

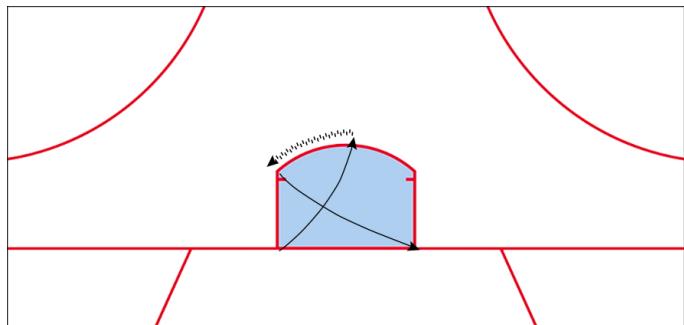


Tryout Drills 2023-2024

Duration: 60 mins

Modified V

0 mins



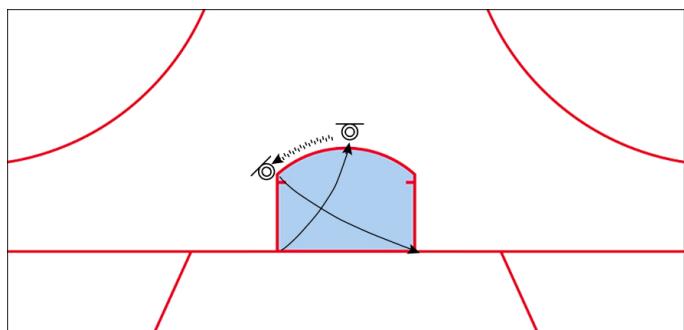
- T-push to middle ice angle
- Shuffle to blueline angle
- T-push to far post

Key Points

- Short quick shuffles
 - Angle tightening
- Be on angle
 - Having accurate angles make saves easier

Modified V - Butterfly Recovery

0 mins



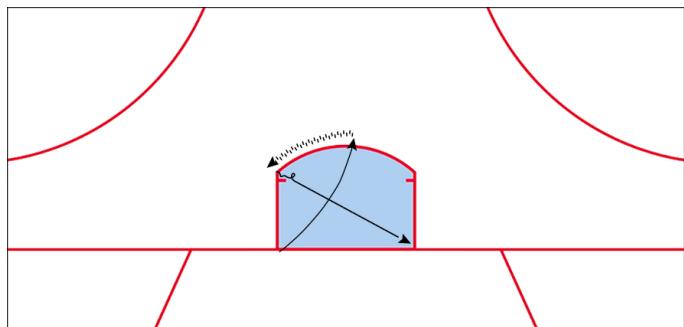
- T-push to middle ice angle
- Butterfly on middle ice angle
- Recover and shuffle to blueline angle
- Butterfly on blueline angle
- Recover and T-push to far post

Key Points

- Short quick shuffles
 - Angle tightening
- Be on angle
 - Having accurate angles make saves easier
- Drive down into butterfly
 - Keep hips tall in butterfly

Modified V - Butterfly Slide

0 mins



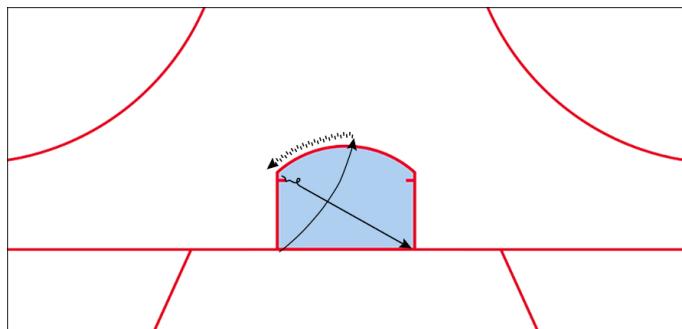
- T-push to middle ice angle
- Shuffle to blueline angle
- Butterfly slide into far post or in front of the far post
 - Visualise the shot coming from the dot angle

Key Points

- Short quick shuffles
 - Angle tightening
- Be on angle
 - Having accurate angles make saves easier
- Butterfly slide into the post or in front of the post
 - In front of the post allows for extra coverage
 - Into the post is the quickest angle

