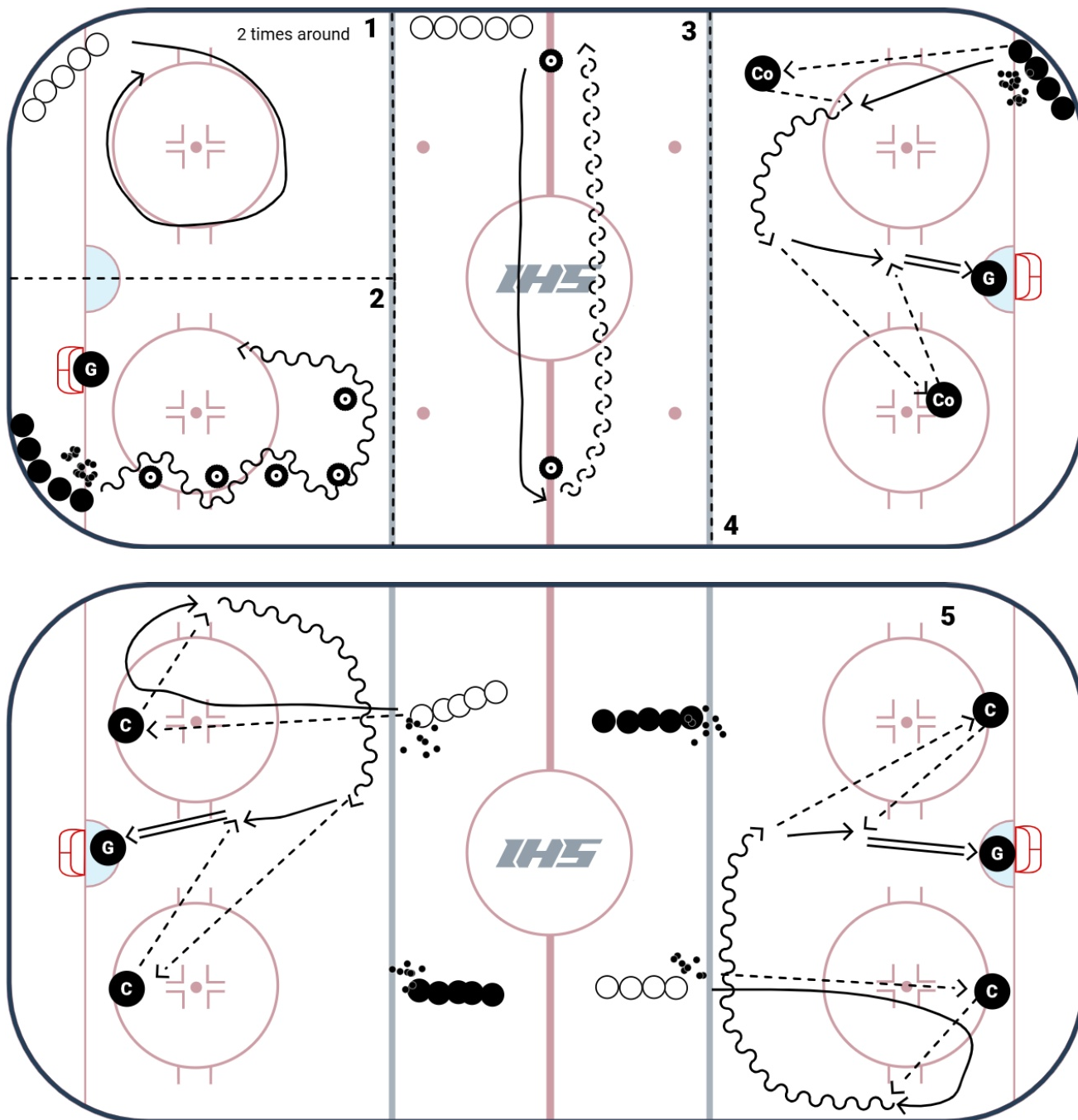
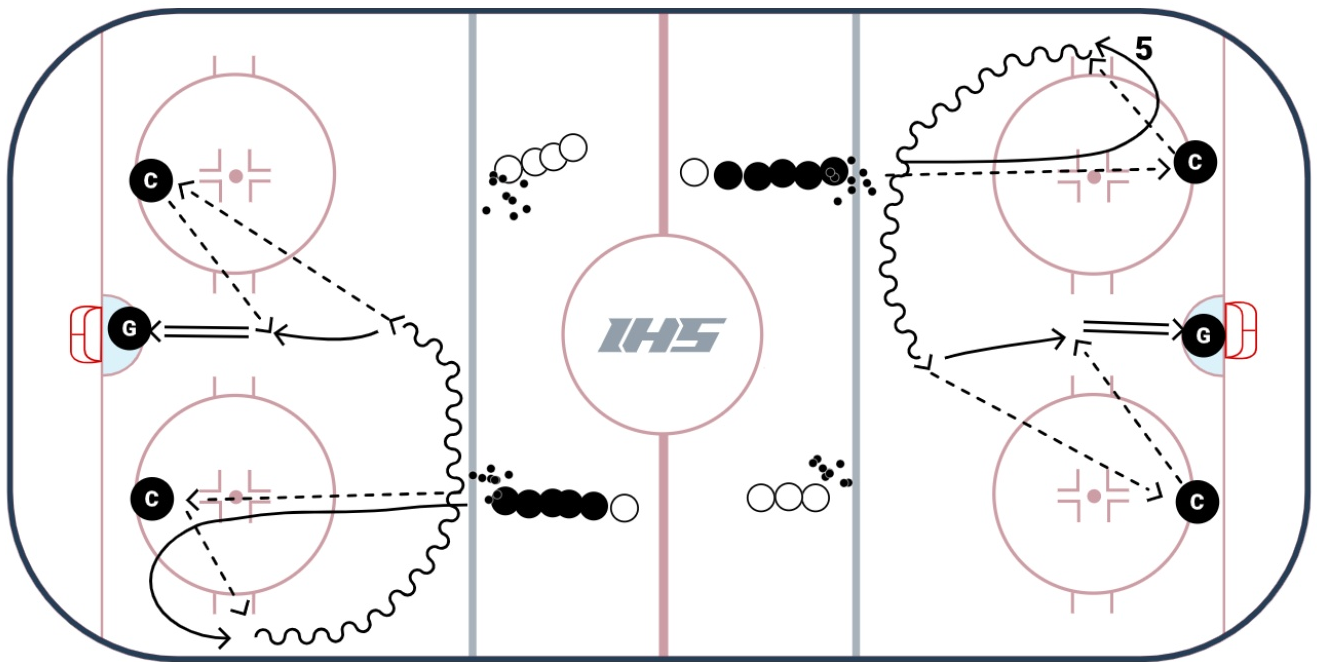


