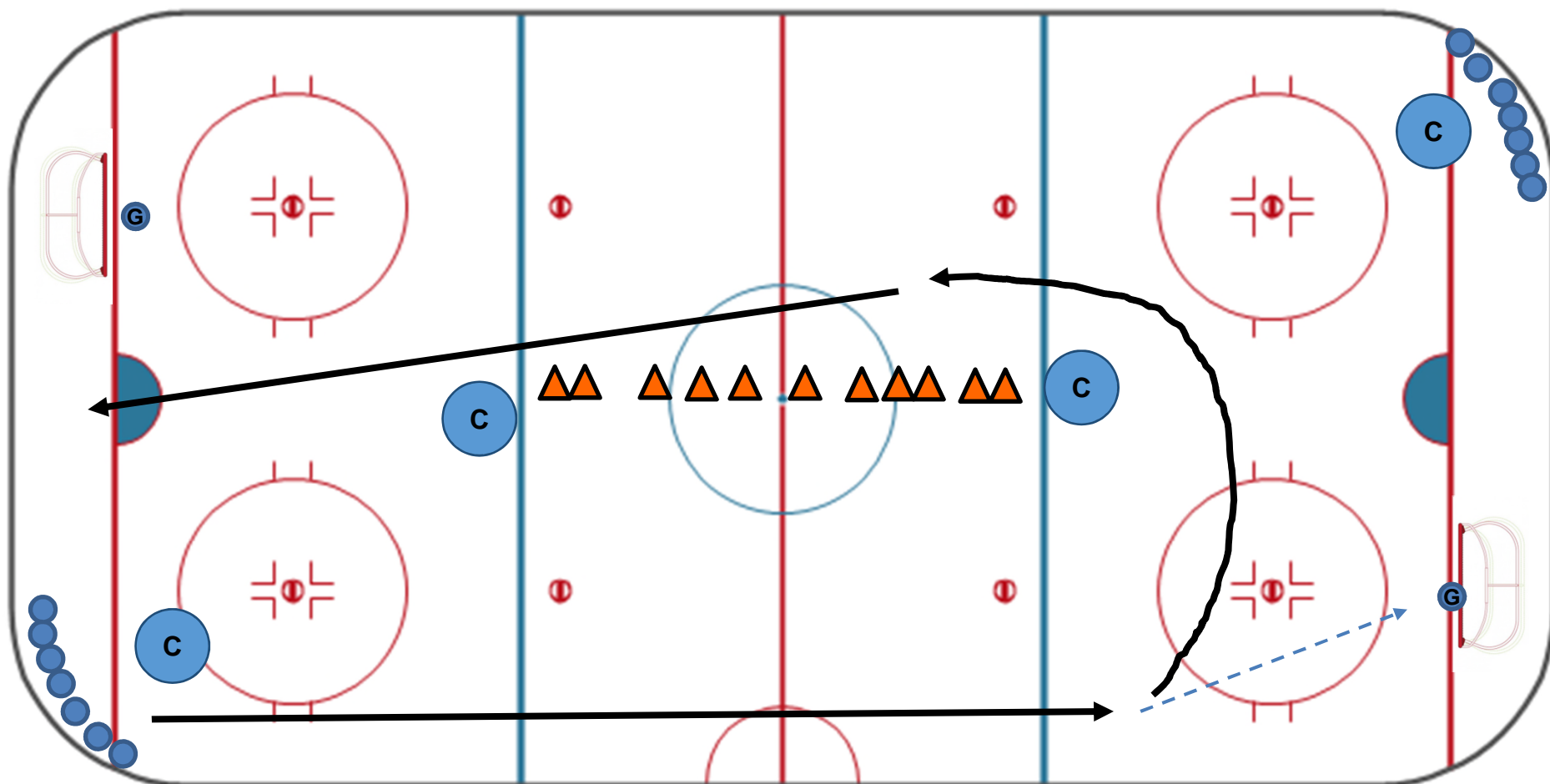


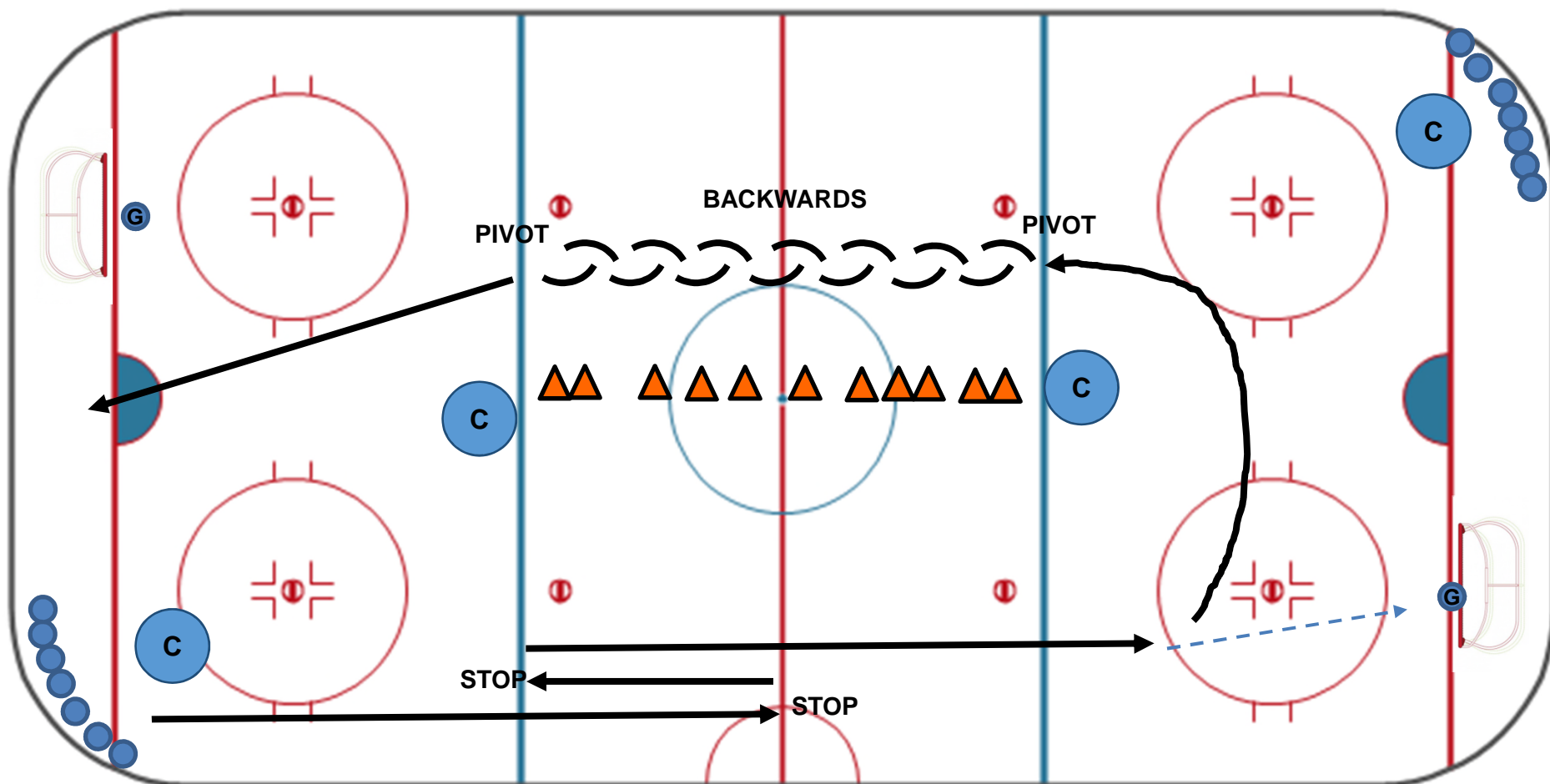
PeeWee - Bantam Tryout Drills

Franklin Youth Hockey Association
2017-2018 Season



