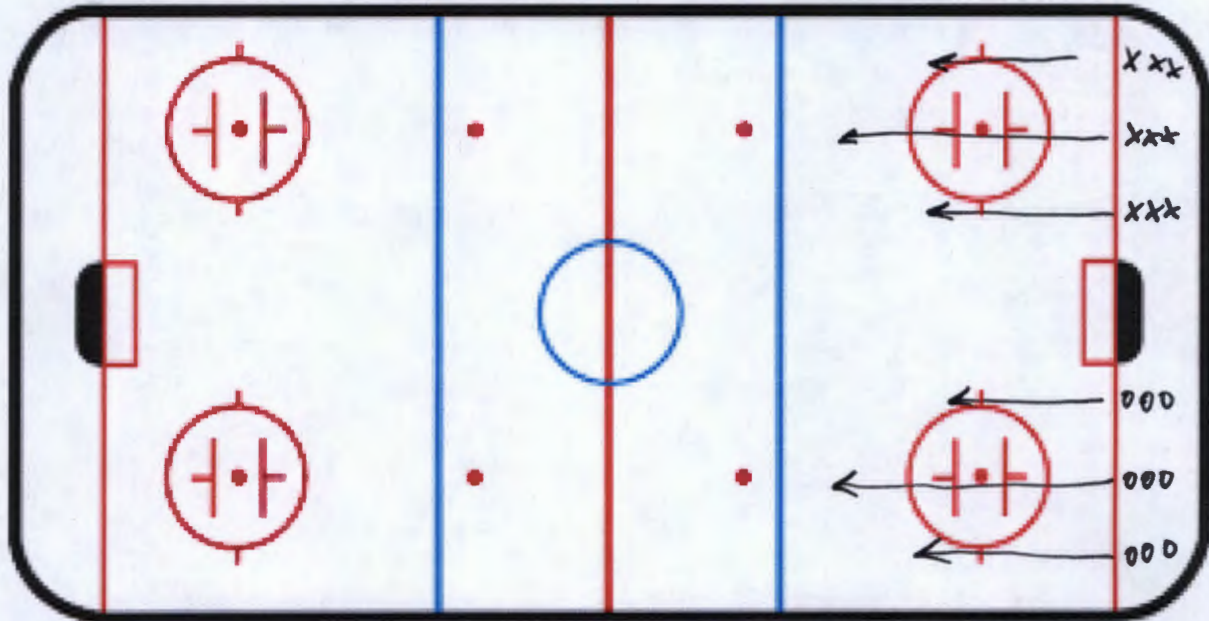


Dragon Hockey Tryout Drills

Day 1 Warm ups

- Line skating. 6 lines. No pucks. Down and back. In order (3 stride cross-overs, Backwards, Forward to backward between the blue lines, Sprint)



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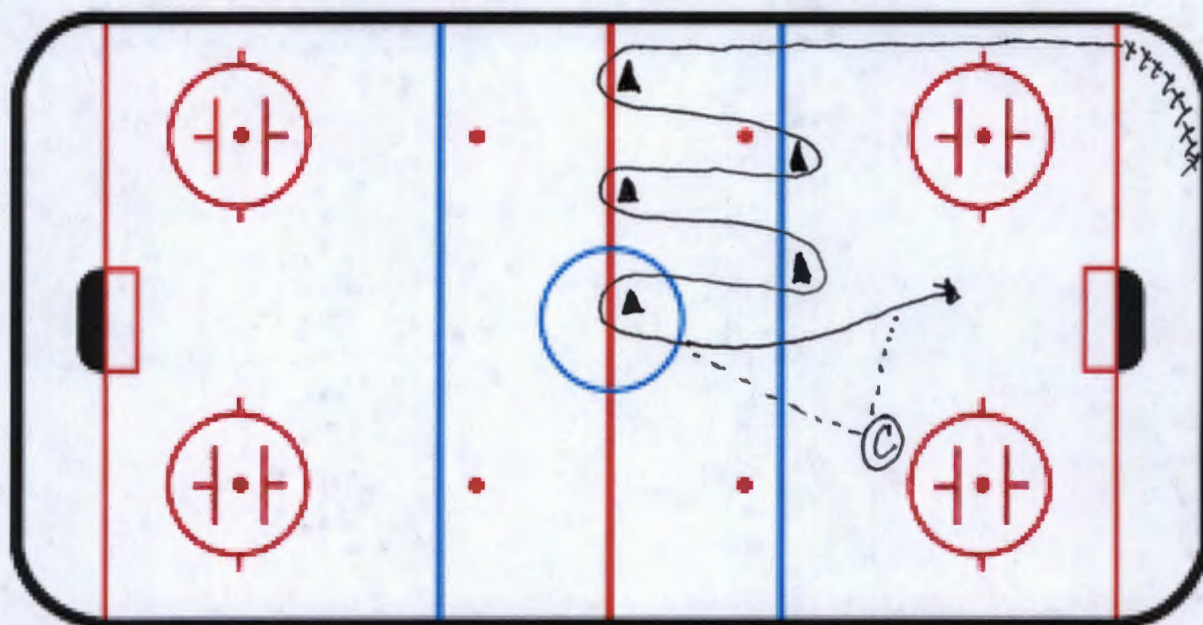
Evaluators

