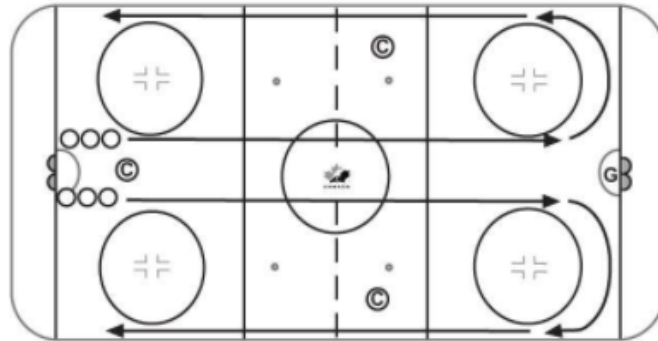


# U18 A1 Tryout Plan- SKILLS

Day 1

SKATING - WARM-UP 02 - FORWARDS

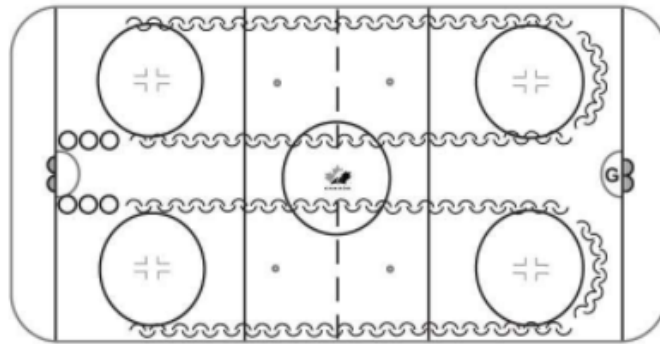


(5 minutes)

- Player's skate full length of ice forward
- Corner around far face of circle and head back
- Full ice as fast and in control as possible

# U18 A1 Tryout Plan- SKILLS

## SKATING - WARM-UP 02 - BACKWARDS

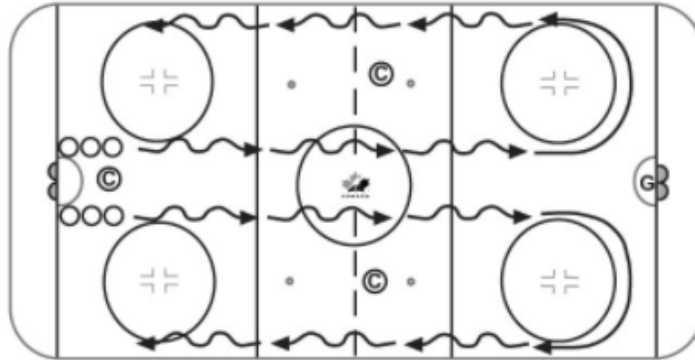


(5 minutes)

- Player's skate full length of ice backwards
- Corner around far face of circle and head back
- Full ice as fast and in control as possible

# U18 A1 Tryout Plan- SKILLS

## PUCK CONTROL - WARM-UP 01

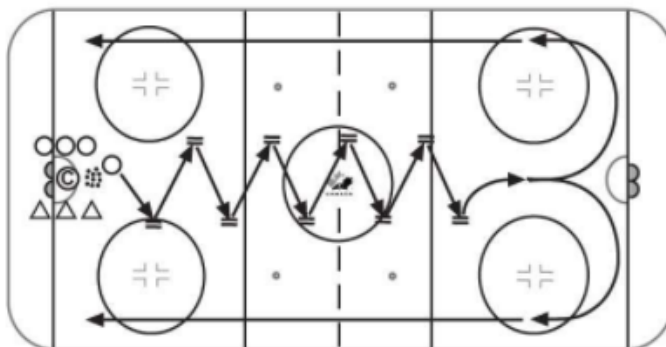


(5 minutes)

- With puck, players skate full length of ice forwards
- Corner around far face of circle and head back
- Full ice as fast and in control as possible

# U18 A1 Tryout Plan- SKILLS

## SKATING - SKATING AGILITY WARM-UP

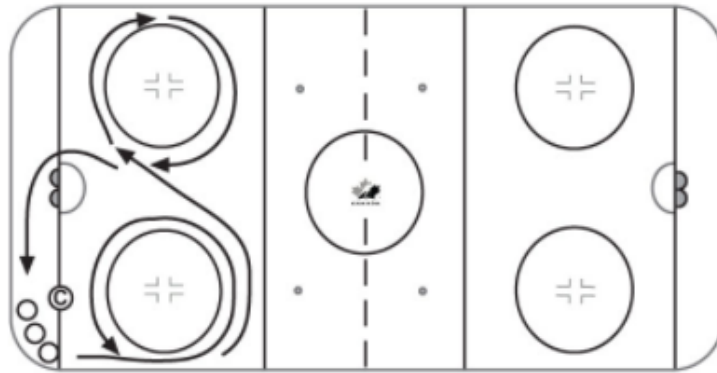


(5 minutes)

