

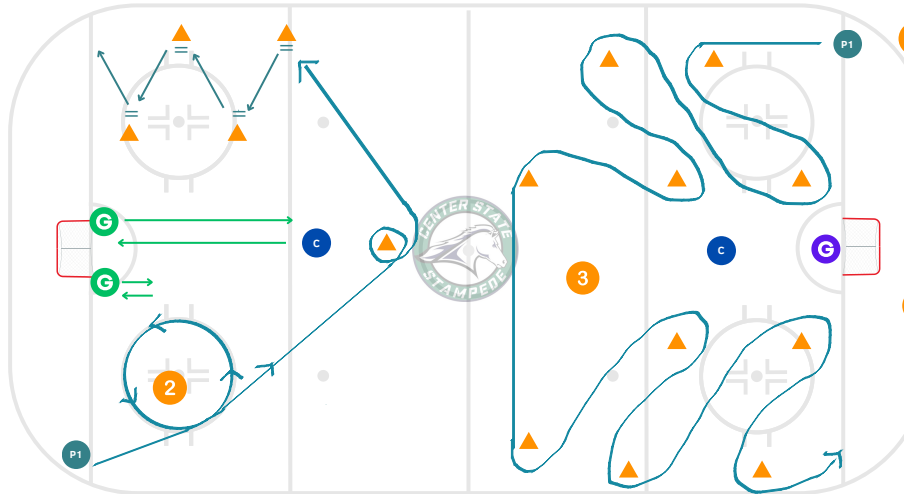
Date: 3/10

# Center State 12u Tryouts

## Legend

© - Coach	--> Passing	Stopping
F- Forward	↪ Stickhandling	⇒ Shooting
D- Defense	Cross-overs	● Pucks
X - Players	→ Forward Skating	▲ Pylon
G - Goalie	↪ Backward Skating	

## 1 Warm-up and stretch



## 2 Cross Overs, Stops and Starts

Forward skating around the circles. Players will perform a tight turn around the pylon in the middle then advance to stops and starts at each pylon. Players should always stop facing the Goal line.

**Skills:** Cross overs, maintaining speed and control, Stops and starts with quick acceleration.

## 3 Tight turns w/ pucks

Forward skating with the puck, tight turns around the pylons. **Skills:** Acceleration out of turns and puck control on forehand and backhand.

**G** 1. Step Outs (straight) on the coaches mark G will skate straight forwards then backwards. Staying in their stance.

2. Sculling - On the 'go' goalies will scull forward until coach says 'stop', repeat to the blueline. Repeat backwards to the goal line.

**G** Goalie will start on their left post. Goalie steps out to face the shot. The goalie will work from a single post/three-shot sequence. Coach will shoot from 3 different positions. The goalie will return to the same-side post and wait for the next command. Repeat from opposite post.

## 4 1 on 1 | 2 on 2

Coach will dump the puck into the corner. Players will have a corner battle. First one out of the corner with the puck is on offence (try to score) and those without will be on defense (get the puck out of the zone).