- Skating
- Backward Skating
- Transitions
- Straight Line Speed

Dragon Hockey Tryout Drills

Day 1 Drill #1

- Start with a puck. Sprint up the wall. Weave through the cones. Pass to the Coach. Receive a pass and then shoot. NO DEKES. Once from each side.



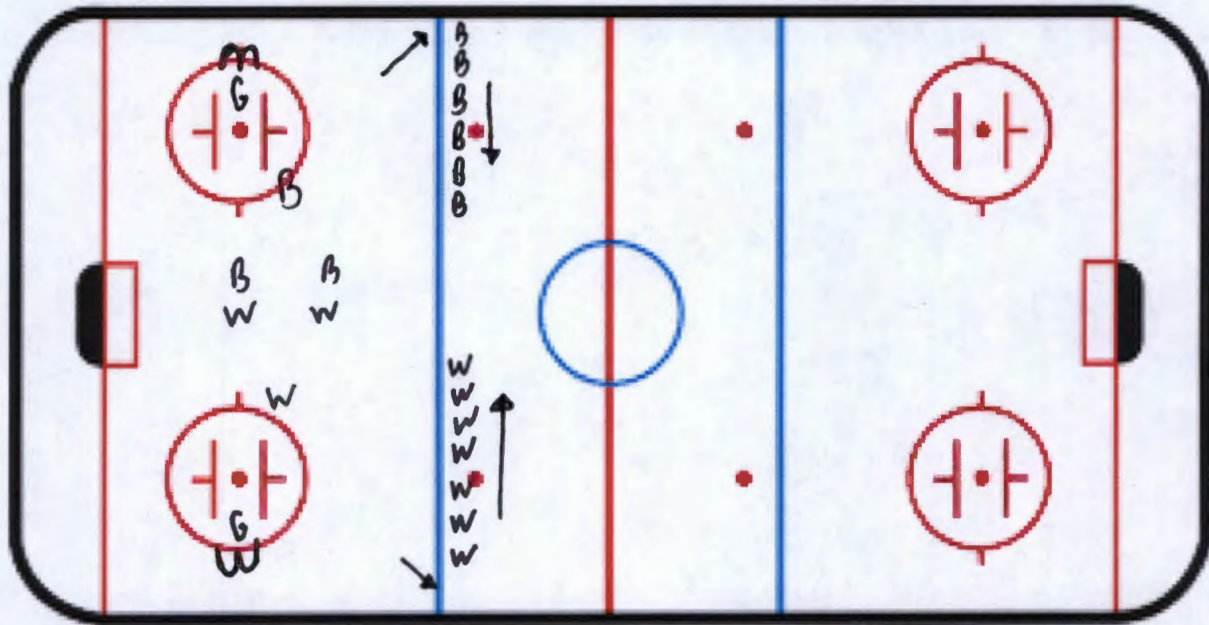
Evaluators

- Skating
- Puck Control
- Passing
- Heads up
- Shooting

Dragon Hockey Tryout Drills

Day 13 on 3 Half Ice

- 60 second shifts. Rotate from boards into center of the ice. Goalies rotate as well.



