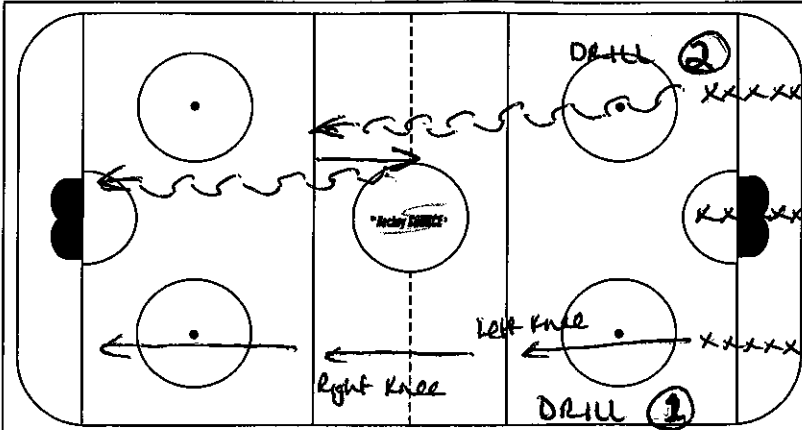


PEEWEE / BANTAM TRYOUT

FULL ICE DRILLS (10 MIN)

- LEGEND:**
- ⊙ - Coach
 - F - Forwards
 - D - Defense
 - G - Goalie
 - ▶ Passing
 - ↔ Stickhandling
 - ||||| Cross-overs
 - Forward Skating
 - ↔ Backward Skating
 - || Stopping
 - ⇒ Shooting



