

MYEDGE HOCKEY

BYHA PRE-TRYOUT CAMP



PRACTICE PLANS – GROUPS 1, 2, 3

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

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

On-Ice Tools (4 nets, attack triangles, pucks, music)

Week 4 – Practice 2

WARM-UP – 4 Nets (full-ice)

- Skate around, stretch & shoot pucks while coaches set-up on-ice plan (5-10min)

STICKHANDLING – 4-5 Lanes / 4-6 Lengths (w/attack triangles, full-ice)

- Focus on upper body positioning (top hand wrist roll, bottom hand soft grip, elbow length)
 1. Between your Feet, w/Heel Stride, Heads-up (shoulders open)
 2. Forehand to Backhand Wrist Roll w/Heel Stride, Heads-up (shoulders closed)
 3. Forehand Lateral Reaches w/Heel Stride, Heads-up (shoulders closed)
 4. Backhand Lateral Reaches w/Heel Stride, Heads-up (shoulders closed)
 5. Alternate Lateral Reaches w/Heel Stride, Heads-up (shoulders closed)
 6. Alternate Lateral Reaches w/Mohawk (10 & 2), Heads-up (shoulders closed)
 7. Forehand Heel Tap w/Lateral Reaches
 8. Backhand Heel Tap w/Lateral Reaches

DEKES – 4-5 Lanes / 4-6 Lengths (w/attack triangles, full-ice)

- Focus on upper body positioning (set-up position between your feet, 1 stick length before stick zone)
 1. Foot-to-Foot Deke w/Heel Stride, Lateral Step
 2. Pull-Back Deke w/Feet Closed (pushing off your front foot)
 3. Pull-in Push-out Deke w, Lateral Step

IN-GAME SITUATION DRILLS – Goalies included, 2 Lanes per side / 4-6 Reps (corners, red line or full-ice)

SCRIMMAGE/GAME – 4 Nets (2 per zone) / Cross-ice (both ends)

- 3ON3 Game (divide and split teams by color, incorporate goalies)