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

**Categories**

Warm Up

Skating

**Drill Title :** Warm Up Skate 3 Zones

**Components :** Skating

**Content elements :**

**Description**

Warm up skating drill - 5 Min

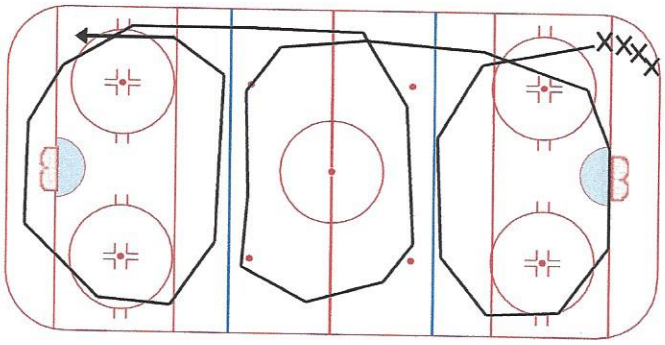
Start with a light skate - Not for assessment

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

Variations
- Forward
- Backward
- Drop knee at blue line

**Key Points**

- Skating



**Drill no.** : 2 **Duration** : 8 **Minutes** **From** : **To** :

**Categories**

Tryout

Skating

**Drill Title :** Forward and Backward Pivot Skate

**Components :** Forward and Backward Pivot Skate

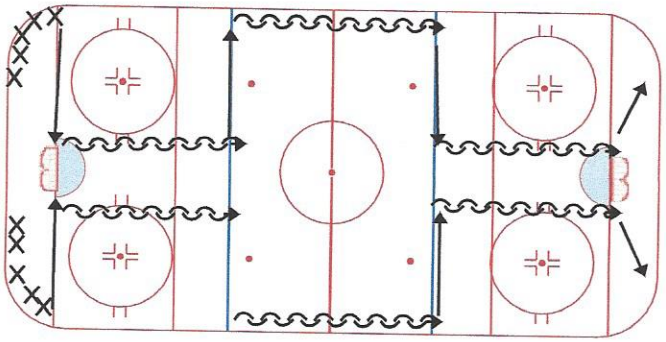
**Content elements :**

**Description**

Player skates along goal line forwards, once player reaches goal post they transition with a pivot from fwd to bkwd, skating as seemless as possible and as close to 90 degrees as possible. Try to maintaiin momentum and speed without stopping. Player will skate from bckwd up middle to first blueline which they will then transition from bckwd to fwd skating again as seelmess as possible. This sequence shall be repeated as shown in diagram.

**Key Points**

- F and B skating
- Pivoting B to F
- Balance
- Agility



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

**Categories**

Tryout

Tight Turns

**Drill Title :** Fwd skate with tight turns

**Components :**

**Content elements :**

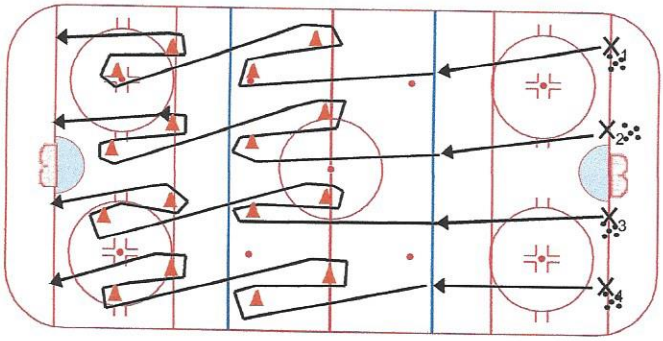
**Description**

**NOTE - PLEASE MOVE CONES CLOSER TO EACH BLUE LINE**
Skate fwd down the ice in your line. Once at the 1st low cone, tight turn back up the ice towards the next cone, once at second cone, tight turn back down ice. Continue to skate fwd to next set of conwes and repeat the same sequence.

High speed warm up with / without pucks.

