

FLHA Tryouts (Skills) Practice Plan

Generated on Sep 14, 2020 by Hockey ClipPad.

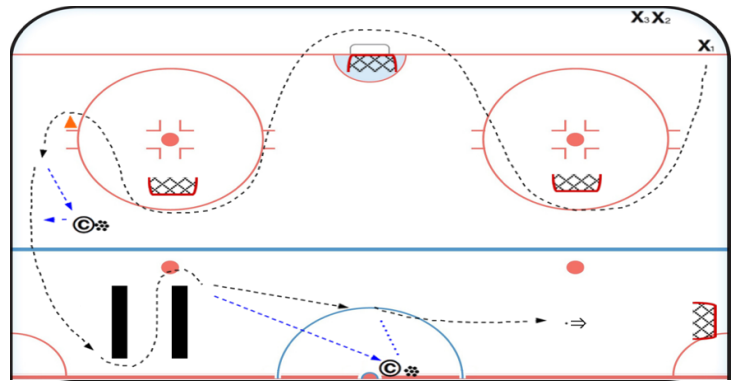
Duration:

Puck Weave

Tryouts*

Puck Weave

Player works through net obstacles with possession and control of the puck to a power turn around cone on hash mark. A pass will then be made to a Coach and the puck will be redirected out for the player to pick up. The player will then weave through the bumpers and pass to Coach to receive a touch pass back and a shot in stride. Drill to be done at game speed and both directions.



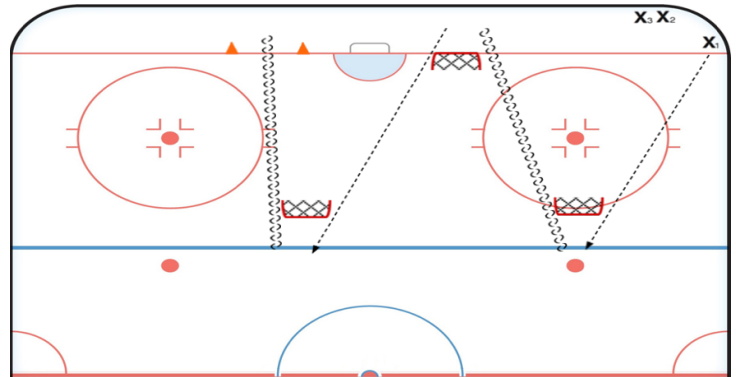
Duration:

Transitions

Tryouts*

Transitions

Player starts on goal line and transitions Fwd-Bkwd around net1. Transition Bkwd-Fwd around net 2. Transition Fwd-Bkwd around net 3 and continue Bkwd through goal line with a stop. Drill to be done at game speed and both ways.



Duration:

Stride/Crossovers

Tryouts*

Skating/Crossovers
(FWD)

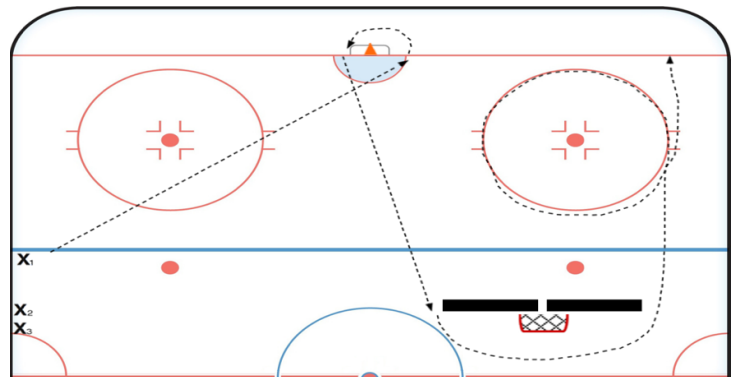
Player starts on blue line to power turn around cone on goal line. Proceeds around bumpers with cross-overs and around circle one full revolution to stop at goal line.

(BKWD)

Player starts fwd on blue line with transition to backwards around cone on goal line.

Proceeds backwards around bumpers with cross-unders and around circle one full revolution to stop at goal line.

Drill to be done at game speed and both ways Fwd & Bkwd.



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Duration:

Bkwd Crossovers

See description above

