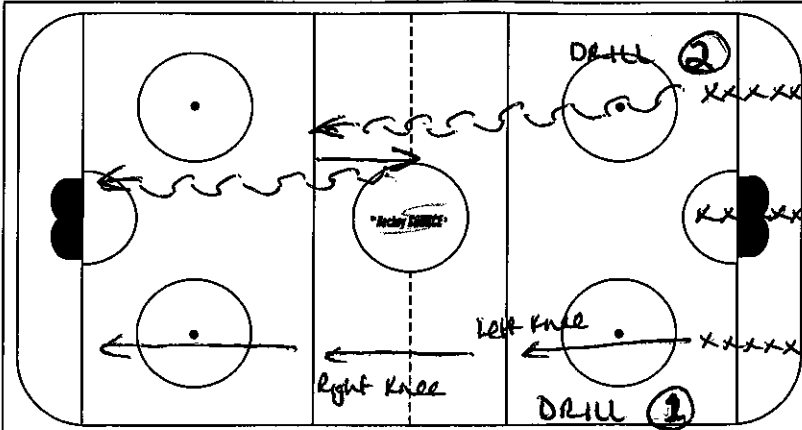


# PEEWEE / BANTAM TRYOUT

## 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

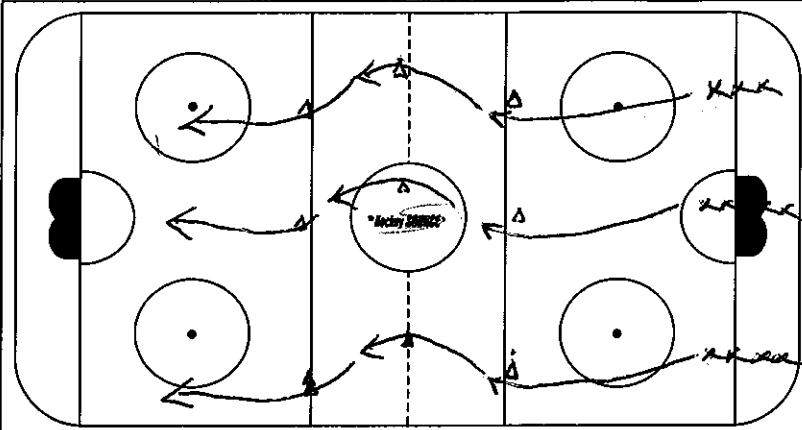
Description

① ALT KNEE ON EACH BLUE LINE

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

Key points \_\_\_\_\_

Duration (min): \_\_\_\_\_ Running time (min) \_\_\_\_\_