**Key Points**

- fwd skating
- tight turns
- edges
- body



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

**Categories**

Tryout

Standard 1-1

**Drill Title** : Standard 1 on 1

**Components** :

**Content elements** :

**Description**

F passes to D

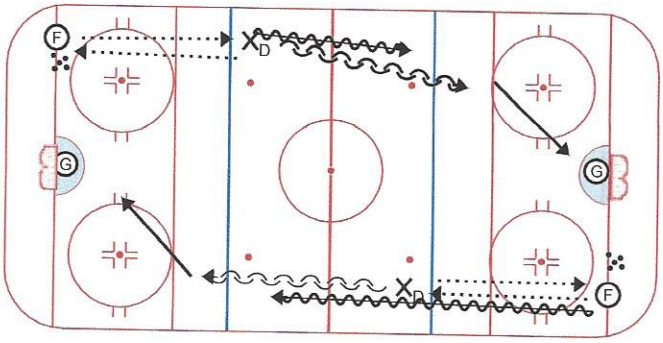
D returns pass to F

Execute 1 on 1 -

F - Try to get to the net and shoot
D - Try to check F and take posess

Evaluate
Skating
Gap Control

**Key Points**




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

**Categories**

Tryout

1 on 1

**Drill Title** : High Tempo Net drive to 1 on 1

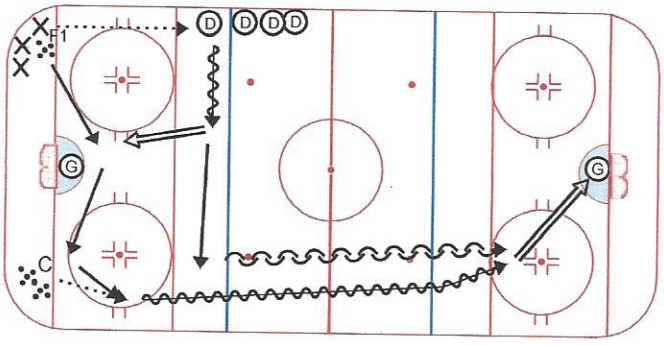
**Components** :

**Content elements** :

**Description**

F1 Pass to D1
F1 Net Drive
D1 Shot from blue line
F1 try to deflect the shot
After the shot F1 grabs a puck from corner or takes a pass from the coach.
Up the wing 1 on 1.

**Key Points**




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

**Categories**

Tryout

Pass Shoot

**Drill Title** : Touch Pass Stretch Shoot

**Components** :

**Content elements** :

**Description**

Two players will leave from the corner 5 feet apart. Both players skate up the lane passing to each other.Once the players reach the far blue line, the player nearest the boards will take the puck and shoot on net and then line up in that corner. The player who does not shoot will continue to skate as illustrated and receive a pass from the corner. The o player will then skate down the ice on the outside of the dots and shoot on net. Both sides will run

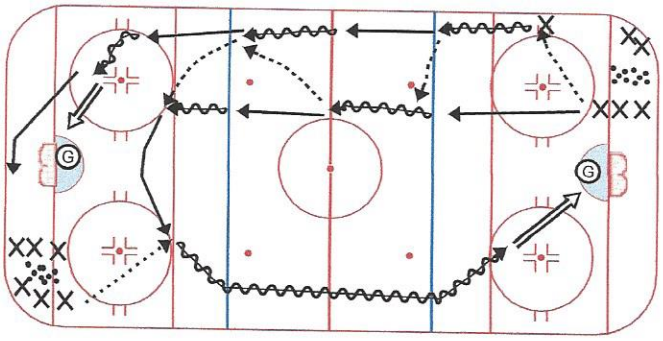
**Key Points**

touch pass

cradle puck when receiving

head man the puck (not behind)

use stick to provide target



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

**Categories**

Tryout

Back check

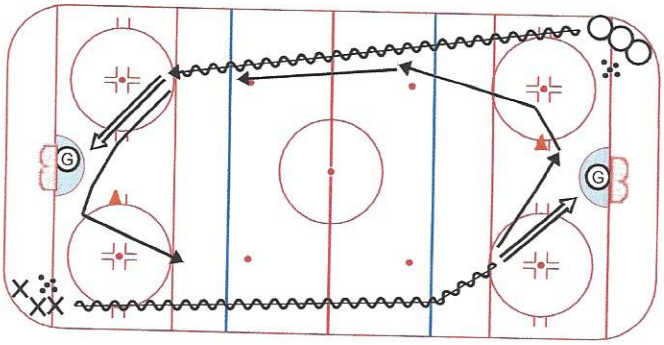
**Drill Title :** 1 on Back check

**Components :**

**Content elements :**

## Description

x starts the drill and breaks down the wing and takes a shot on net from the top of the circle. As soon as x shoots, player o takes a puck and starts breaking up the wing. after x shoots, they must use momentum and speed to circle below the cone and then chase player o to try and catch up and check him. player o breaks up the wing and tries to score.

this drill should have continuous flow.

## Key Points