

# 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 5 – Practice 1

### **WARM-UP – 4 Nets (full-ice)**

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

### **STICKHANDLING w/PUCK PROTECTION – 4 Lanes / 4-6 Lengths (w/figure 8/attack triangles, full-ice)**

- Focus on upper body positioning (top hand wrist roll, bottom hand soft grip, elbow length)
  1. Heads-Up Between your Feet, w/Heel Stride (shoulders open)
  2. Forehand & Backhand Reaches w/Heel Stride, Heads-up (shoulders closed)
  3. Forehand & Backhand Reaches w/Mohawk, Heads-up (shoulders closed)
  4. Forehand & Backhand Tap Behind your Body w/Heel Stride, Heads-up (shoulders closed)
  5. Forehand & Backhand Heel Tap w/Heel Stride, Heads-up (shoulders closed)
  6. Forward to Backward Transitions, Heads-up (shoulders open)
  7. Forward to Backward Transitions w/360 Escape, Heads-up (shoulders open then closed)

### **DEKES – 4 Lanes / 4-6 Lengths (w/figure 8/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
4. Fake Drop Deke w/Heel Stride, 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)