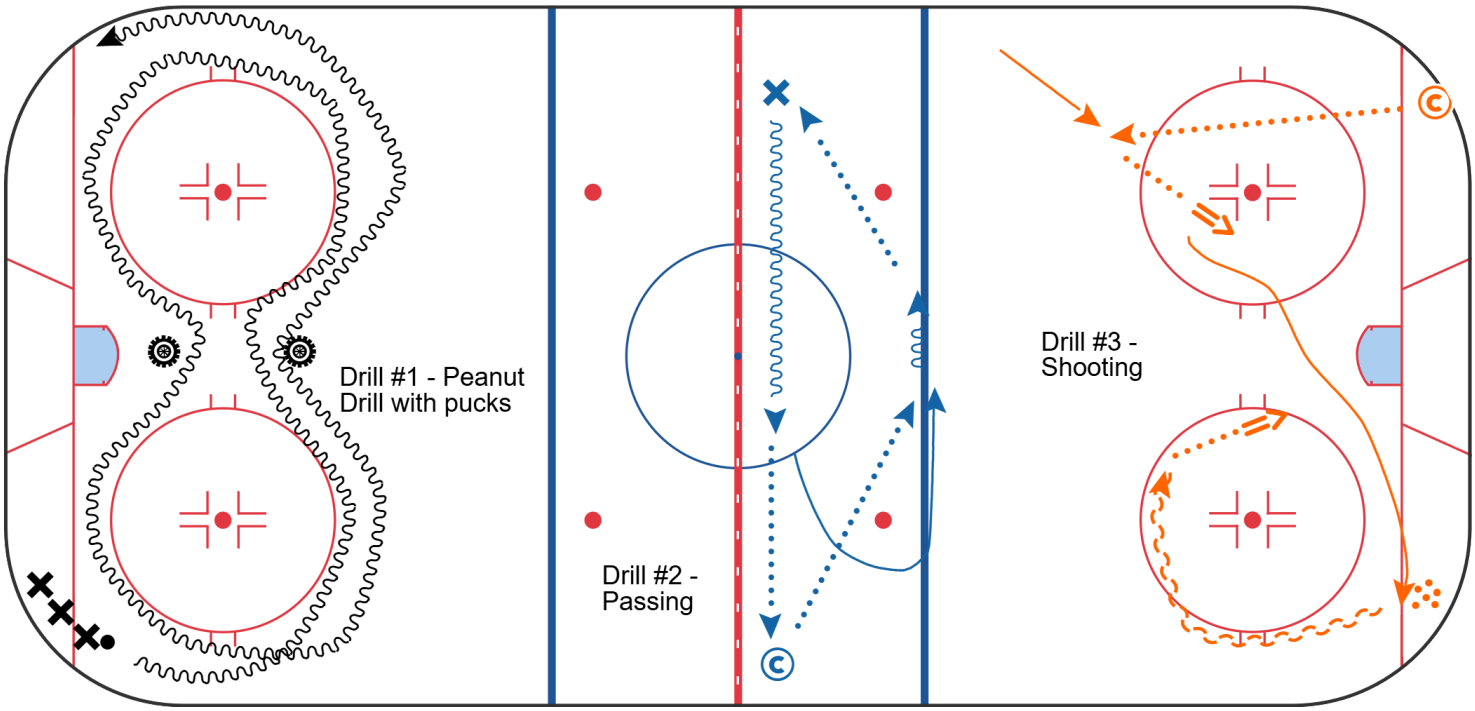
# Tryout Skills Night Stations (Squirt/10U)




**Description**

Drill #1:

Peanut drill with pucks. Players will carry a puck and follow the pattern as shown on the diagram. Use tires instead of cones to limit having to re-adjust them.

**Forwards the whole time**

**Players will complete the pattern "one and a half" times and finish in the other far corner**

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.