Drill Name FULL ICE - NO PUCKS

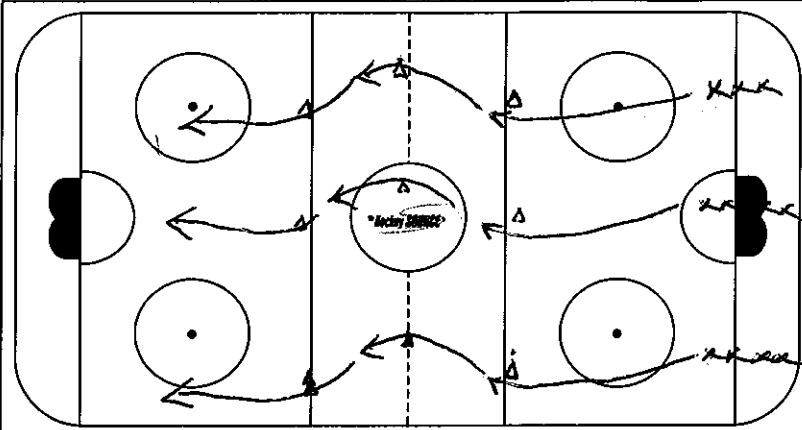
Description

① ALT KNEE ON EACH BLUE LINE

② BACKWARDS TO FAR BLUE, FORWARD TO RED, BACKWARDS TO OTHER END

Key points _____

Duration (min): _____ Running time (min) _____



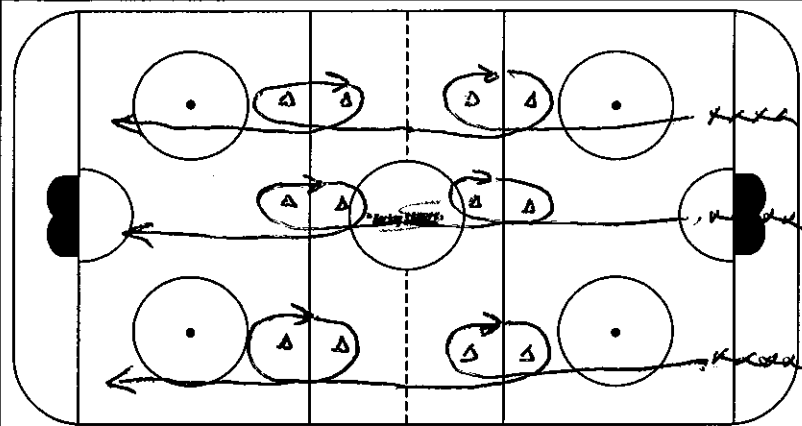
Drill Name FULL ICE WITH PUCKS

Description

3 CONE SLIGHT CROSS-OVER WEAVE WITH PUCK

Key points _____

Duration (min): _____ Running time (min) _____



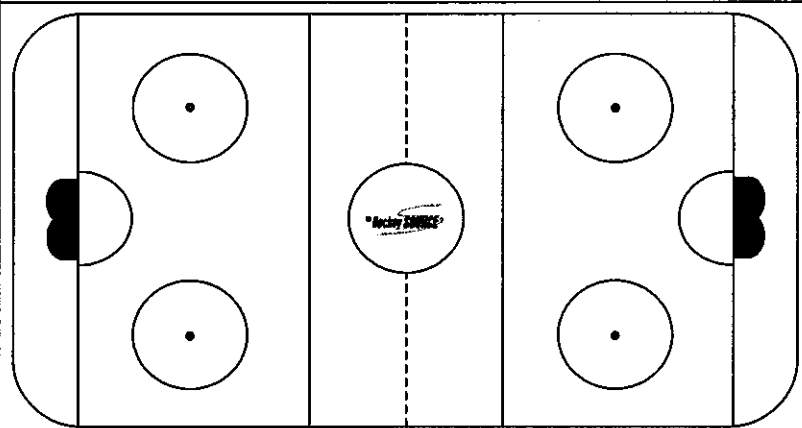
Drill Name _____

Description

2 FULL CIRCLES AROUND CONES WITH PUCKS

