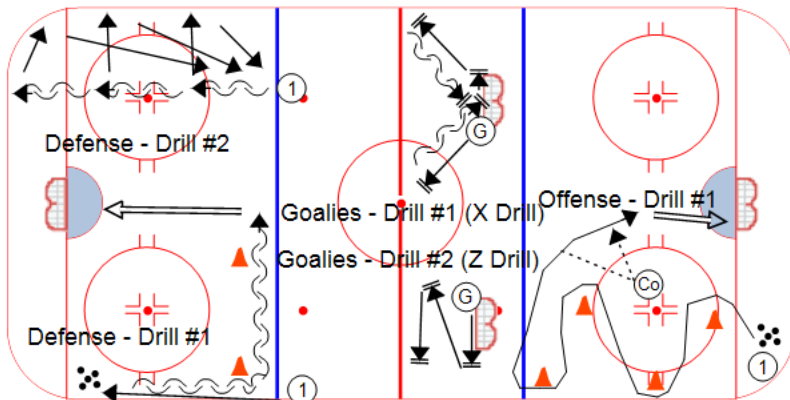


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Tryout Skill Stations Content elements: _____ Components : _____

Description

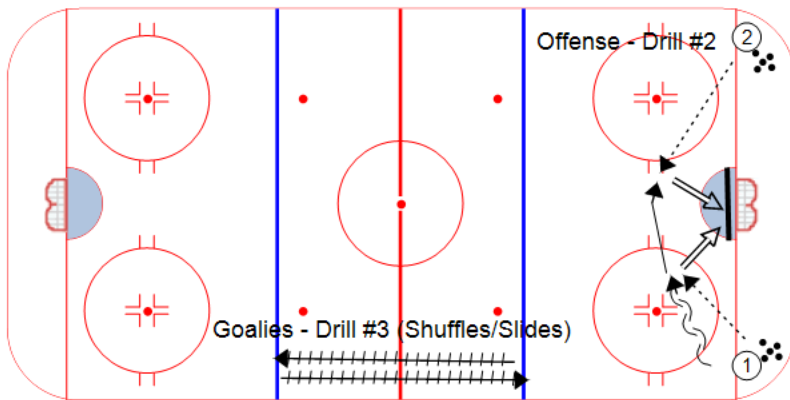
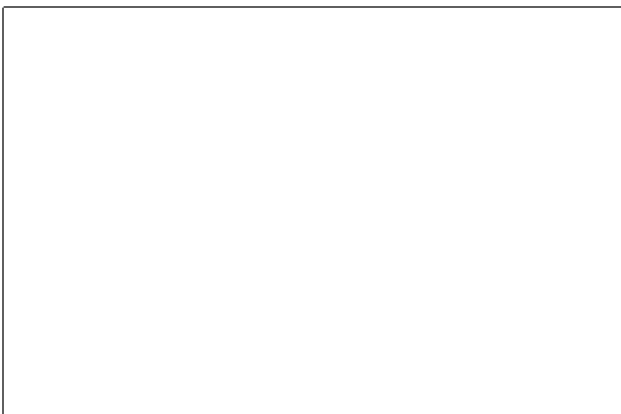


Key Points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Tryout Skill Stations (Cont.) Content elements: _____ Components : _____

Description



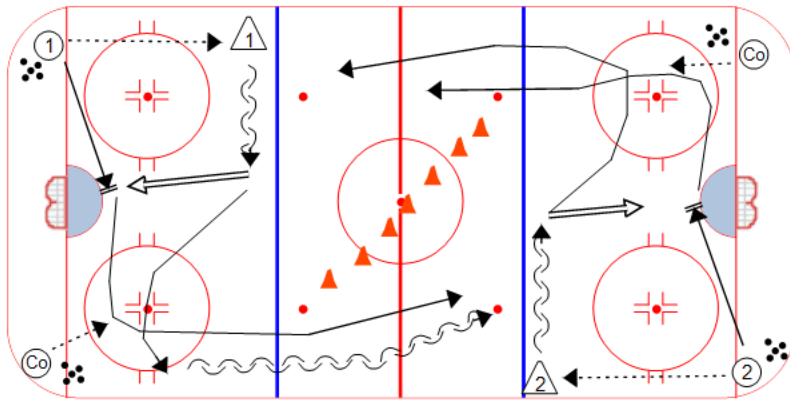
Key Points :

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 1 on 1 Full Ice Content elements: _____ Components : _____

Description

F1 begins by passing to D1. F1 goes to the front of the net, D1 moves laterally across the blue line and shoots (F1 tips shot and plays rebound). After the play in front of the net is done, F1 cuts to the corner and gets a pass from Co. D1 curls in and pivots backwards. F1 and D1 proceed up ice in a 1 on 1



Key Points : 1 on 1 Lateral Movement Tipping/Rebounds Competition