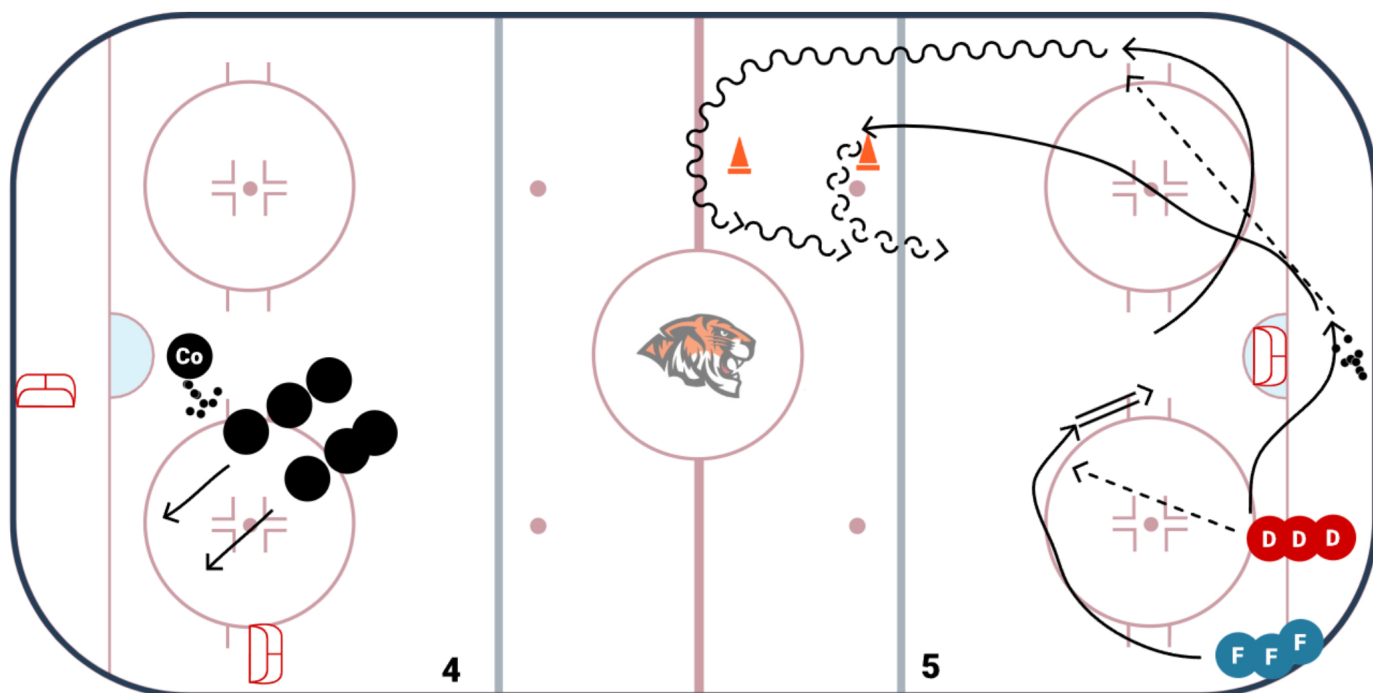
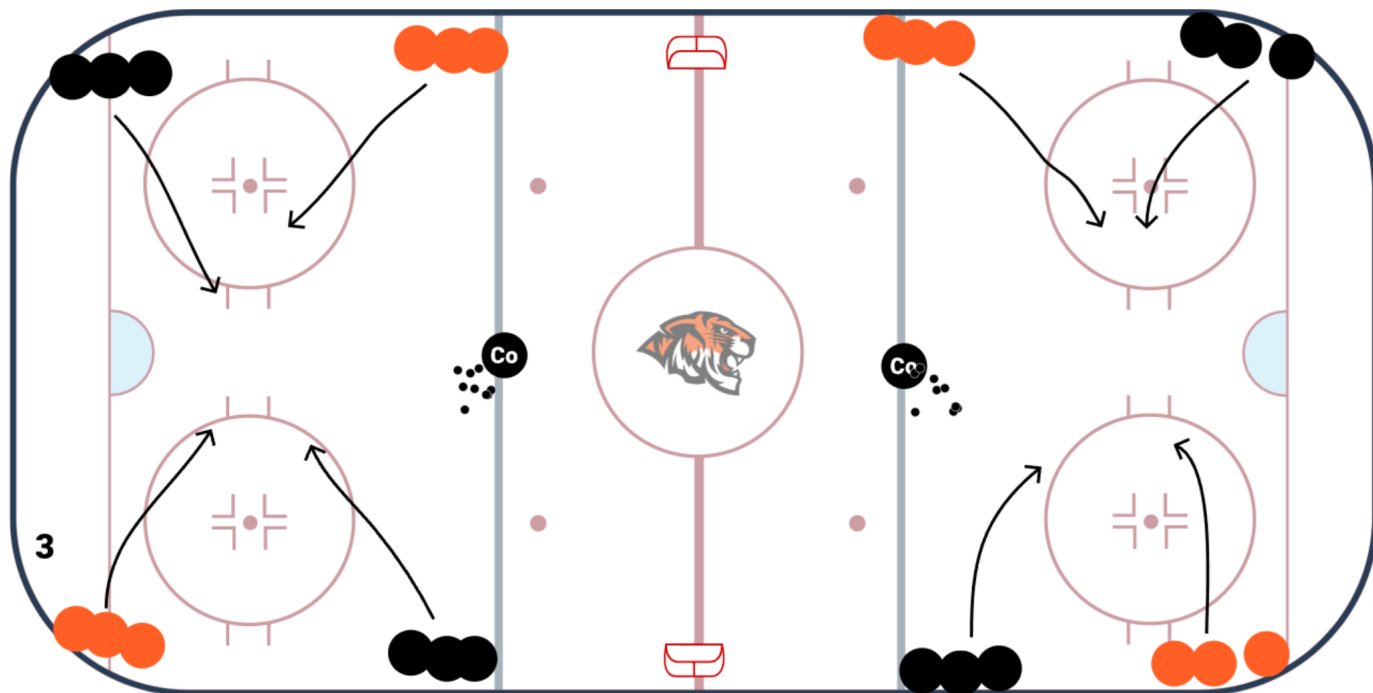