- Two lines on either side of the net
- With puck, players skate full length of ice making quick short one touch passes
- Corner around far face of circle and head back towards the start making longer stretch type passes
- Full ice as fast and in control as possible

# U18 A1 Tryout Plan- SKILLS

## SKATING - SKATING CIRCLES

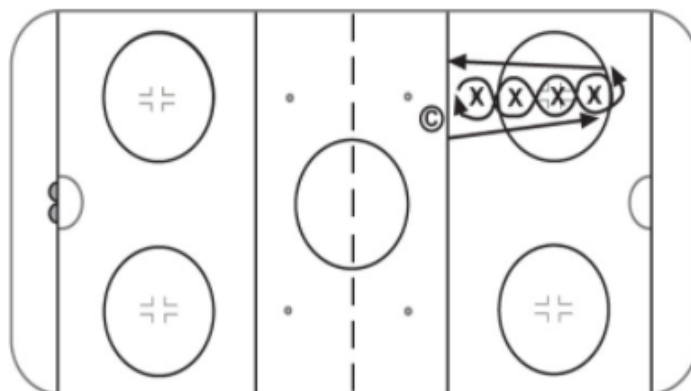


(5 minutes)

- Full Ice- players must skate on of the faceoff circles
- Players must make sure to stay on the outside or on the line of each circle
- Full ice as fast and in control as possible

# U18 A1 Tryout Plan- SKILLS

## SKATING – TIGHT TURNS



(5-8 minutes)

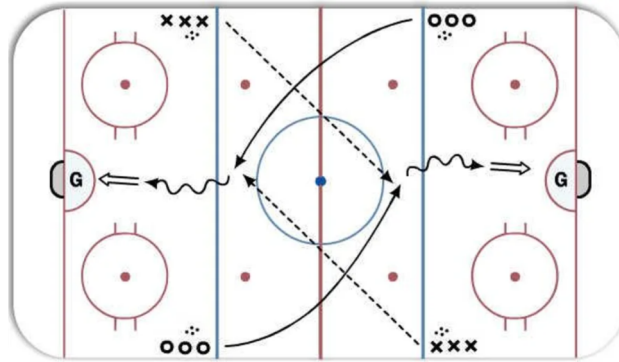
- Multiple lines of players with cones laid out
- Players will figure 8 skate through the setup of cones
- Turning tightly around each cone's and following the cone path back to the start
- Full ice as fast and in control as possible

Turning tightly around each cone's and following the cone path back to the start

\*\*\* This is to be performed at both ends. (Depending on numbers all 4 corners should be used)

# U18 A1 Tryout Plan- SKILLS

Neutral Zone lead Pass

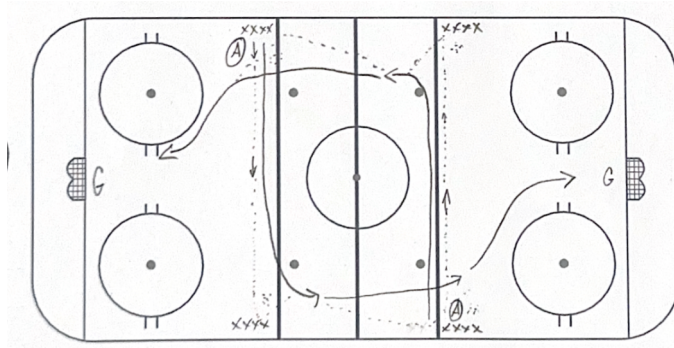


(8-10 minutes)

- Simultaneously, the first player in lines breaks through the neutral zone to receive a pass to break in on the goalie
- Player receiving pass must remain outside

# U18 A1 Tryout Plan- SKILLS

## Two Touch Flow Drill



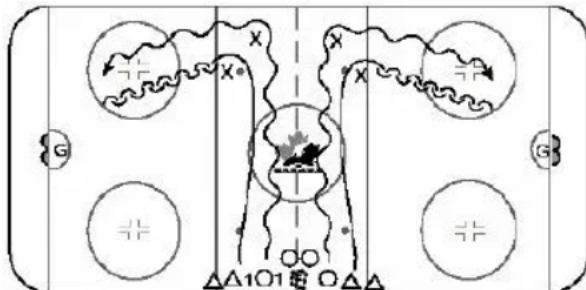
(8-10 minutes)

- Pucks and players at all 4 corners of the bluelines
- Simultaneously, player steps out and makes a cross ice pass; follows the pass; gets it back while turning up ice; one touch pass to next player in the next line; keeps skating in on the goalie only to receive a pass before shooting on the goalie
- This repeats on alternating sides on the coach's whistle



# U18 A1 Tryout Plan- SKILLS

## 1 on 1 Gap Control



(8-10 minutes)

- This is a great drill for the defense to work on coverage and support in the defensive zone.
- Δ1, Δ2 start and return to front of net for each play
- O's pair up in 3 different locations
- Coach passes to any pair of O's, attack 2 on 2 vs Δ's
- Δ1 and Δ2 play all three 2 on 2's
- G2 plays wrap around and point shots with other players