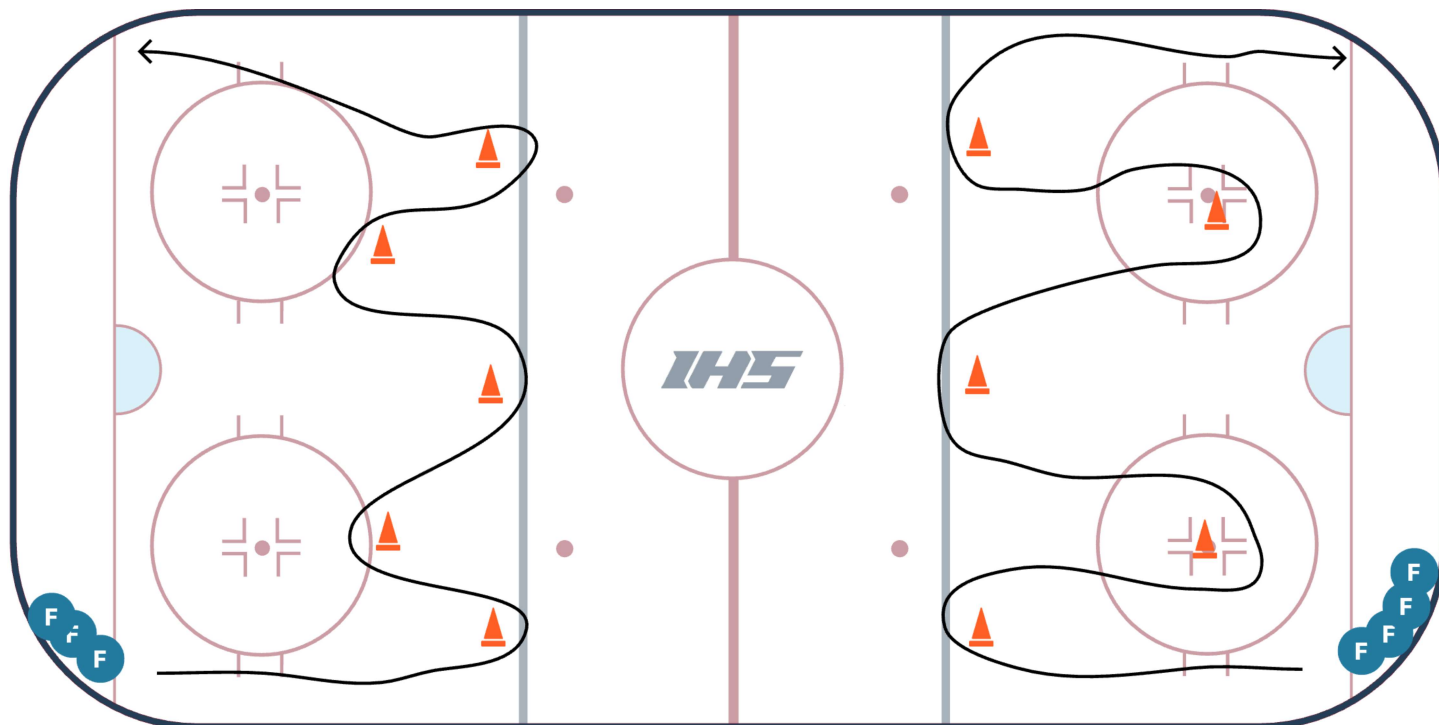


# 2023.11.06 Mite Preseason Clinics - Day 7



Monday, November 6th, 2023

## VALKYRIE TRYOUT DAY 1 - Warm Up



\* Goalies with goalie coach, 1 net, and shooter.

\* Skaters. Cone skating wide and narrow. Same end for both (adjust cones). No pucks. Forward and transitions

**Length of Time:** 15

**Coach's Notes:**

Tryout Drill:

- Skaters: Cone Skating wide and narrow. Same end for both (adjust cones). No pucks. Forward and transitions.