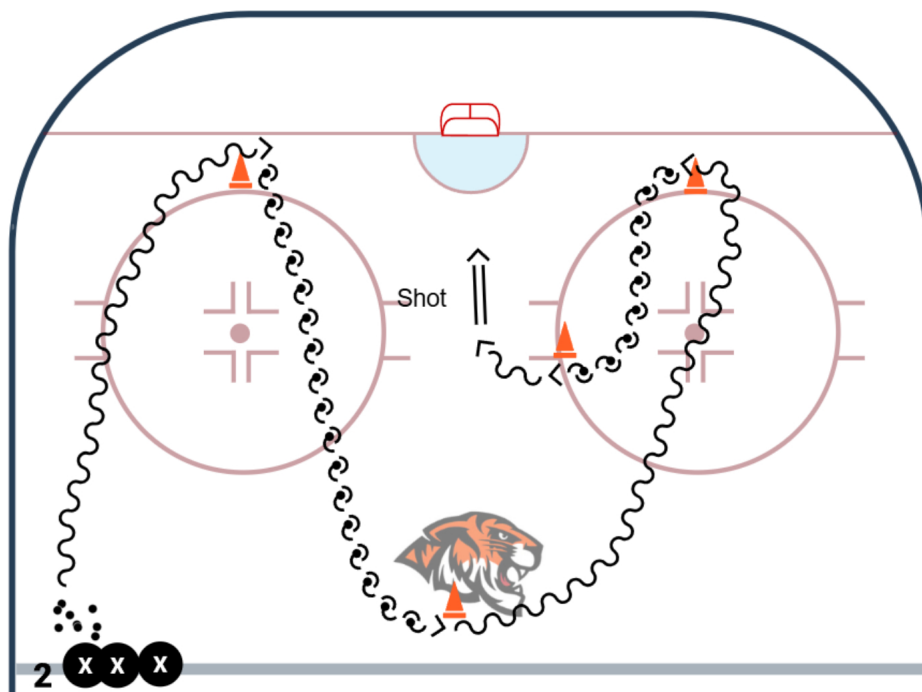
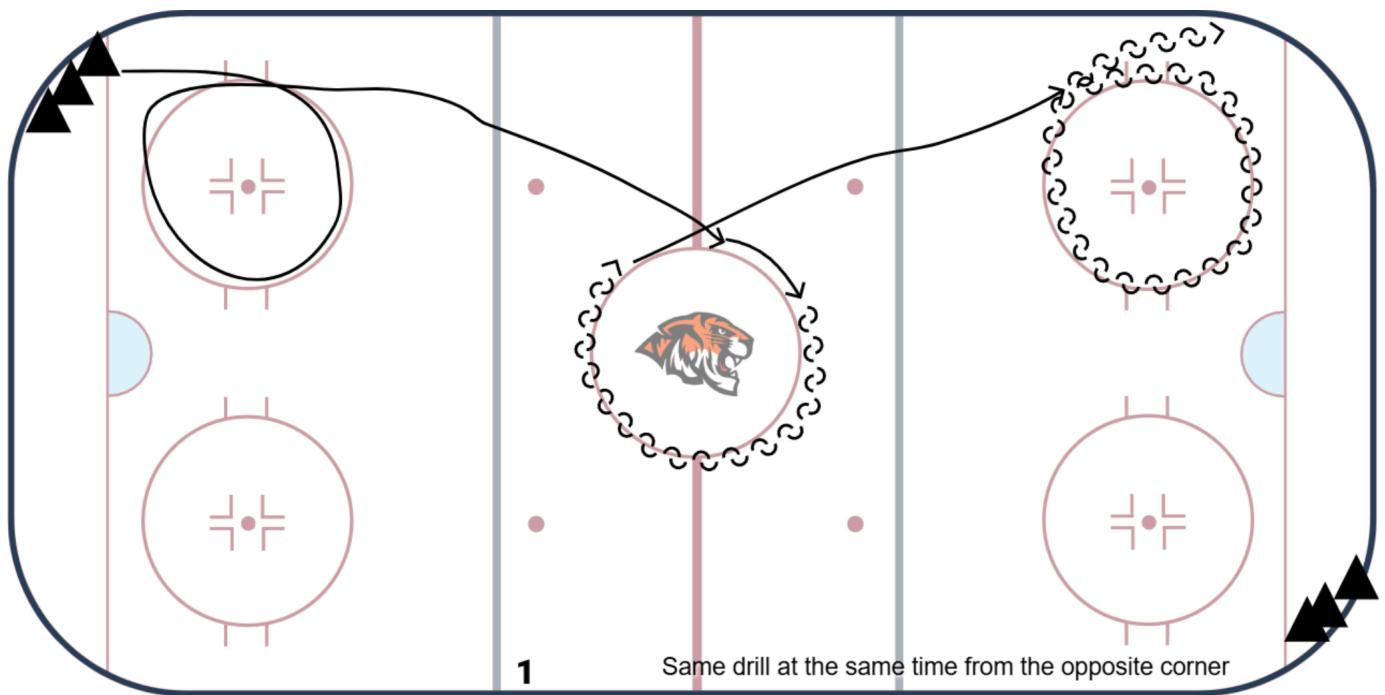
FYHA TRYOUT DAY 1 SKILLS



Time:

Station:





Drill # 1 = Transition Skating

- Forward around the first circle
- Transition at the top of the circle to transition again at the bottom of the circle
- Backwards around 3rd circle
- Notes - go from opposite corners both ends at the same time. Go two times then switch corners so players go both directions

Drill # 2 = Transition Skating with Puck/Shot

- With pucks, players go through cones with transitions, and finish with a shot
- Notes - Go through three times then from the opposite side reversed direction

Drill # 3 = 2 vs 2 (Keep Away) Orange vs Black

- Can use next person in line as outlet
- 20-30 seconds, blow whistle, change

* 7 1/2 mins for each side and then have Black switch ends

* Coaches can warm up goalies at center ice

Drill # 4 = 1 vs 1 & 2 vs 2 board battles

- 2 goalies
- 10 mins and switch ends with drill 3

Drill # 5 = Shoot/Pass into 1 vs 1 transition

- Defenseman passes to forward at first circle, forward shoots, goes low around 2nd circle for outlet pass
- After passing, Defenseman goes to grab puck behind the net, provides outlet pass to forward and follows the pass
- Both players skate to respective cones (forwards - 2nd) & (defenseman - 1st). Defenseman will transition to skate backwards
- 10 mins and switch ends with drill 2