

Drill no. : 1 Duration : 5 Minutes From : _____ To : _____

Categories

Warm Up

Skating

Drill Title : Warm Up Skate Fig 8

Components : Skating

Content elements :

Description

Warm up skating drill - 5 Min

Start with a light skate - Not for assessment

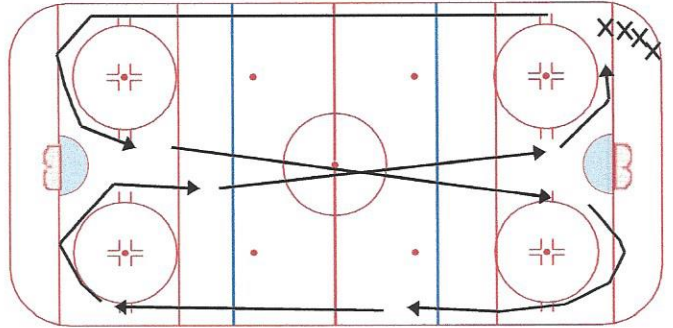
- On the whistle go hard and on the next whistle return to light skate.

Variations

- Forward
- Backward
- Drop knee at blue line

Key Points

Skating



Drill no. : 2 Duration : 15 Minutes From : _____ To : _____

Categories

Tryout

Skating

Drill Title : 100 ft acceleration forward / backward, pivot, variations

Components : _____

Content elements :

Description

100' Acceleration - Sprints

3 lines - Go on whistle

Forward

Backward

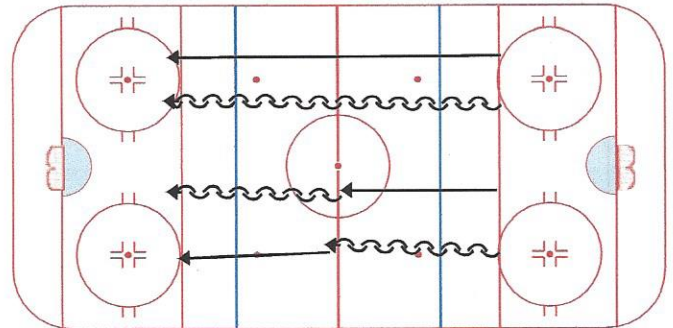
Pivot F to B and B to F - Pivot facing the same way.

Evaluate Speed

Key Points

Speed

Agility



Drill no. : 3 Duration : 8 Minutes From : _____ To : _____

Categories

Tryout

Stops and Starts

Drill Title : Stops and Starts

Components : _____

Content elements :

Description

Players line up at goal line

Skate to far blue line and stop

Skate back to the first blue line and stop

Sate to the far goal line

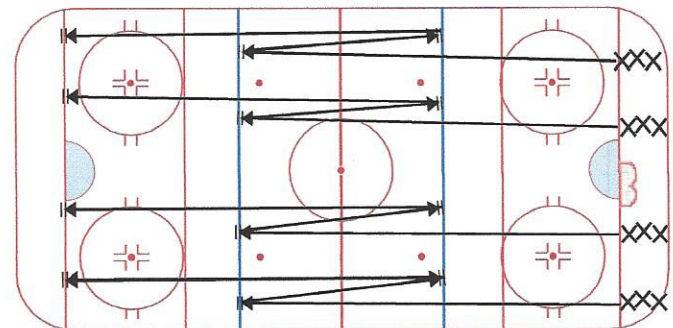
Looking for speed, conditioning, positioning, edge control, puck control

Key Points

Speed / Conditioning

Edge Control

Puck Control



Drill no. : 4 Duration : 8 Minutes From : To :

Categories

Tryout

Drill Title : Skating 5 circles high speed without/with pucks fwd and bc

Skating X-overs

Components :

Content elements :

Description

Three players will leave at the same time on whistle. 2 stick lengths apart. As illustrated, players will use xovers to complete each circle. Focus on staying on the line as much as possible and not cutting corners through the circle.

Forwards and Backwards

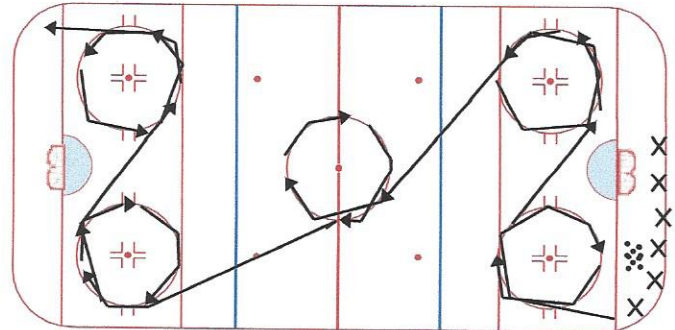
Key Points

Proper stick position

edges to maintain balance and speed at

knee flex

head up



Drill no. : 5 Duration : 8 Minutes From : To :

Categories

Tryout

Drill Title : Tight Turns Around Dots

Tight Turns Around Dots

Components :

Content elements :

Description

Players start in corner

On whistle, one at a time skate to each face off dot and tight turn around them in the direction shown.

Add Pucks

Assess: Body Position Edge Control Stick Position

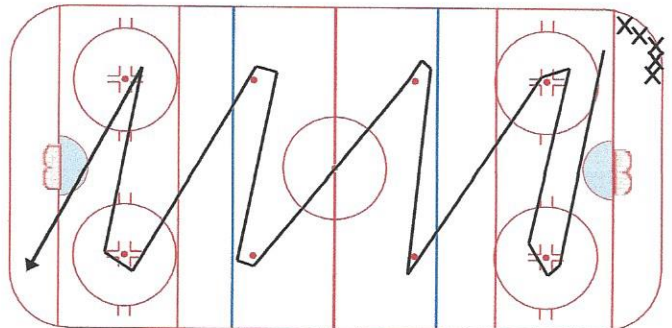
Key Points

Body Position

Edge Control Foot position

Stick Position

Puck Control



Drill no. : 6 Duration : 8 Minutes From : To :

Categories

Tryout

Drill Title : Shooting - Goalie Warm Up

Shooting - Goalie Warm Up

Components :

Content elements :

Description

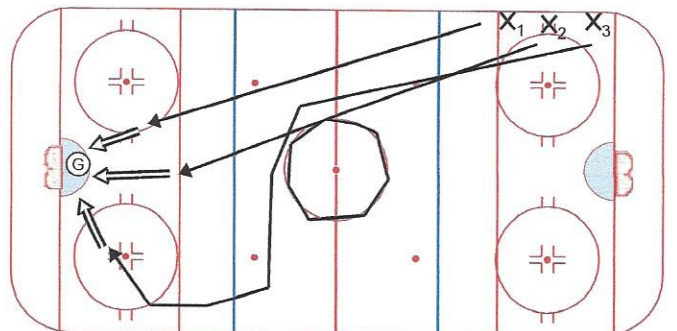
On whistle 3 players leave at the same time

X1 down the wall X2 around ctr circle X3 around far dot at far blue line

Shoot on goalie

Evaluate Shot Strength Accuracy

Key Points



Drill no. : 7 Duration : 8 Minutes From : To :

Categories

Tryout

Drill Title : Shooting - 3 Lines

Shooting - 3 Lines

Components :

Content elements :

Description

one at a time on whistle player goes in on net and shoots the puck on net in stride. Move to a different row wach time.

Evaluate
Strength
Accuracy
Heads up

Goalie
Positioning

Key Points

Strength

Accuracy

Heads Up

Body Position