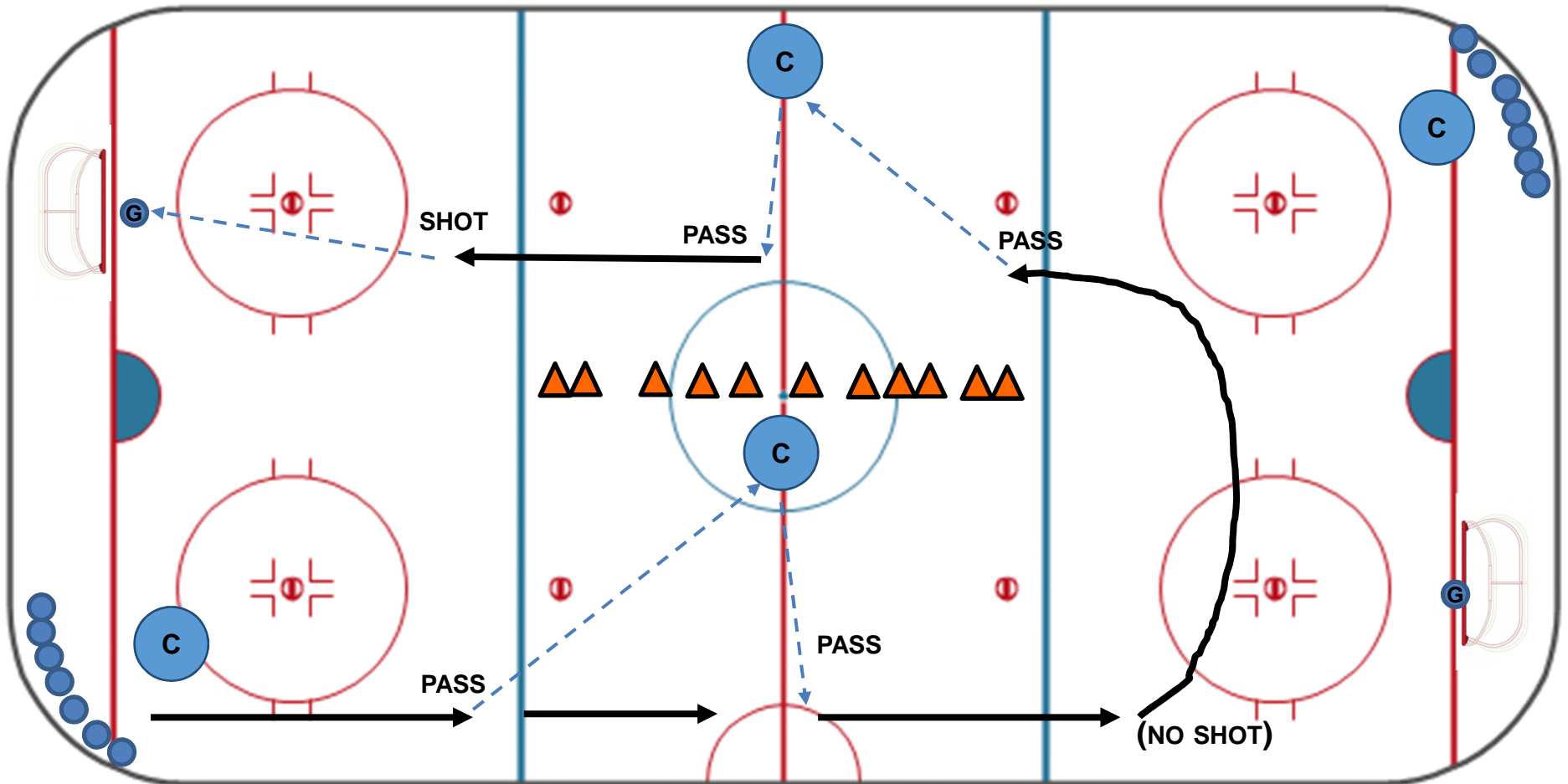
Drill #1

- Players in opposite corners with pucks
- Cone or bumper barrier down center of ice; Goals with goalies offset as shown
- Player skates full speed, with puck to opposite blue line. Shot on goal.
- Return opposite side of ice, full speed, forward, back in line
- Both lines go simultaneously on whistle



