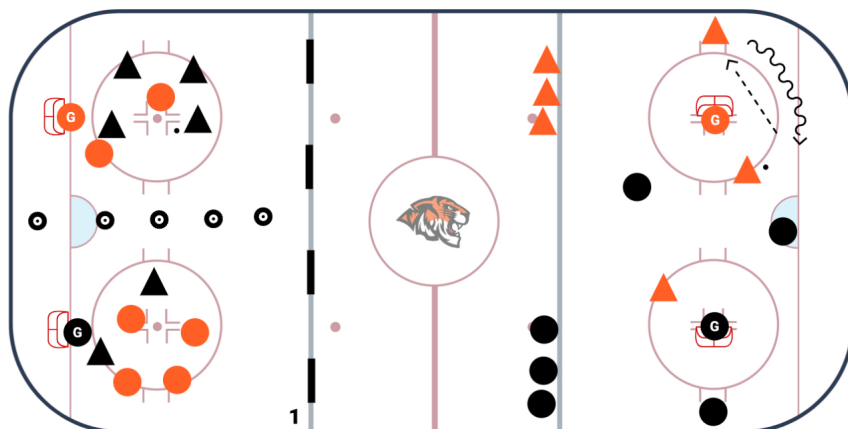


FYHA TRYOUT DAY 2 SAGS

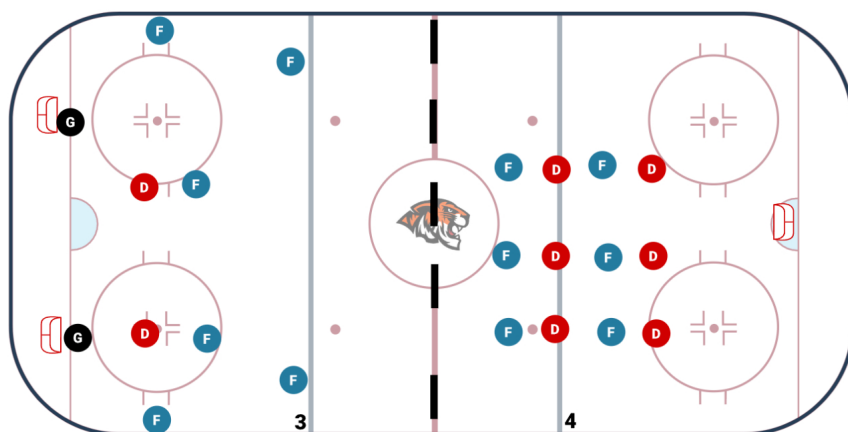


Time:

Station:



My Notes



30 mins total

Drill 1: 4 vs 2 Power Play Game

- 1Goal is to stay on your side of the ice (separated by tires)
- 2Get pucks to your forwards (teammates)

Drill 2: 3 V 3 REGROUP GAME (3 vs 3) 15 mins per drill and make sure to do out of both ends

- 1Set up cross ice with additional space behind net
- 22 Free Players on each side, and 1 Regroup player behind the defending net
- 3Possession game, must work the puck to the "regroup" player behind the net and they then activate into the play
- 445-60 second shifts

Drill 3: 2 vs 2 Battle

- 1Get 3rd player once they receive a pass, they are now "engaged"
- 2Two players at point can be used for outlet
- 3Run on both end, 15 mins each

Drill 4: Oreo Game 3 vs 3

- 1Offense team score, keep going
- 2Defense team gets puck to next set of 3 in line
 - 1Offense then becomes Defense and next group of 3 are offense

