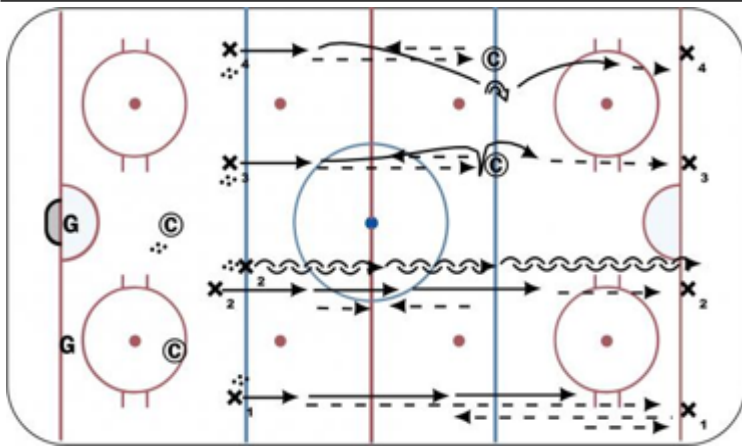


-- SQ

4-Line Passing/Skills Warm-up - 10 mins



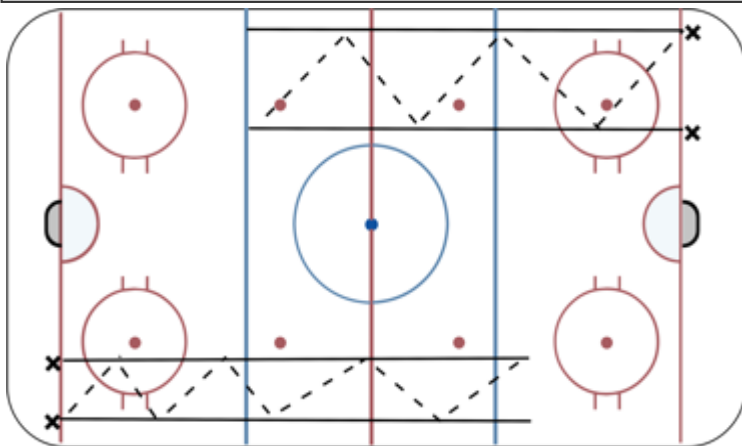
Rep 1: Forward Passing - 1st player in line skates full speed (no gliding) at opposite line & passes as many quality passes with the opposite player as possible. Opposite side repeats with original line.

Rep 2: Backward Passing - 1st player skates backwards simultaneously passing with the 2nd player skating forward. At opposite line; player skating forward is now backwards & next player in line skates forward.

Rep 3: Quick Pass/Receive & Deke - Coach is stationed at blue line. 1st player in line skates at & passes to coach. As player receives pass; (s)he must deke coach quickly & pass to opposite line. Coach pivots to face next player.

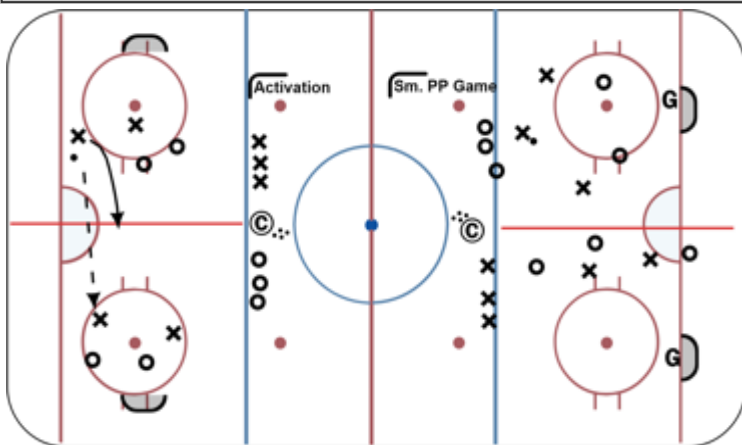
Rep 4: Quick Pass/Receive & Mohawk Protect
 Coach is stationed at blue line. 1st player in line skates at & passes to coach. As player receives pass; (s)he must use mohawks to protect puck (players butt should face coach).
 Not the drill but the skill is shown here:
<https://www.youtube.com/watch?v=kx0xN0XTE9c>

2 on 0 Passing U10 Tryout - 15 mins



Players pass back and forth and take shot on goal.
 Focus on players moving as quickly as possible while passing.

Activation Game & Sm. PP Game - 15 mins



Activation Game
 Divide end in half. Two defender and two offensive players on each half. Object is to score in your offensive half. Defenders must stay on their half UNTIL they make a direct pass to their offensive teammates. Then it becomes a 3v2 until puck goes back to the other half. Then the activated defender must go back to defensive end.

Small PP Game
 3v2 on each half. Object is to score in your offensive half. Players cannot pass the half-line.

3 on 3 cross ice two ends - 20 mins