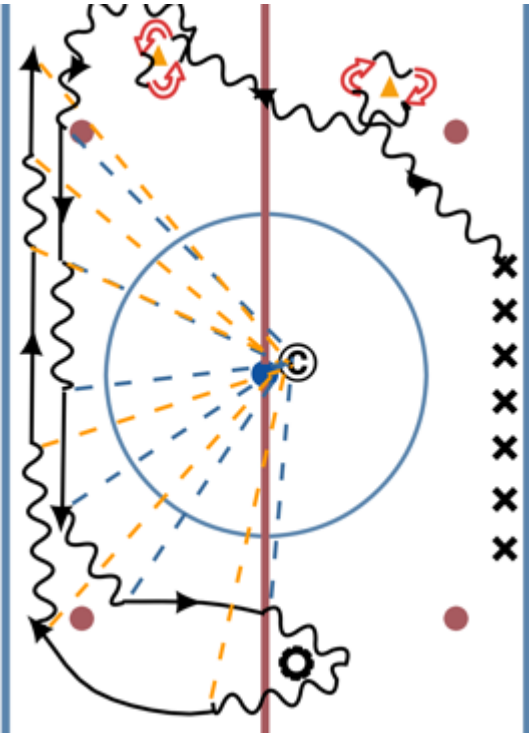
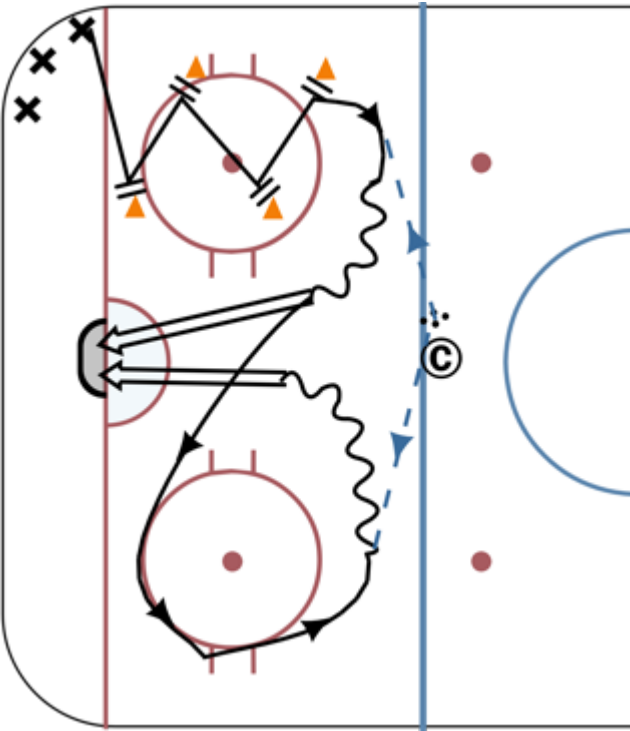


RYHA Tryout Drills - Squirt/U10 Skill Drills





- Description**
1. Zamboni end
Stop, Starts and Shots. The skater starts by completing a full stop at each cone. After the 4 stops and starts the skater receives a pass from the coach and goes in for a shot. Then the skater heads to the circle and goes along the bottom of the circle up to the top and receives a second pass from the coach, the skater goes in for a second shot then back in line.
2. Neutral Zone
Puck control, passing, skating. The skater starts with a puck and does a control turn around the first cone going clockwise, Then skates to the second cone going counterclockwise. Skater comes out of that turn and heads across the zone passing to the coach in the middle. Then skater goes around the tire (clockwise) and heads back across the zone passing to the coach until they get to the cone on the other side.
3. Lobby end
Skating, Crossover, Transitions, backwards. No Pucks. The skater starts out skating forward to the top cone. Transitions around the top cone and skates backwards to the bottom cone, The Skater transitions to forward and heads to the circle to do crossovers around the circle. Counterclockwise crossovers around the circle then up to the tire and a control turn around the tire then back to the circle for crossovers the other way (clockwise) after going around the circle skater heads to the bottom cone and then transitions to backwards skating up to the top cone, once at the top cone the skater transitions to forward and back to the starting point.

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