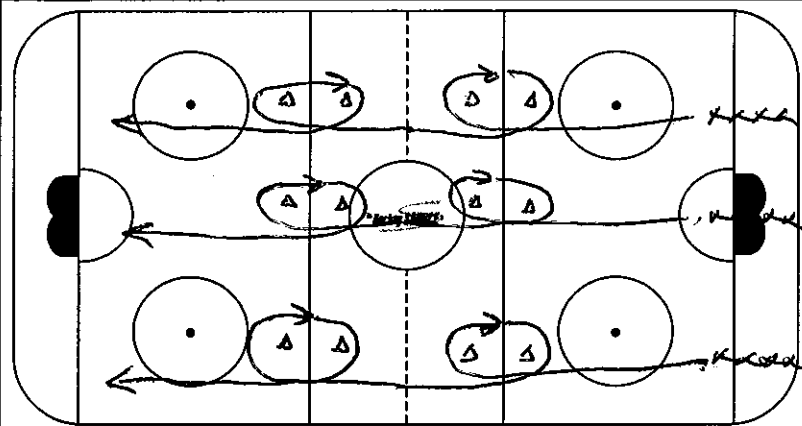
Drill Name FULL ICE WITH PUCKS

Description

3 CONE SLIGHT CROSS-OVER WEAVE WITH PUCK

Key points \_\_\_\_\_

Duration (min): \_\_\_\_\_ Running time (min) \_\_\_\_\_



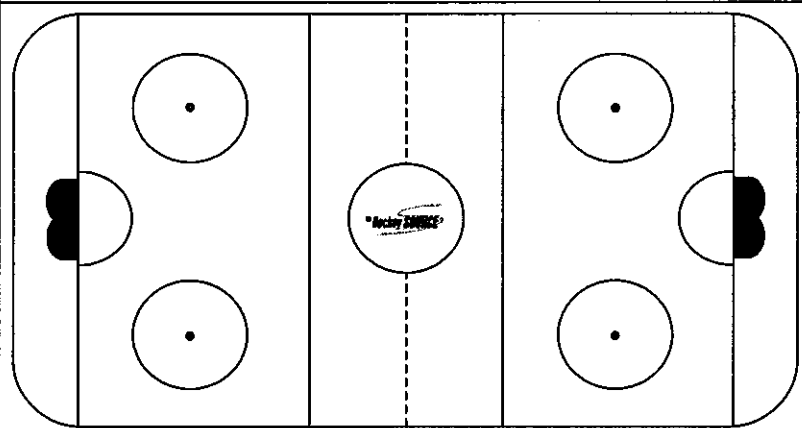
Drill Name \_\_\_\_\_

Description

2 FULL CIRCLES AROUND CONES WITH PUCKS

Key points \_\_\_\_\_

Duration (min): \_\_\_\_\_ Running time (min) \_\_\_\_\_