**Skills:** Corner battles, positioning. On 2v2 ability to get open for passes and player coverage. Goalies -

## 5 Puck Battles

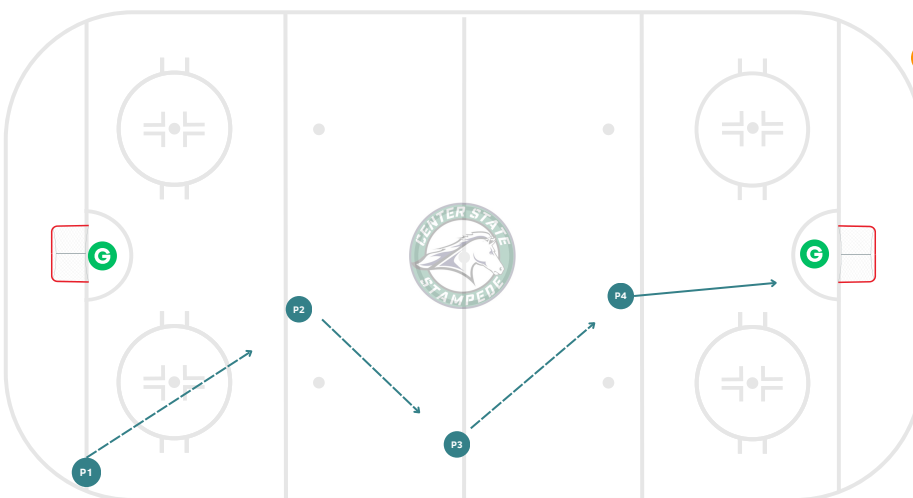
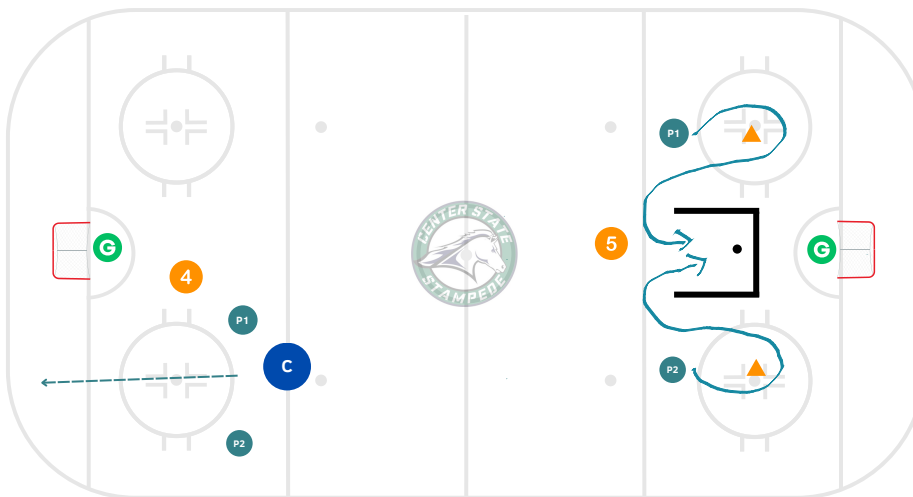
Puck will be in the middle. Players start on their bellies. On the whistle quick acceleration around the pylon and into the play area to battle for the puck. Player will take the puck out of the play area and try to score. Player without the puck will try to get the puck out of the zone.

**Skills:** Puck battles, perseverance without the puck, acceleration from a down position.

## 6 Follow the Pass

P1 passes to P2 following their pass to P2's position. P2 will pass and follow their pass to P3. P3 passes to P4 following their pass and taking P4's spot. P4 goes in and takes a shot.

**Skills:** Shooting, Communication, Passing/receiving on forehand and backhand, heads up, acceleration, power, accuracy, quick release.



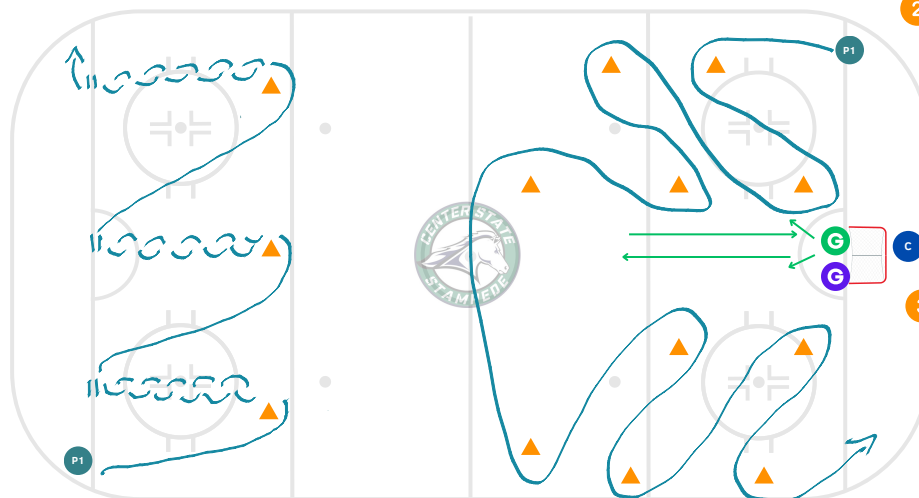
Date: 3/14

# Center State 12u Tryouts

Legend

© - Coach	--> Passing	Stopping
F- Forward	~> Stickhandling	=> Shooting
D- Defense	Cross-overs	• Pucks
X - Players	→ Forward Skating	▲ Pylon
G - Goalie	~> Backward Skating	

## 1 Warm-up and stretch



## 2 Forward/Backward Transition

Skate forward towards the pylon, pivot to backwards all the way to the goal line. Forward to the next pylon. First 2 times will be without a puck. Then proceed with a puck forward the whole way.

