROUPS 1, 2, 3

On-Ice Daily Schedule (provided during each training session):

- Powerskating & Skills
- In-Game Situational Drills
- 3on3 Game (at the end of each session)

Week 1 – Practice 1

WARM-UP – 4-5 Lanes / 4-6 Lengths (full-ice)

- Forward Stride w/1 foot hold (full-speed)
- Backward Stride w/1 foot hold (full-speed)
- Forward 1 foot Inside Edge hold w/Alternating Cross-overs
- Backward 1 foot Inside Edge hold w/Alternating Cross-overs
- Forward & Backward Alternating Cross-overs

POWERSKATING – 4-5 Lanes / 4-6 Lengths (full-ice)

- Inside Edges
 1. Heel Stride (shoulders open)
 2. Heel Stride w/2' turn (shoulders closed)
 3. Heel Stride w/360 turn (shoulders closed)

STICKHANDLING – 4-5 Lanes / 4-6 Lengths (full-ice)

- Set-up Positions (w/Heel Stride)
 1. Between the feet (shoulders open)
 2. Forehand (shoulders closed)
 3. Backhand (shoulders closed)
 4. Between the feet w/360 turn (shoulders open)
 5. Forehand w/360 turn (shoulders closed)
 6. Backhand w/360 turn (shoulders closed)

IN-GAME SITUATION DRILLS – 2 Lanes per side / 4-6 Reps (corners)

- O-zone Puck Protection to a shot (incorporate goalies)
 1. Heel Stride, w/Power-Turn, One-move w/Fade-away Shot (1 stick length off the boards)
 2. Heel Stride, Tap-turn w/Mohawk, One-move w/Fade-away Shot (1 stick length off the boards)
 3. Heel Stride, Tap-turn w/Pivot, One-move w/Fade-away Shot (1' off the boards)

SCRIMMAGE/GAME – Full-ice or cross-ice

- 3ON3 Game (incorporate goalies)