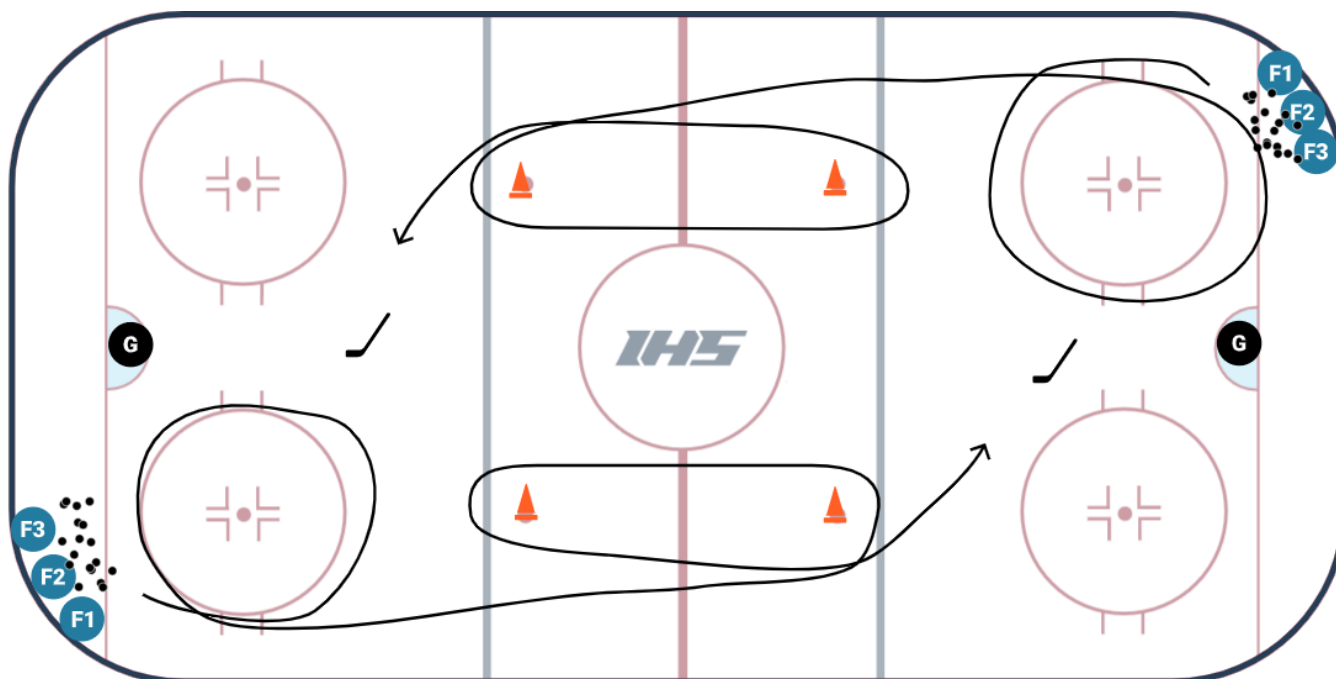


# Tryout Drill 2-Crossovers



## Description

1. Players skate forward completing two circles with the puck, one around the circle, one in the neutral zone around the cones.

2. Player then enters the far zone and shoots on the goalie from the top of the circle.

\*Both sides go at the same time to speed up the process

Evaluators look for:

- ability to keep body between puck and cone on turns
- ability to keep head up while carrying the puck
- shot accuracy and power behind the shot
- foot speed
- crossover form
- following instructions such as taking the shot at the right location