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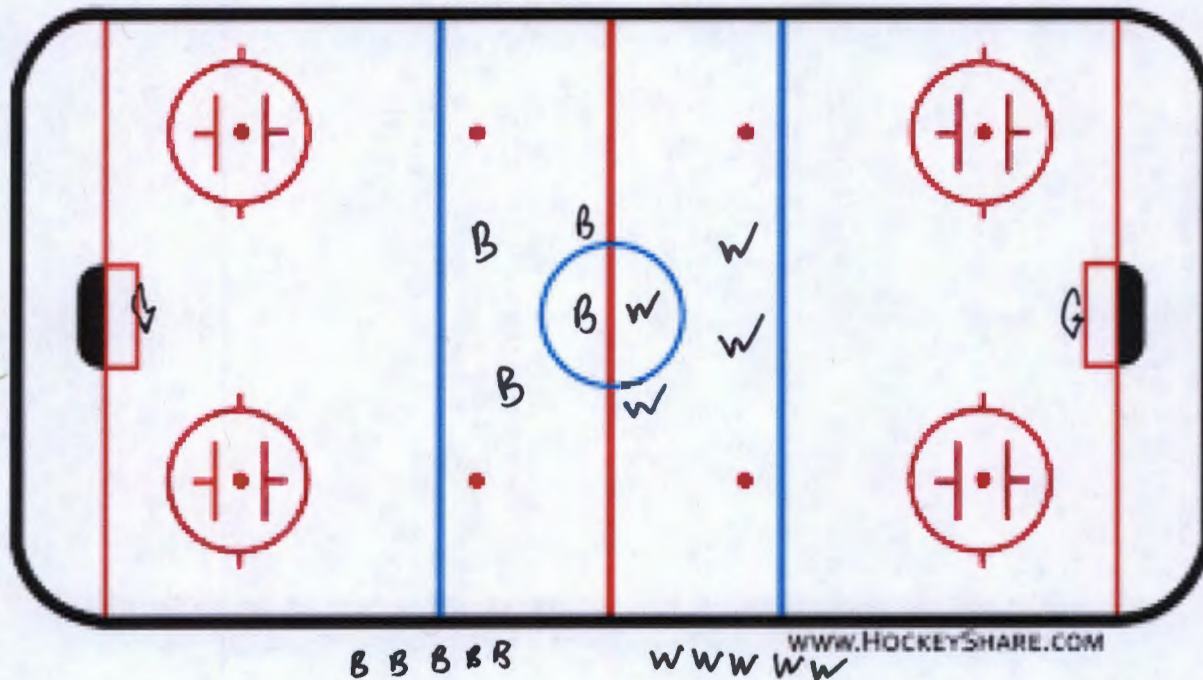
Evaluators

- Skating
- Work ethic
- Effort
- Character
- Passing
- Tight Spaces
- Team Play

Dragon Hockey Tryout Drills

Day 1 and 2 (4 on 4 Full Ice)

- Full Ice. 60 second shifts. No face-offs. Pull puck from the net after goals. Back away from goalies after whistles. Goalies will rotate.



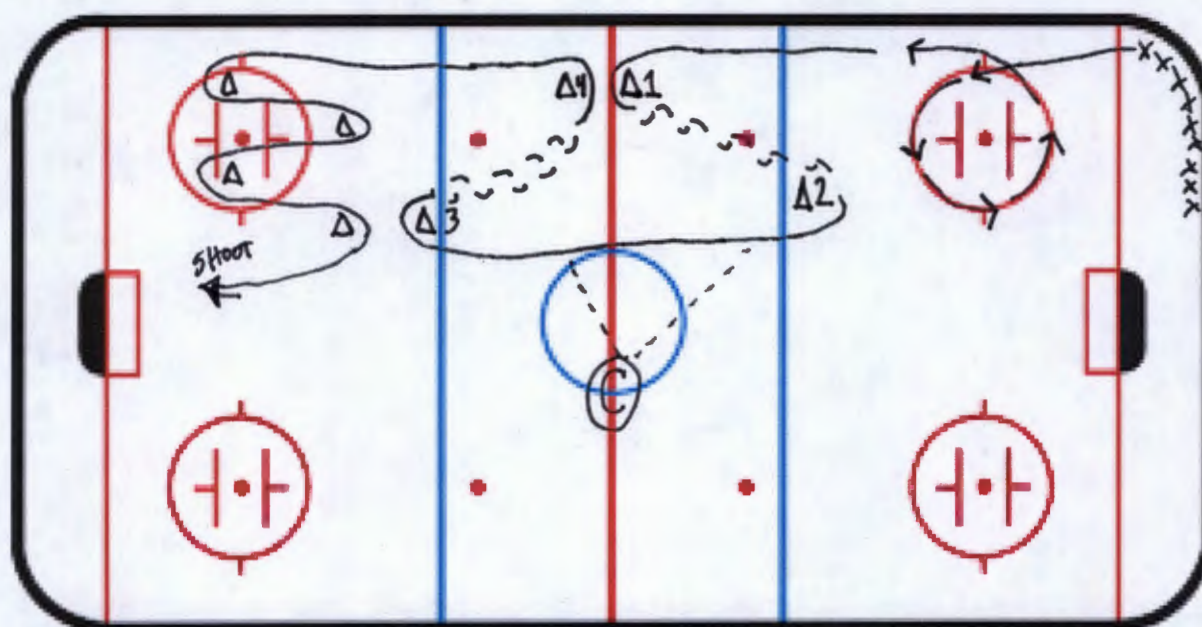
Evaluators

- Skating
- Work ethic
- Effort
- Character
- Passing
- Open Ice play
- Team Play