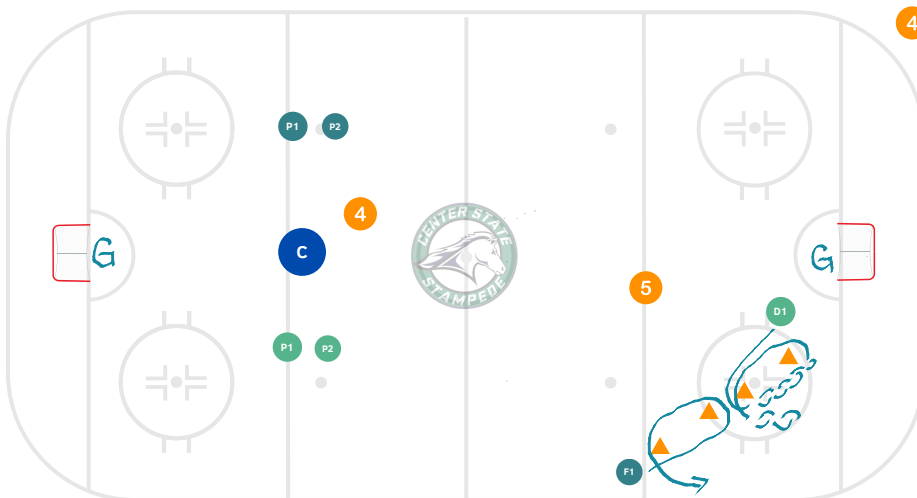
**Skills:** Wo/pucks - pivots, forward and backwards skating.  
W/pucks - puck protection, pivots with a puck.

## 3 Tight turns w/ pucks

Forward skating with the puck, tight turns around the pylons.

**Skills:** Acceleration out of turns and puck control on forehand and backhand.

- G** 1. Step Outs (on an angle) on the coaches mark G will skate straight forwards then backwards. Staying in their stance.
- 2. Sculling - On the 'go' goalies will scull forward until coach says 'stop', repeat to the blueline. Repeat backwards to the goal line.
- G** Coach will start with the puck behind the net. Goalie will track the coach. Goalies should focus on tracking the puck and covering the puck after the shot.



## 4 Team Tag up- 1v1 | 2v2 | 5v1 etc

Coach will shoot the puck towards the goalie. Goalie will move the puck to either corner. P1 and P2 rush towards the puck. Both teams will pass to the next teammate in line tagging them in. Passes must be tape to tape to complete the tag. Up to 5 players from each team can enter the zone. 1v2, 2v2, 5v1

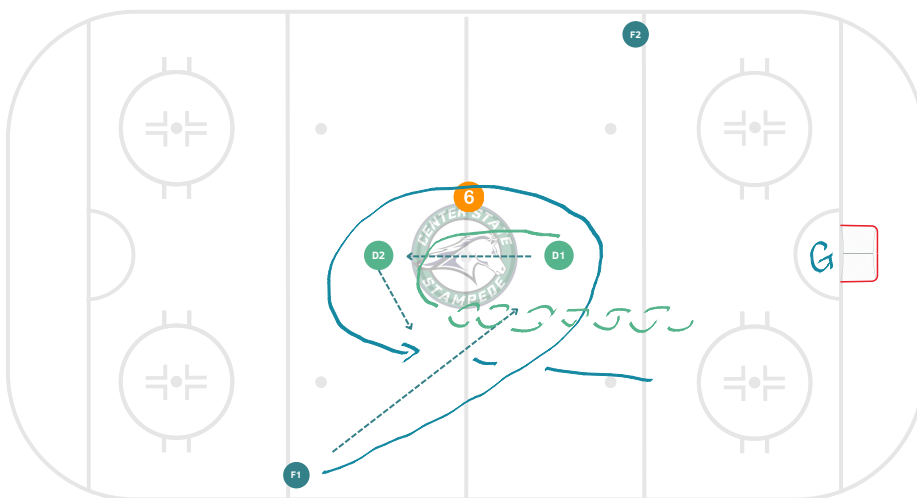
**Skills:** Positioning, passing, finding the open lanes, teamwork

## 5 Gap up / Driving the lane

D1 skates around the pylons always body always facing the forward. Forward starts when the D reaches the 2nd pylon.

**Skills:** D- gap up, forwards/backwards transition

F- driving the lane, quick shots, puck protection, shot accuracy with pressure.



## 6 1v1 Passing

F1 passes to D1, D1 passes to D2. F1 skates around both D1 and D2 receiving the pass from D2. After D1 passes to D2, they will begin to gap up and go 1v1 with F1. Repeat out with F2.

**Skills:** D - Passing, communication, gap control.

F - Passing, Speed, puck control, shooting.