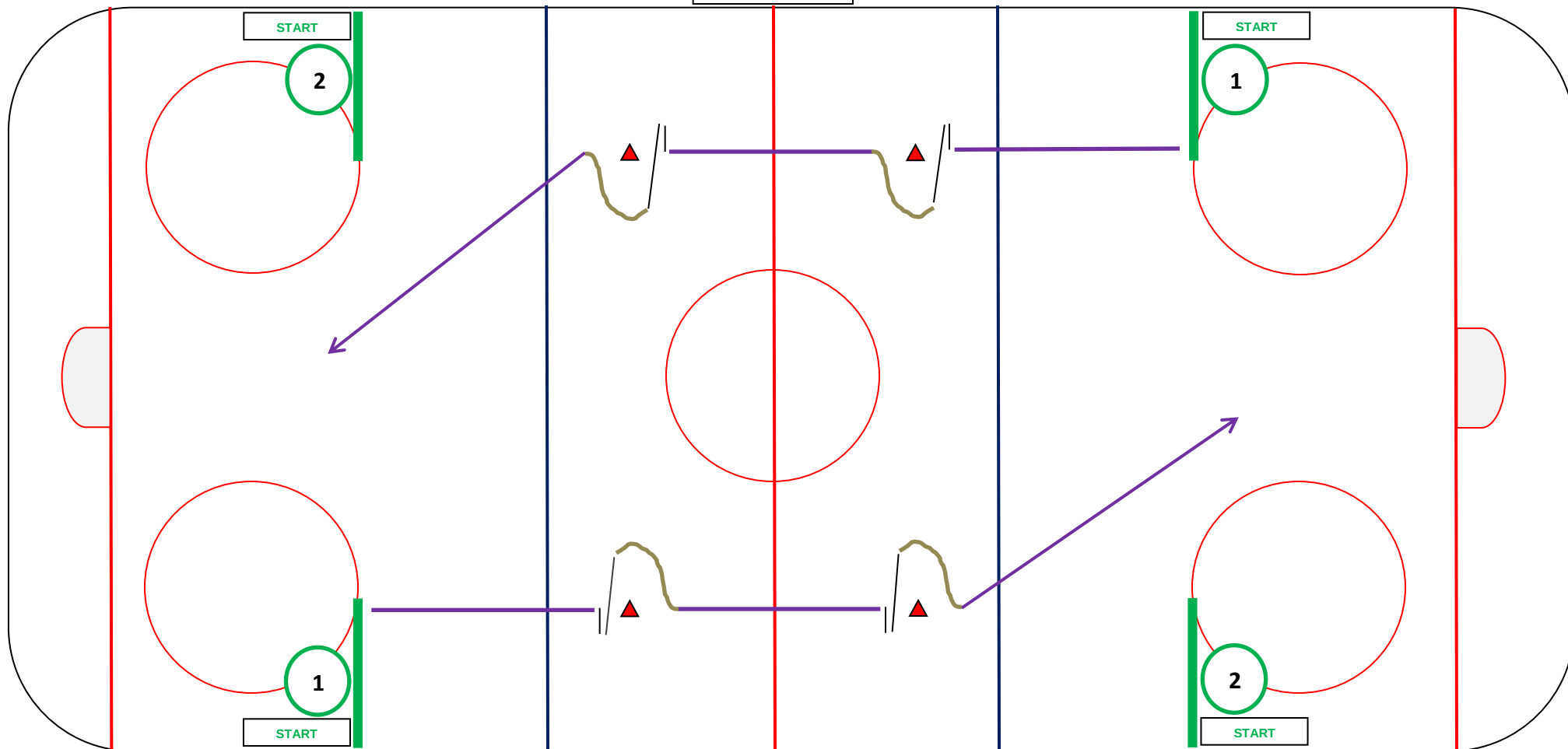


DRILL #1



MITE TRYOUT PLAN: Drill #1 (DEKE @ Cones)