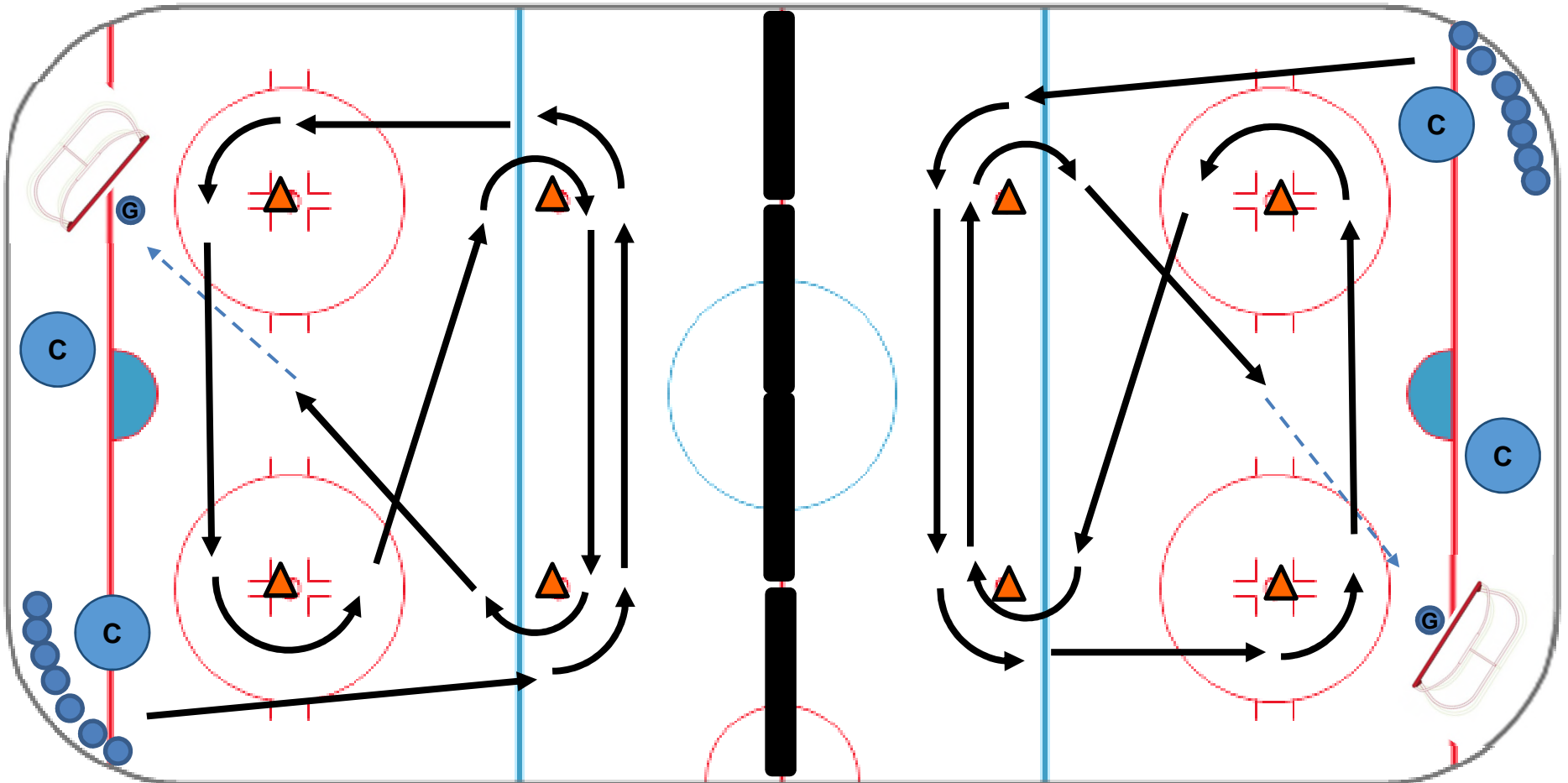
Drill #2

- Players in opposite corners with pucks
- Cone or bumper barrier down center of ice; Goals with goalies offset as shown
- Player skates full speed, with puck to red line, stop. Return to near blue line, stop. Full speed to opposite end goal. Shot on goal.
- Return opposite side of ice, pivot at blue line. Backwards through neutral zone. Pivot at far blue line. Return to line
- Both lines go simultaneously on whistle