Dragon Hockey Tryout Drills

Day 2 Drill #2

- Start with a puck. Power skating around the circle. Transition from forward to backward on cone 1. Skate backwards to cone 2. Transition to forward and make pass to coach. Receive pass back from coach. Transition to backwards on cone 3. Transition to forward on cone 4. Weave through cones and shoot. NO DEKES



Evaluators

- Skating
- Puck Control
- Transitions
- Passing
- Heads up
- Shooting

Dragon Hockey Tryout Drills

Day 2 (5 on 5 Full Ice Game)

- Full Ice. Switch on the fly. Whistles with face-offs. Game setting



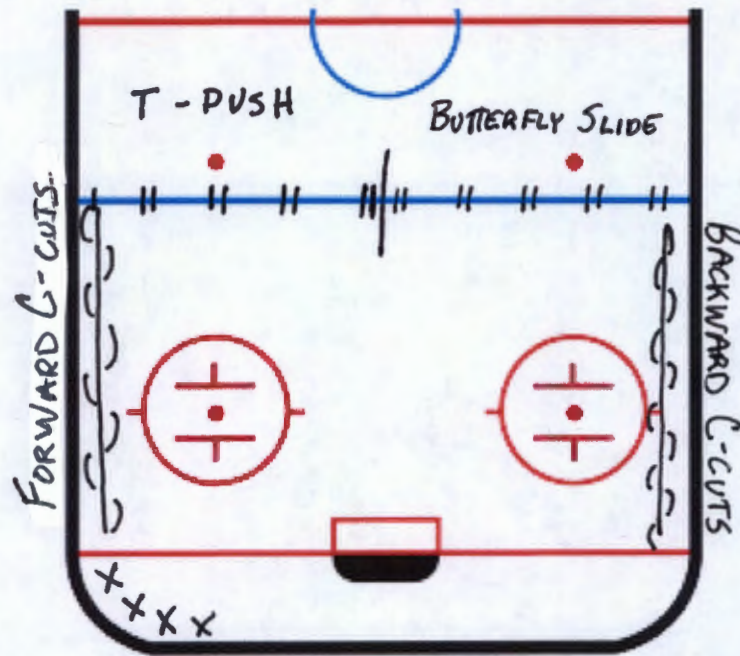
Evaluators

- Skating
- Work ethic
- Effort
- Character
- Passing
- Open Ice play
- Team Play
- Shift Length

Dragon Hockey Goalie Tryout Drills

Goalie Skating

- Forward C-cut, T-push, Butterfly Slide, Backward C-cut



Evaluators

- Movement
- Control
- Footwork
- Recovery
- Body Posture

Dragon Hockey Goalie Tryout Drills

Shooting: T-push, Recovery, T-push, Recovery

- 2 Shooters. Goalie starts on post. T-push out to opposite shooter. Make save. Recover back to short side post. T-push out to opposite shooter. Recover back to short side post. X2 (4 shots total)



Evaluators

- Skating ability
- Balance
- Edge Work
- Save
- Rebound Control
- Puck Tracking

Dragon Hockey Goalie Tryout Drills

Shooting: 1) C1 passes to C2. Goalie follows the pass. C2 shoots. C1 and C3 rebound. 2) C3 passes to C2. Goalie follows the pass. C2 shoots. C1 and C3 rebound. X2 (4 shots)

- Start square to C1 or C3. Follow pass to C2. Make the save with rebound control. Track rebound.



Evaluators

- Lateral Movement
- Angles
- Getting Set
- Rebound Control
- Battle Ability

Dragon Hockey Goalie Tryout Drills

Rush with shot or pass and rebound

- C1 and C2 start at the blue line. Both coaches make rush towards net. C1 can shoot or pass. Both coaches continue for rebounds. X4



Evaluators

- Angles
- Save Selection
- Rebound Control
- Battle Ability

Dragon Hockey Goalie Tryout Drills

Save and Recover

- Both C1 and C2 have pucks. C1 shoots. After the save, C1 passes a puck to C2 who shoots. Then C2 backs up and shoots. After the save, C2 passes a puck to C1 who shoots. X2



Evaluators

- Movement
- Rebound Control
- Use of head to track shooters and puck
- Recovery ability
- Movement to square