

# GIRLS U12/15 Tryout Phase 1 Skills Practice Plan

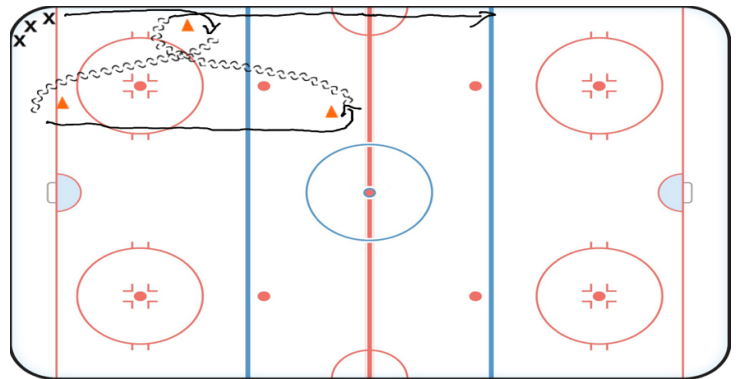
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**Duration:**

## TRANSITIONS

Player will skate to the 1st cone transition to backward, now skate backward to the next cone and transition back to forward, now skate to the furthest cone and transition again to backward, now skate backward to 1st cone and transition back to forward and skate hard to the far blue line.

- 2 x without pucks

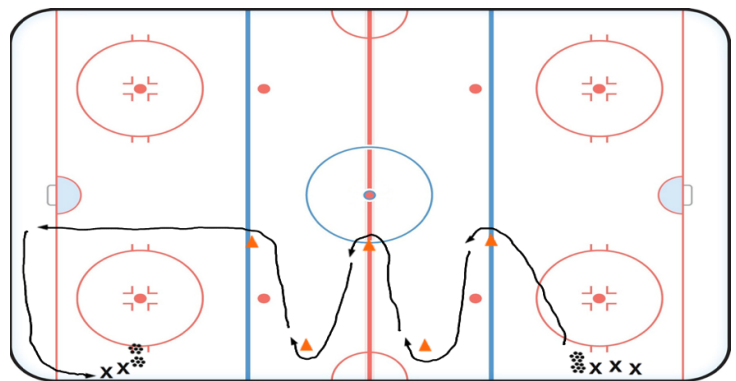


**Duration:**

## POWER TURNS WITH PUCKS

Player will skate with a puck and perform power turns at each cone once you get to the last cone skate hard to the goal line.

- 2 x with pucks

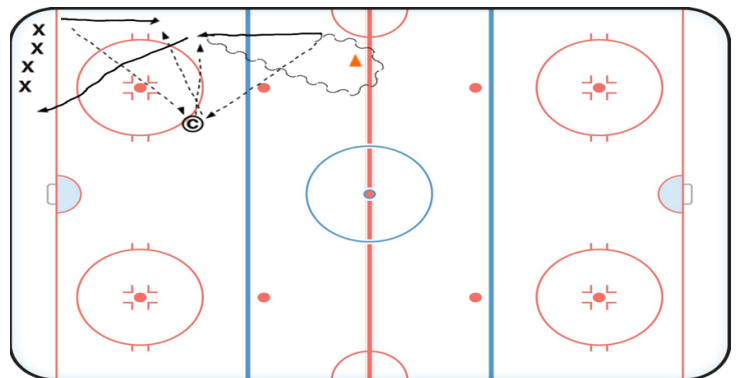


**Duration:**

## PASS, SKATE, RECEIVE X 2

Player will pass coach a puck, (based off of what hand they are it may be a backhand pass or forehand pass). After the pass is made the player will skate and get a pass back from coach then they will skate to the inside of the rink and skate around the cone and perform another pass to coach and then skate and get the pass back after you receive your second pass skate back to the end of the line. Each time the player goes they will perform 1 forehand pass and 1 backhand pass.

- 2 x each player

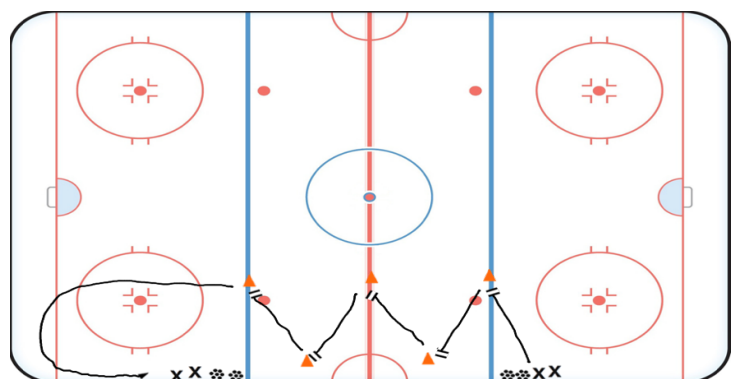


**Duration:**

## STOP and STARTS with PUCKS

Player will skate with a puck and perform a COMPLETE stop at each cone. A COMPLETE stop must be made before they can go to the next cone. Once you stop at the last cone skate hard to the goal line.

- 2 x with puck each player



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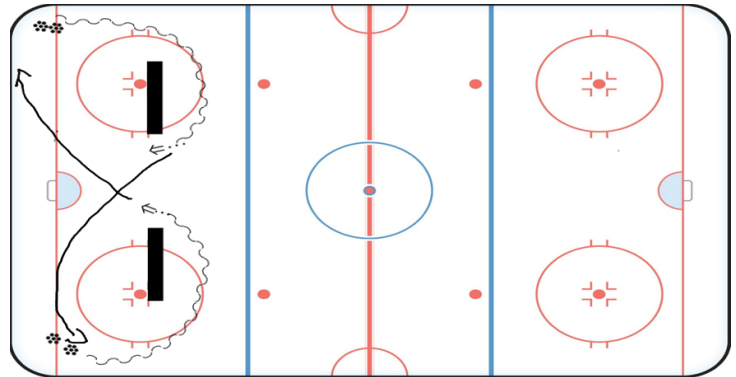
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## CARRY PUCK with SHOOTING

Player will skate with a puck around the top of circle and shoot before the hash marks, then they will skate to the other corner pick up a puck and skate around the top of the circle and shoot before the hash marks.

- 2 x each player



**Duration:**

## CATCH PASS and SHOOT

Player will receive passes from the coach. Each time player will catch pass and shoot the puck. Looking to see a quick catch and release. Passes will be made on players forehand only so coach will switch side of the net based on players hand.

- 5 passes per player at a time