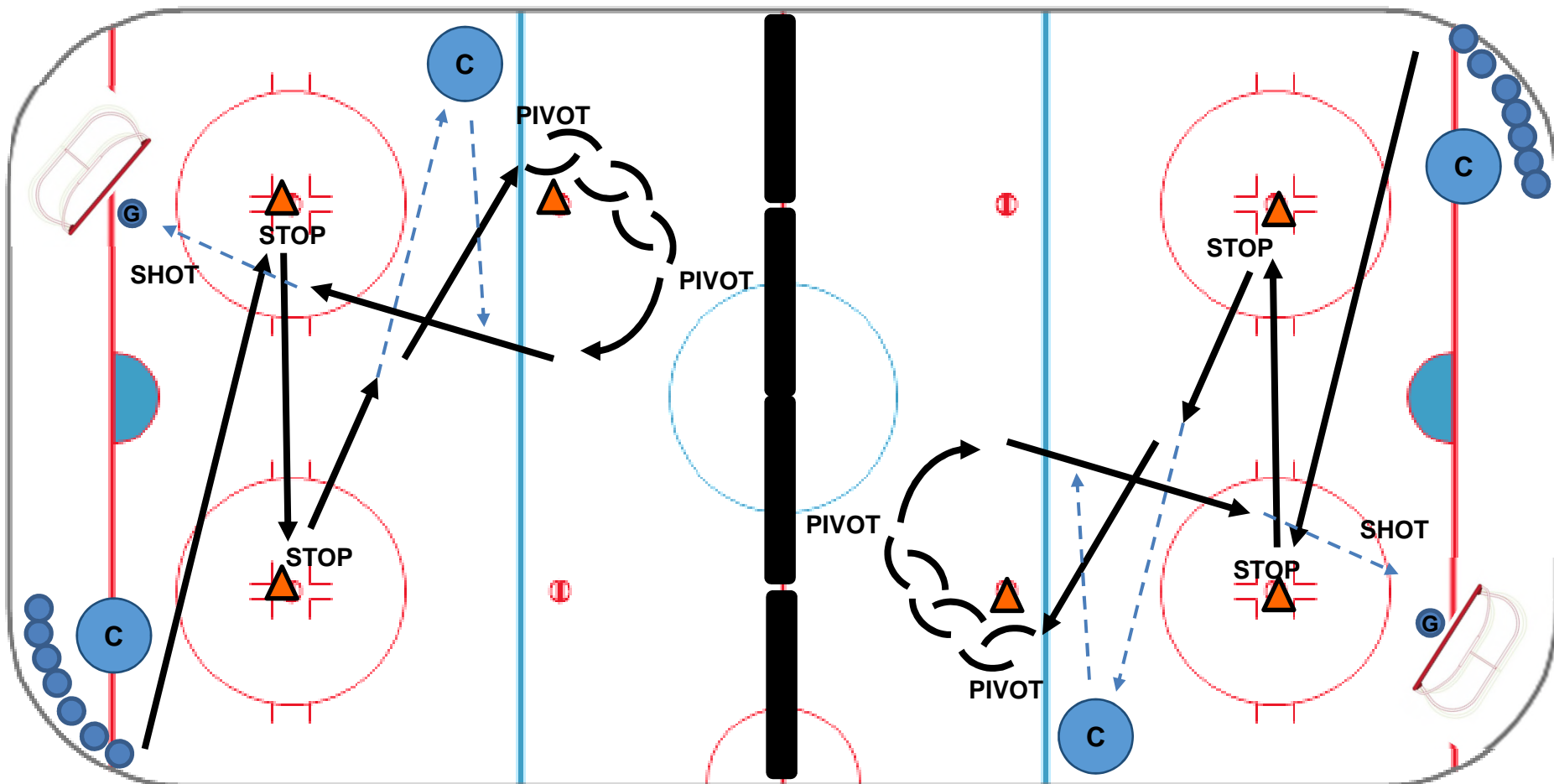
Drill #3

- Players in opposite corners with pucks
- Cone or bumper barrier down center of ice; Goals with goalies offset as shown
- Player skates full speed, with puck, performs 'give and go' with coach as shown.
- Return with puck up opposite side of ice, performing 'give and go' with coach as shown
- Shot on goal after second 'give and go' with coach
- Both lines go simultaneously on whistle



