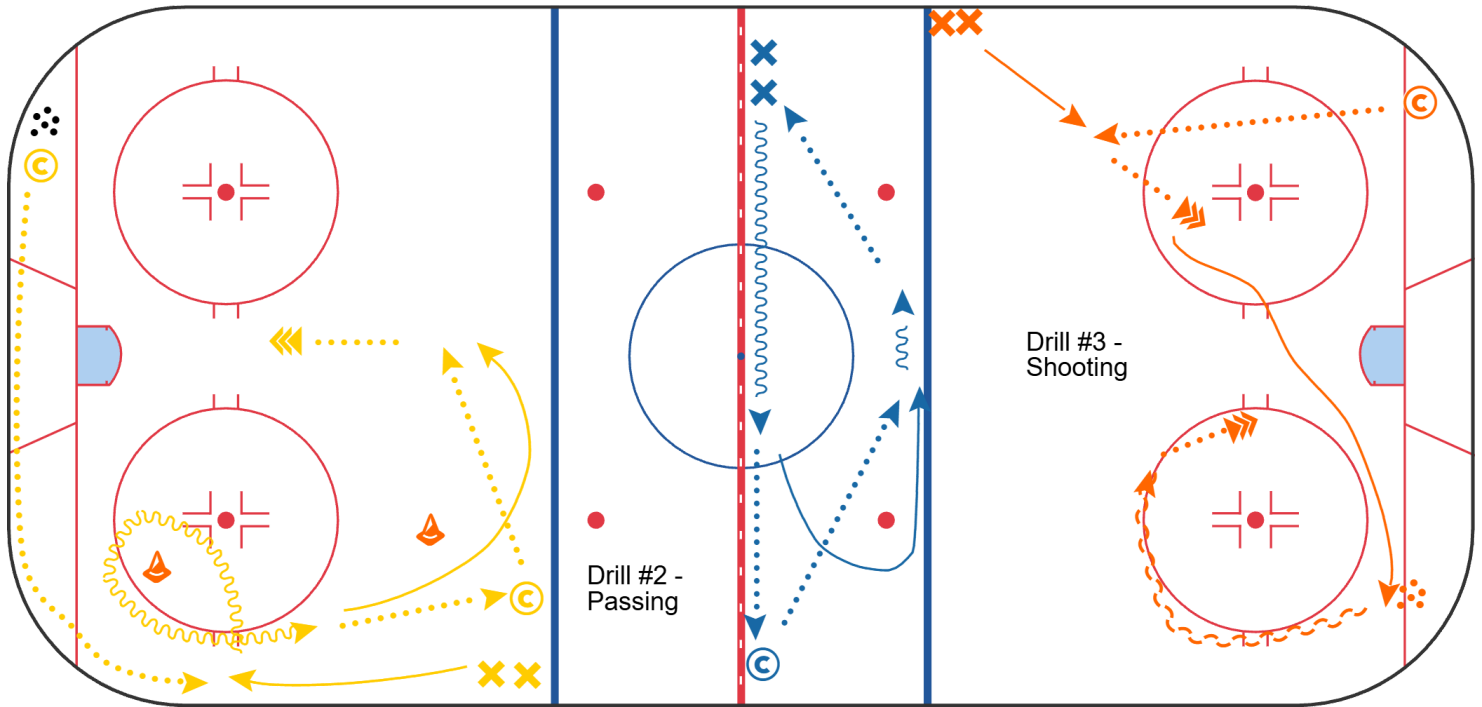




Tryout Skills Night (Bantam, 15U, Pee wee, 12U)



Description

Drill #1:

Players will start at the blue line. Player will skate down the wall and the coach will rim/wrap a puck around the boards as shown. Player will pick the puck off the wall and attack the middle of the ice, then cut back towards the boards with the puck. Player will then climb the wall and make a good pass to the coach. Player will skate up around the cone, opening up to the middle of the ice for a pass back and shot. When opening up, players should always face the puck and transition.

Drill #2:

Players will start on the center red line on the boards and skate with a puck halfway across the ice, make a pass to the coach, then transition around a cone and receive a pass back from the coach. When transitioning, players should always face the puck and catch the pass with their stick pointing up ice back towards the line of players.

Drill #3:

Players will start on the blueline on the boards and skate without a puck towards the net. After a few strides, a coach will pass them the puck and player will take a shot. Player will continue skating towards the corner and pick up a loose puck, carry that puck backwards around the circle and complete a second shot.