

Girls U10 Tryout Phase 1 Skills Practice Plan

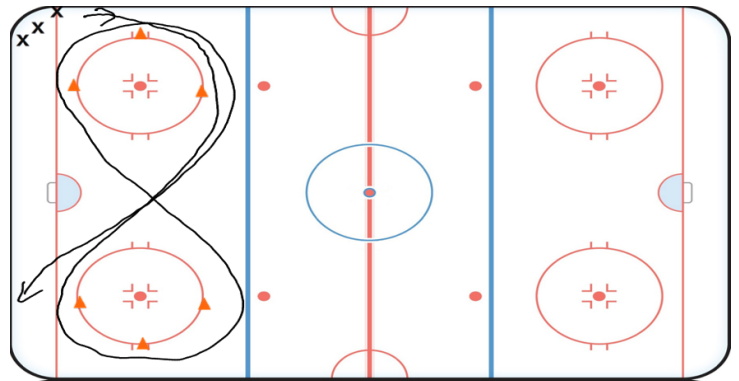
Generated on Sep 8, 2020 by Hockey ClipPad.

Duration:

FORWARD CROSSOVERS

Complete the figure 8 around the circles skating forward.

- 2 x without pucks

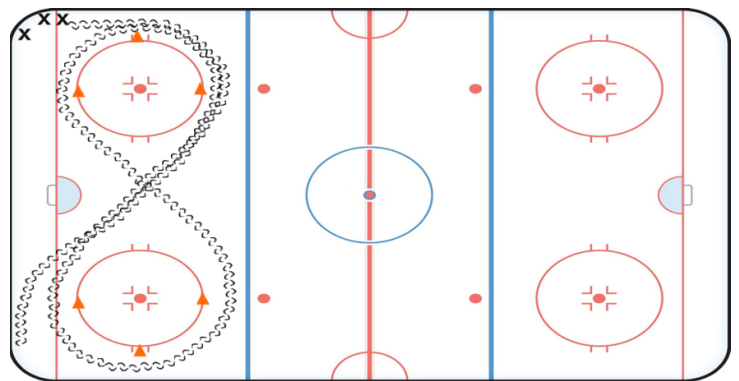


Duration:

BACKWARD CROSSOVERS

Complete the figure 8 skating backwards.

- 2 x without pucks

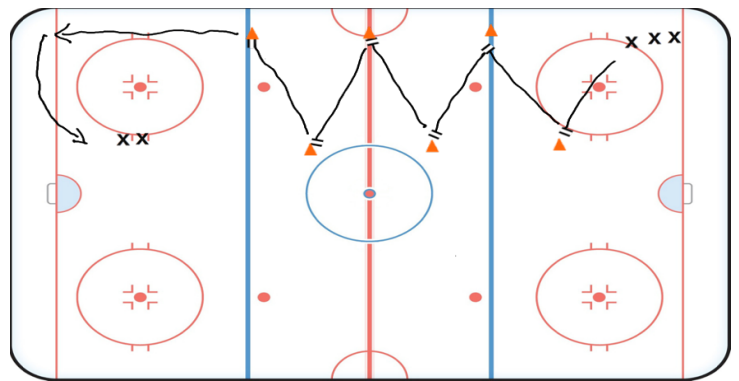


Duration:

STOP AND STARTS

Skating to the cone making a complete stop at the cone before skating to the next cone. You must face up ice when stopping.

- 2 x without pucks

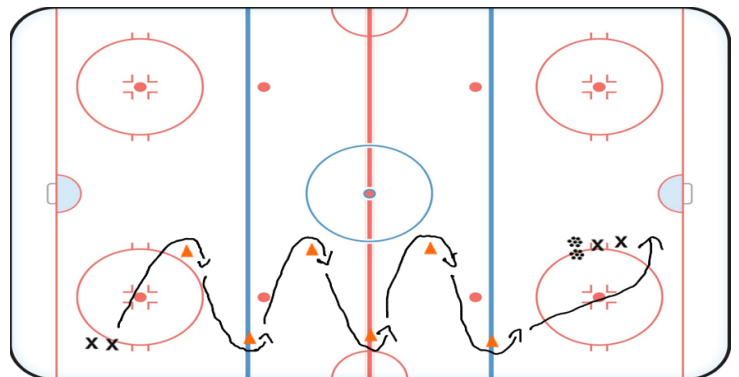


Duration:

POWER TURNS

Skating around the cones performing a power turn at each cone.

- 1st time without pucks
- 2nd time with pucks



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Duration:

SKATE, RECEIVE and SHOOT

Player will skate around the cone toward the net, receive a pass from coach and then shoot the puck on the net.

- 2 x from each side

