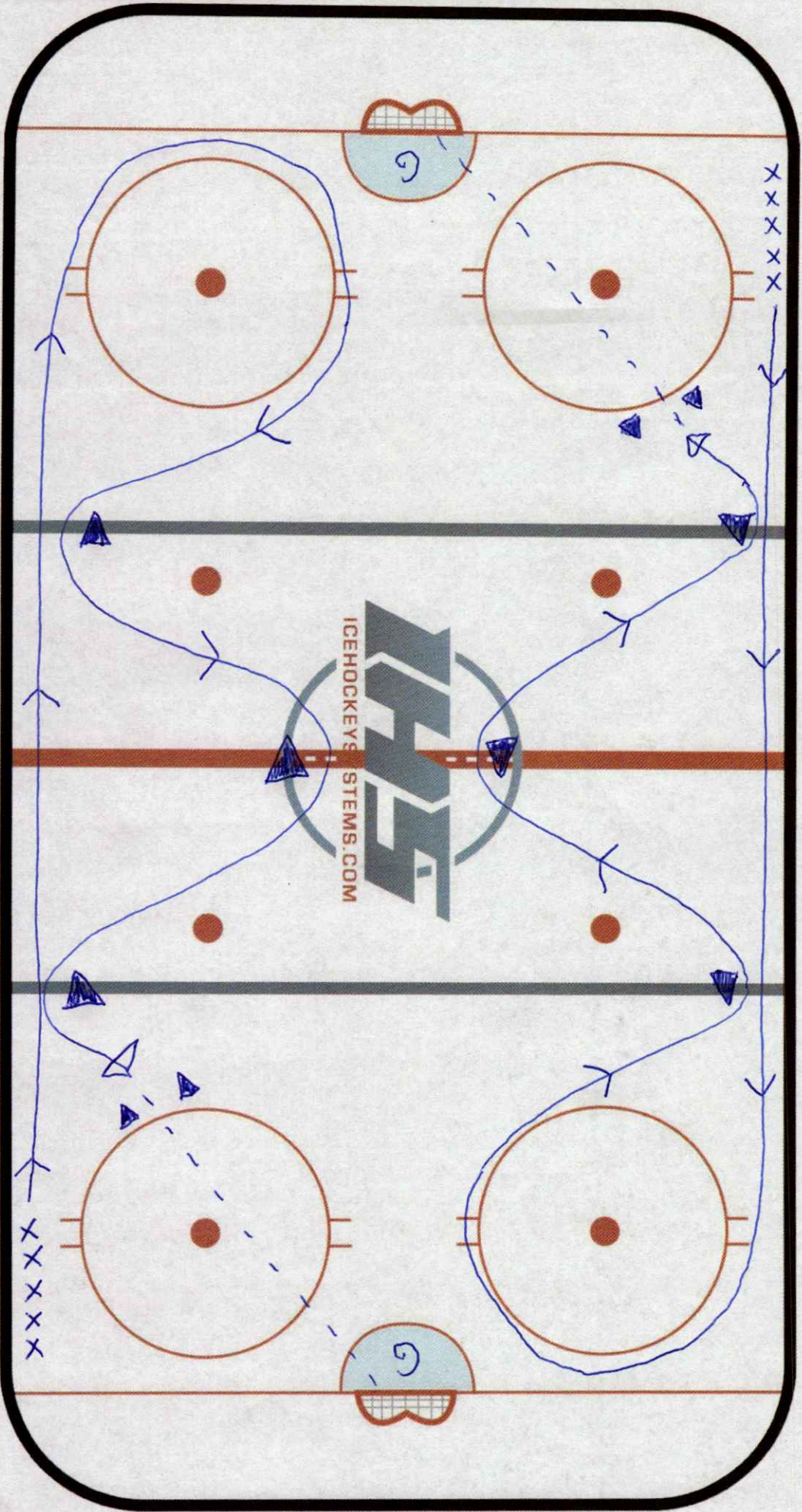


Drill:

Date:



Notes:

Drill #1

Full ice skating w/ puck.

RAHA Bantam/Peewee/12U
Tryout Drill #2
Full Ice Skating with Puck

Main emphasis of this drill is skating.

- First skater will start up at the hash mark to make sure the other skaters in line aren't in harm's way of an errant shot.
- Skaters will start with a puck and finish with a shot.
- The shot should be taken at or before skating to the 2 cones signifying the shot.
- Evaluators are mainly looking for speed, control and explosiveness.
- After a skater's repetition is complete, finish at the end of the line they started in.
- After every skater has completed 1 repetition, the on-ice coach will instruct the skaters to move their entire line to the other side of their zone (skaters will not switch ends). Every skater will take one repetition from each side – 2 total.

On-ice coach notes:

- On your whistle, both sides will start at the same time.
- Allow a couple seconds after the skaters have released their shot before blowing the whistle to start the next 2. This allows the evaluators to mark their score.
- Make sure skaters tryout numbers are visible to the evaluators and not tucked in.
- The 6 neutral zone cones should be lined up approximately even with the inside and outside edge of the in-zone circles.
- The 2 cones that signify where the shot should be taken from should be about a stick length apart from each other, around the top of the circle, and inline from when the skater rounds the last cone to the net.
- Goalies should rotate every 4 shots. If there is an odd number of goalies, they should rotate ends as well.