Modified V - Backside Push

0 mins



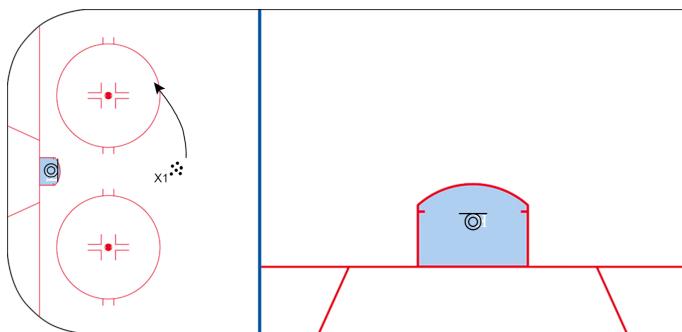
- T-push to middle ice angle
- Shuffle to blueline angle
- Butterfly on blueline angle
- Backside push to far post

Key Points

- Short quick shuffles
 - Angle tightening
- Be on angle
 - Having accurate angles make saves easier
- A good butterfly will lead to an accurate backside push

4 Save Drill - Middle Ice Angle

0 mins



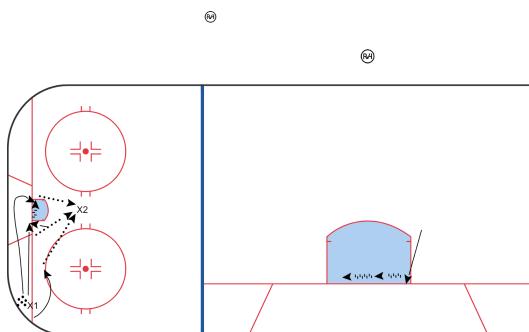
- X1 starts with the pucks above the tops of the circles on the middle ice angle
- Goalie starts in the middle of the crease on their middle ice angle
- X1 will release a shot high glove side, goalie stays on their feet
- X1 releases a second shot low/mid range forcing the goalie to butterfly or shift into their save
- X1 releases a third shot low on the ice glove side, forcing the goalie to activate their stick for the save
- X1 walks to the glove side and releases a shot on the goalie
- Repeat on the blocker side

Key Points

- Puck Tracking
- Save Development

Wrap, Jam, Walkout, Pass Option Read

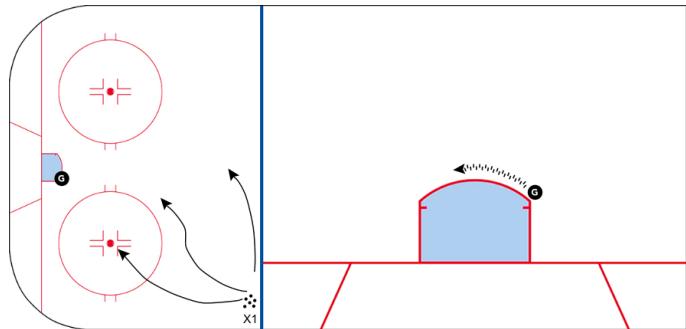
0 mins



- Goalie starts on the blueline/dot angle
- Goalie steps into the post
- X1:
 - Can walk out of the corner and shoot or pass to X2
 - Attack the near post to jam or pass to X2
 - Attack the far post to wrap or pass to X2
- Goalie tracks X1 or the pass option and releases to X2

Key Points

- Having good post-integration will lead to better post play
- Good physical advantage will allow us to move and make saves better on our post
- Move post to post using our shuffle, look shuffle
- Post-release reads



- X1 starts with the puck on the blue line angle
- The goalie starts square to X1 on top their crease
 - Starting angle can vary to add complexity to the drill
- X1 walks toward the net and releases a shot
 - X1 can release a shot at any point when moving laterally
- As X1 moves laterally, the goalie will use shuffles to maintain their angle to X1 until the shot is released
- The goalie follows out their rebound

Key Points

- Short angle tightening shuffles
- Accurate angle
- Staying square to the shooter
- Track out rebounds