Key points _____

Duration (min): _____ Running time (min) _____



Drill Name KEY POINTS

Description

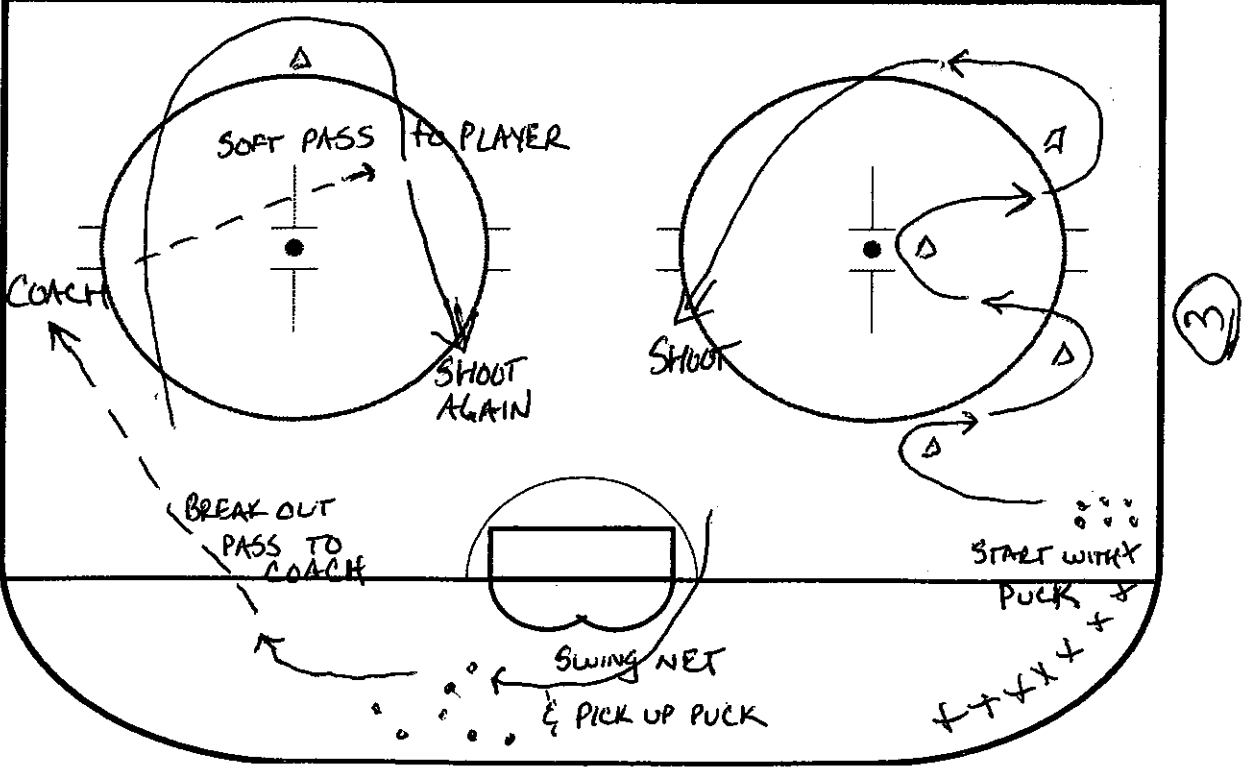
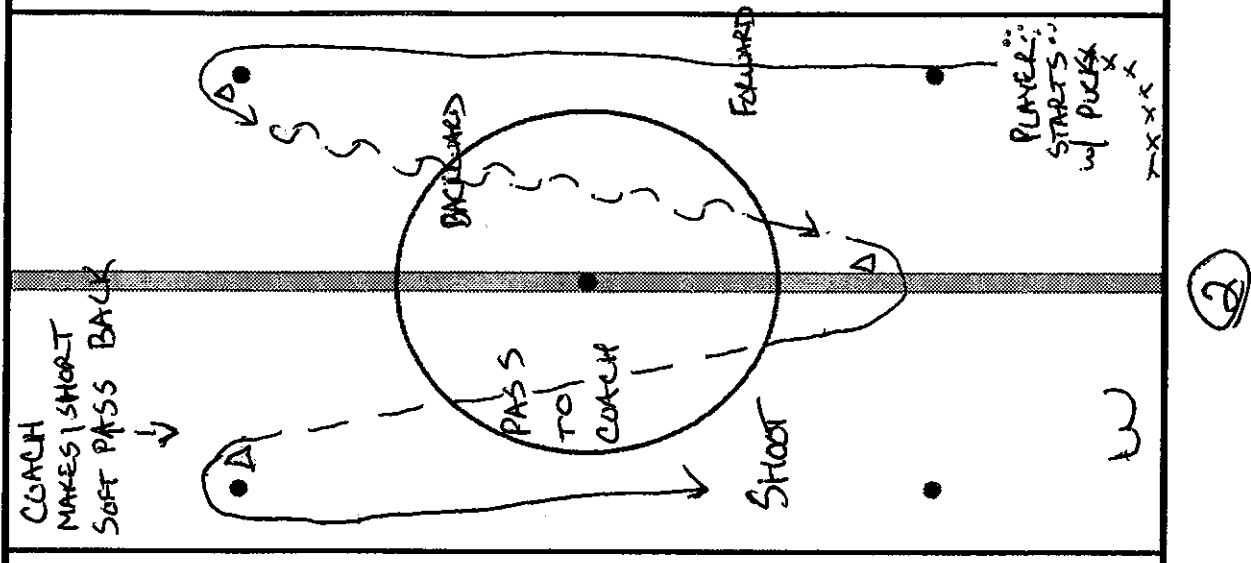
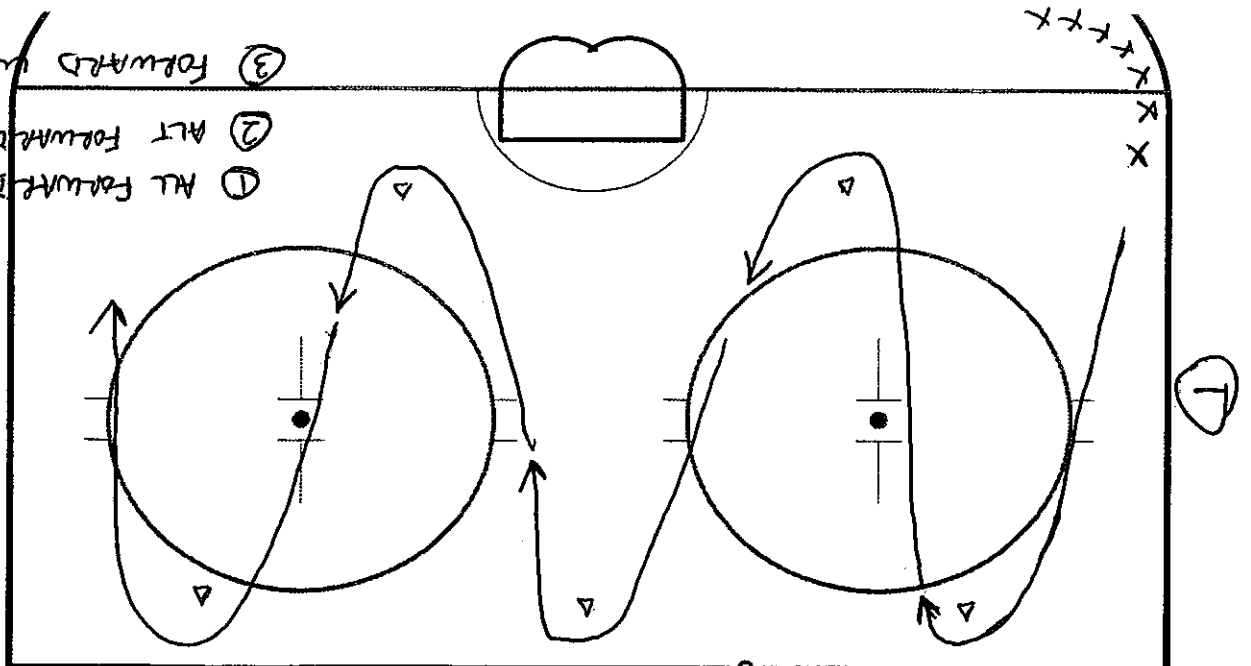
- 3 EVEN LINES 1-15, 16-30, 31-45
- ALL 3 LINES START ON WHISTLE
- NEXT GROUP GOES ON WHISTLE ONCE PRIOR GROUP HITS FAR BLUE LINE

Key points _____

Duration (min): _____ Running time (min) _____

PEEWEE - BANTAM STATIONS
(12 MIN EACH)

- ① ALL FORWARDED
- ② ALT FORWARDED / BACKWARDS
- ③ FORWARDED WITH PUCKS



①

②

③