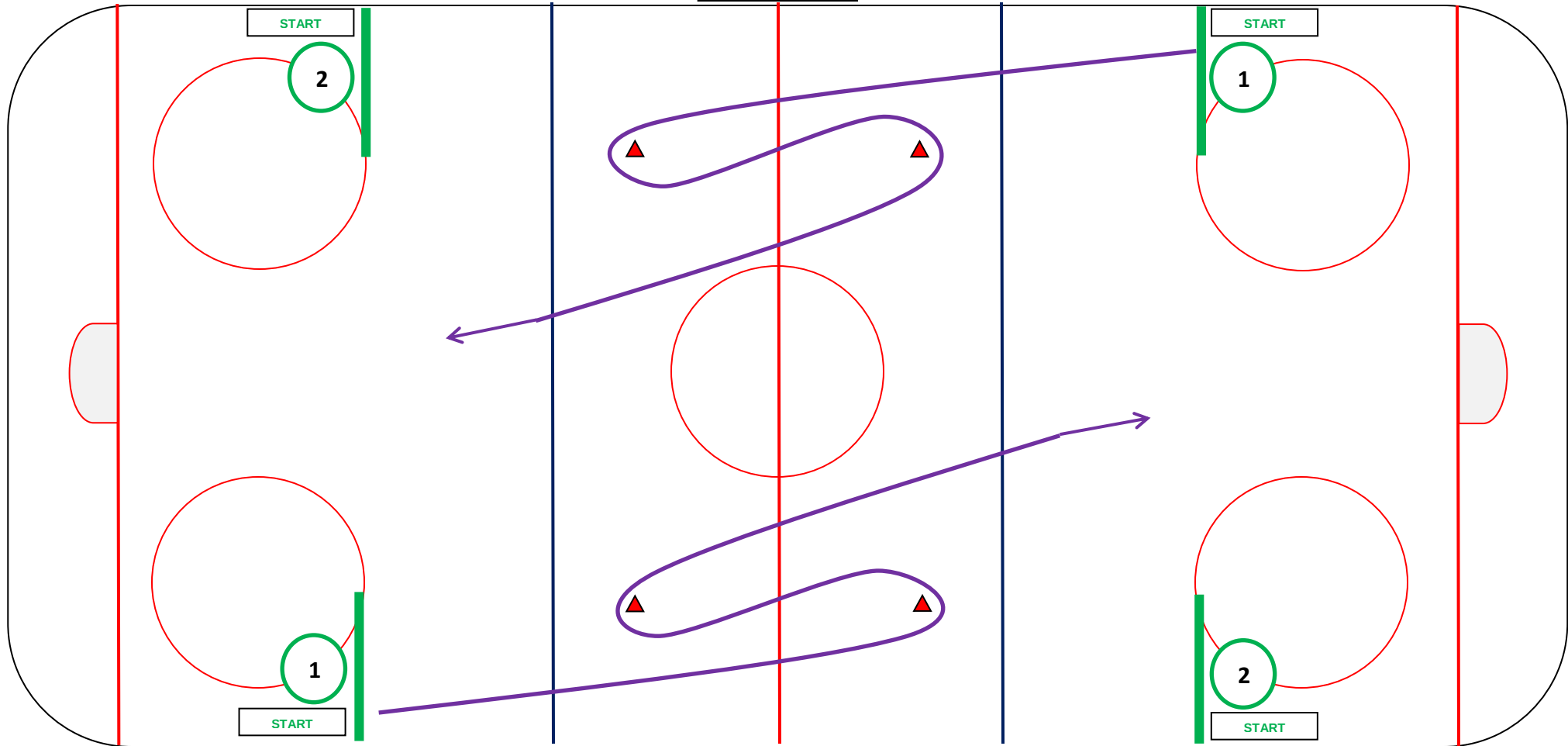
Deke @ Cones

- Skating Forward
- With Puck
- Deke @ Cones
- Deke to the Outside and Pull Puck to the Inside
- Finish with a Shot on Goal
- Shoot from "High-Slot" Tops of the Circles
- Alternate Opposite Sides (1) then (2) etc.