TRYOUT GRADING DRILLS

Time:

Station:





Station 1 : Forward and Backward cross overs. Each player skates around the circle forward twice around 1 at a time. After all players have skated forwards, they will each go backwards twice around the circle 1 at a time. Once all players have completed going both forwards and backwards, they will repeat the same cycle but by going around the circle the opposite direction.

Station 2: Carry the puck around the tires and shoot. Each player will go forwards while carrying the puck 1 at a time. Next player does not start until player before them is completely finished with the drill. After all players complete the drill, tires will be moved to other side of the net and each player will go on the opposite side of the net.

Station 3: Timed forward and backward skating. Each player will go one at a time skate forward to the tire, pivot to backward and skate backward to the tire they started at. Each player will go 1 at a time and the Evaluator will time the skater. After every player completes the drill they will switch to the other side of the cone and repeat the same skating but going the opposite way around the far tire.

Station 4: Each player will go 1 at a time and the next player will not start until advised by the evaluator. Player will pass puck out to receiver and then skate out of the corner and receive a pass back. They will go high around the circle and then pass to the second receiver and continue on to net where they will receive the puck back and shoot. After shooting player should go to opposite corner from where they started. Once every player completes the drill they will repeat same thing from opposite corner.

Station 5: Four lines in the neutral zone. Pass and curl for breakout pass. After player goes they get into opposite line. Each player goes one time on both sides of ice. (2 turns total)