

MYEDGE HOCKEY

BYHA PRE-TRYOUT CAMP



PRACTICE PLANS – GROUPS 1, 2, 3

On-Ice Daily Schedule (provided during each training session):

- Powerskating, Skills & Game Situational Drills
- 3on3 Game (at the end of each session)

On-Ice Tools (4 nets, attack triangles, pucks, music)

Note: take notes on all players gear specs & insure they are in their correct grouping level.

Week 2 – Practice 1

WARM-UP – 2 Nets (full-ice)

- Football – focus on passing, skating & lateral movements, no contact (2 teams, including goalies)

POWERSKATING – 4-5 Lanes / 4 Lengths (full-ice)

- Inside & Outside Edges - Forward
 1. C-cut – focus on pushing off your heel
 2. C-cut Snaps – 1 foot alternating
 3. C-cut Hops
 4. Figure 8 (inside & outside edges)
- Inside & Outside Edges - Backward
 1. C-cut – focus on pushing off your toe
 2. C-cut Snaps – 1 foot alternating
 3. Figure 8 (inside & outside edges)

STICKHANDLING – 4-5 Lanes / 4-6 Lengths (full-ice)

- Set-up Positions (w/Heel Stride)
 1. Quarter Body (shoulders open)
 2. Cross Body (shoulders open)
 3. Backhand (shoulders closed)
- Reaches w/Lateral Push (w/Attack Triangles)
 1. Forehand Reaches – Forward
 2. Backhand Reaches – Forward

IN-GAME SITUATION DRILLS – 2 Lanes per side / 4-6 Reps (corners, red line or full-ice)

- Incorporating these drills starting Week 3

SCRIMMAGE/GAME – 4 Nets (2 per zone) / Cross-ice

- 3ON3 Game (incorporate goalies)