2016-2017 Mite Tryouts



DRILL #2



MITE TRYOUT PLAN: Drill #2 (Power Turns)

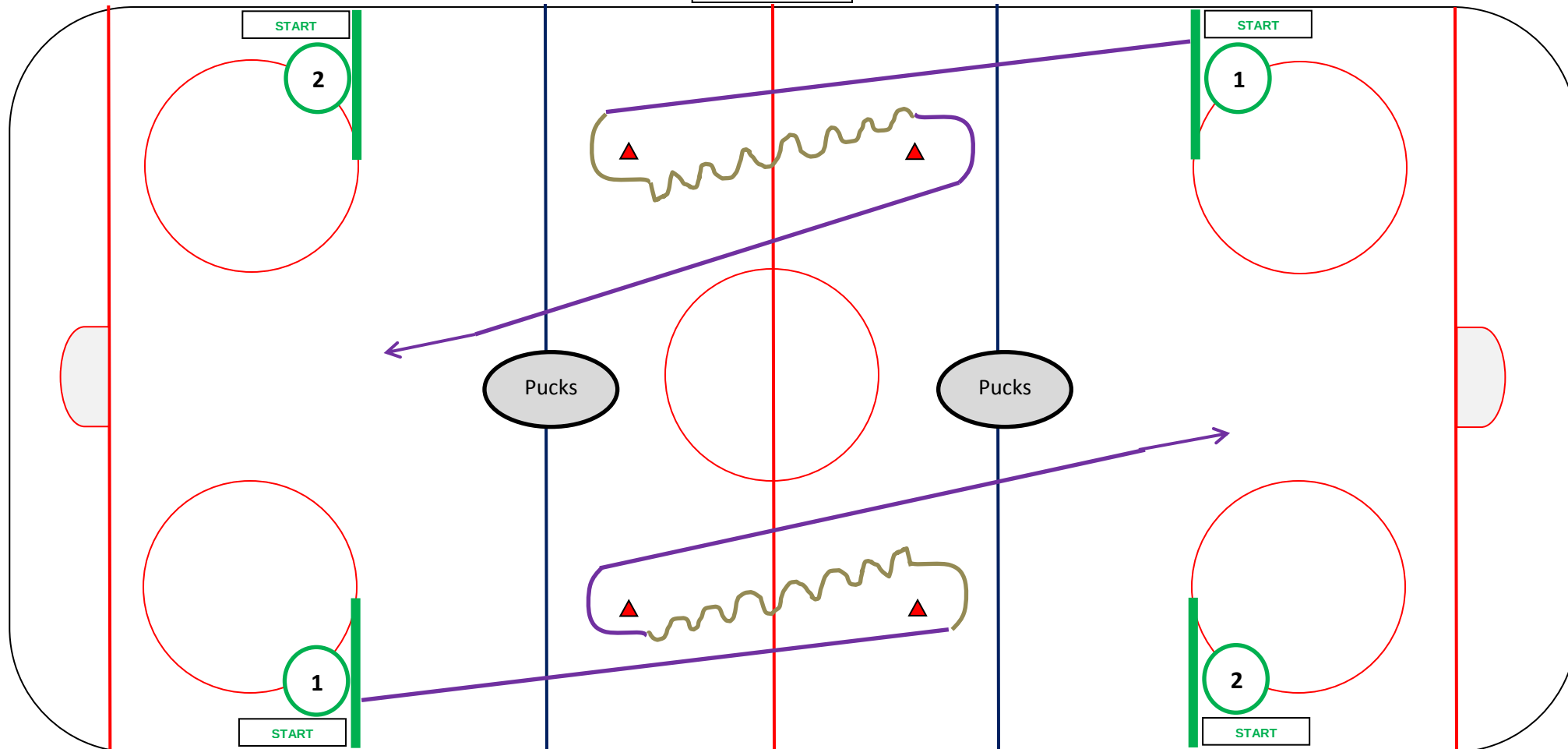
Power Turns

- Forward Power Turns at the Cones
- With Puck
- Finish with a Shot on Goal
- Shoot from "High-Slot" Tops of the Circles
- Alternate Opposite Sides (1) then (2) etc.