Drill Name KEY POINTS

Description

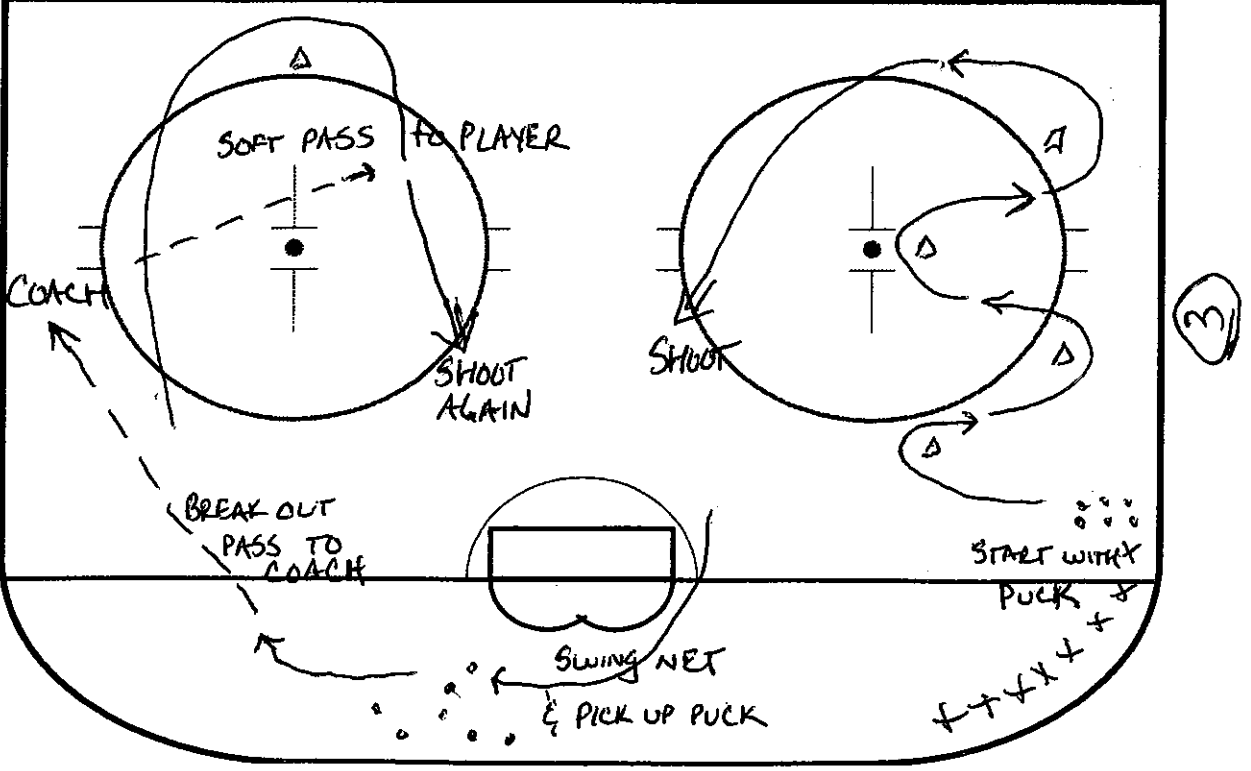
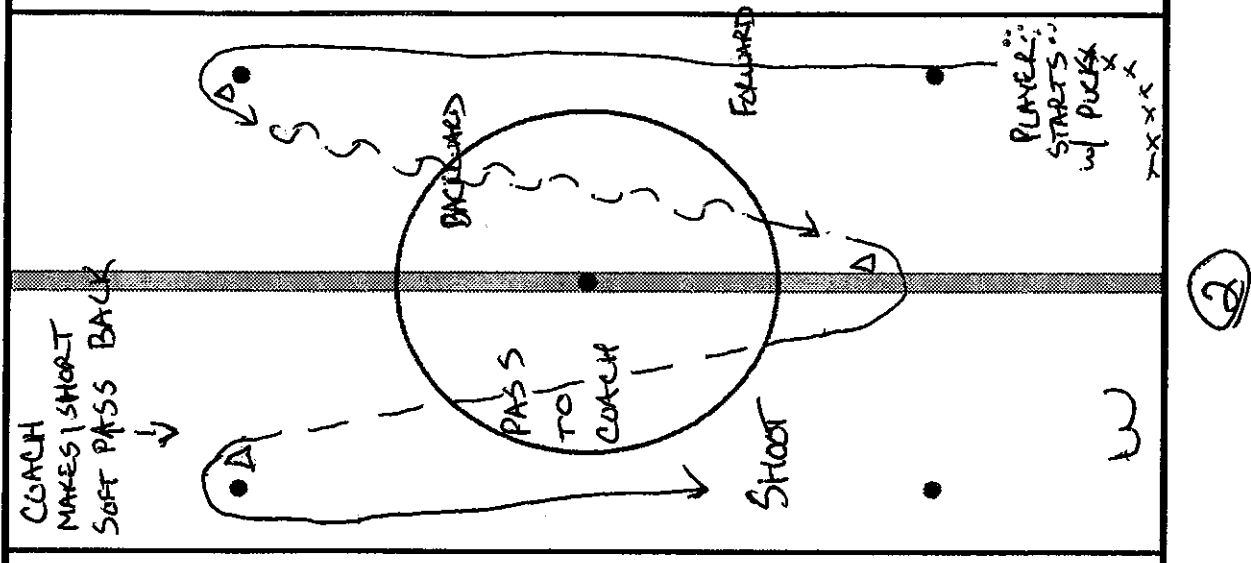
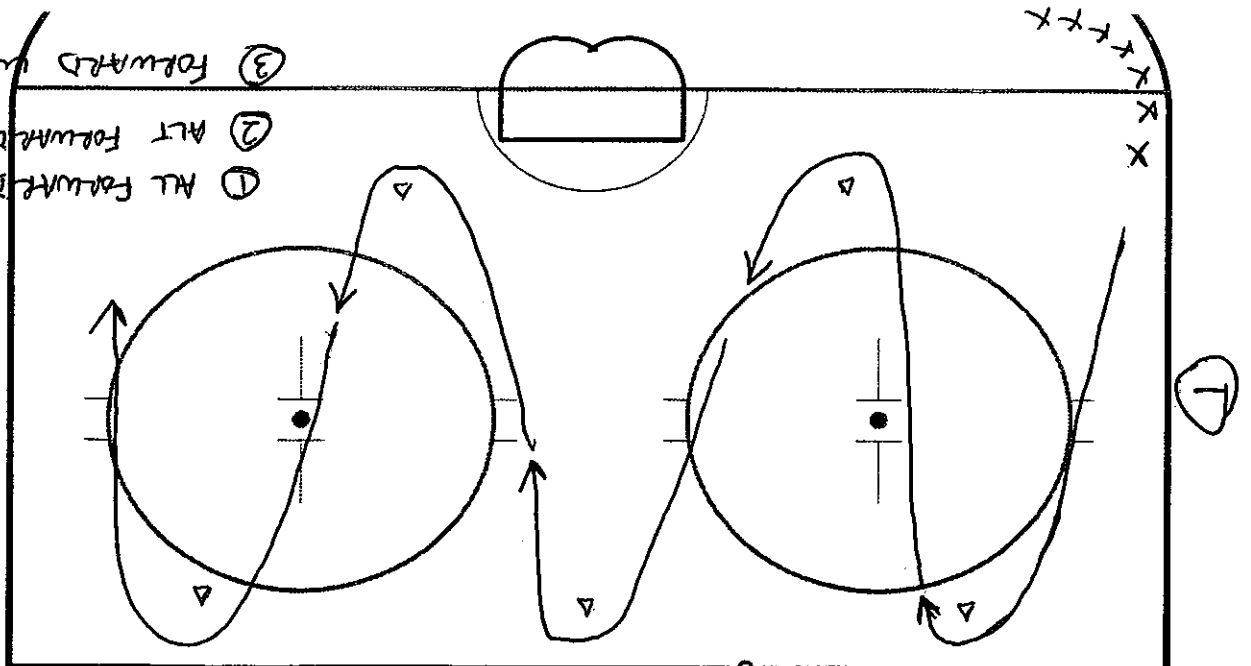
- 3 EVEN LINES 1-15, 16-30, 31-45
- ALL 3 LINES START ON WHISTLE
- NEXT GROUP GOES ON WHISTLE ONCE PRIOR GROUP HITS FAR BLUE LINE

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