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DRILL #3



MITE TRYOUT PLAN: Drill #3 (TRANSITIONS)

Transitions

- Forward and Transition (Forward to Backwards)
- Backwards Between Cones
- Transition (Backwards to Forward)
- Forward to the Net
- Pick-up a Puck at the Blue Line
- Finish with a Shot on Goal
- Shoot from "High-Slot" Tops of the Circles
- Alternate Opposite Sides (1) then (2) etc.

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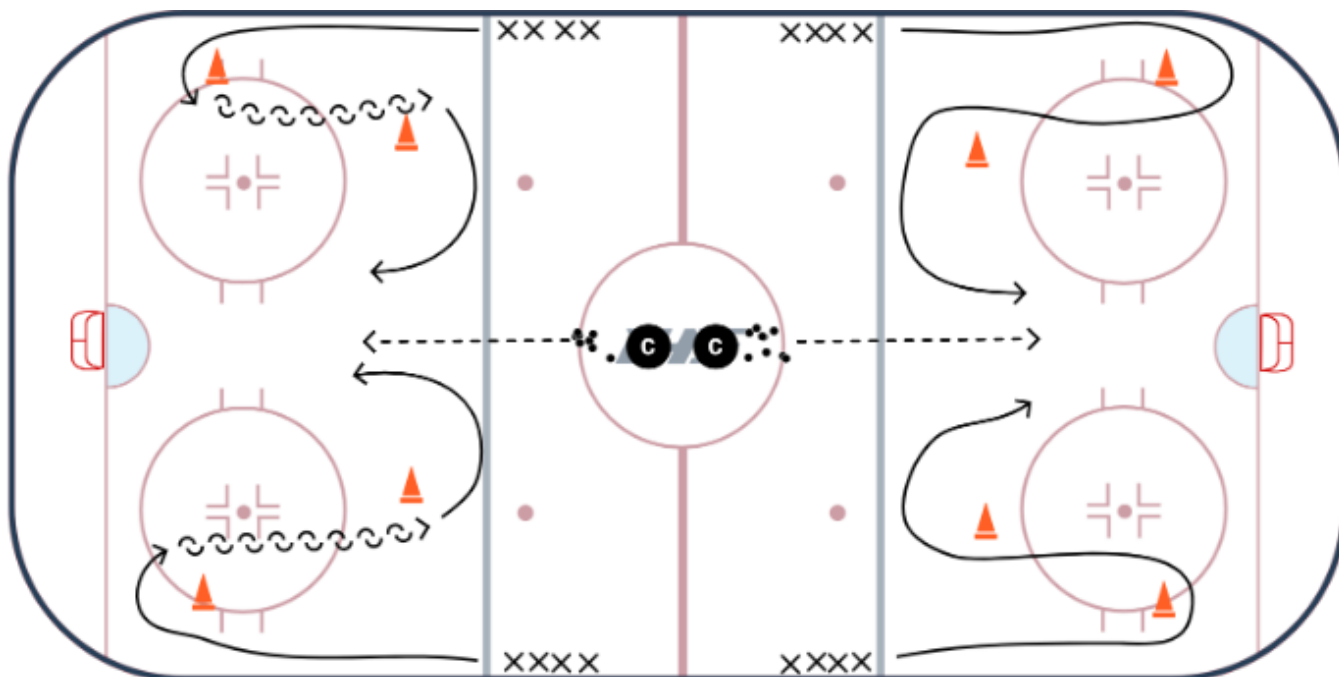


1/2 ICE RACES



Time:

Station:



Drill 1) Start at blue line and skate forward around cones and race to puck

Drill 2) Start at blue line and go forward to first cone, transition backwards at cone, transition back to forward at second cone and race to puck