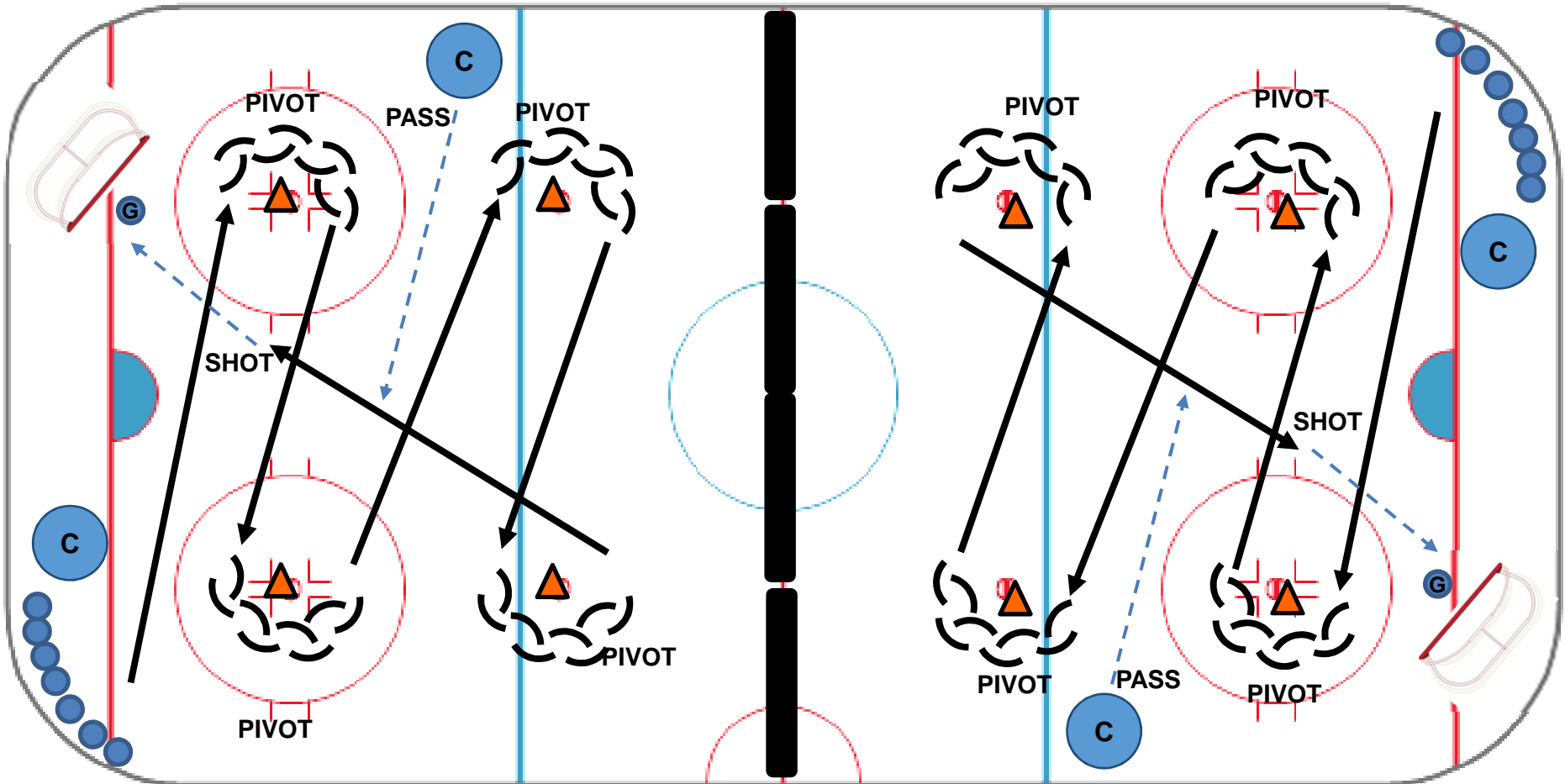
Drill #4

- Players in opposite corners with pucks
- Bumper barrier across center of ice; Goals offset and angled with goalies as shown
- Player skates full speed, with puck around cones, then 'figure 8' as shown. Shot on goal.
- Return to line
- Both lines go simultaneously on whistle



Drill #5

- Players in opposite corners with pucks
- Bumper barrier across center of ice; Goals offset and angled with goalies as shown
- Player skates full speed, with puck to cones. Stop facing center ice. 'Give and go' with coach. First pass made BEFORE pivot. Return pass made AFTER pivot. Pivot backwards around last cone, maintain eye contact with puck/coach
- Shot on goal. Return to line
- Both lines go simultaneously on whistle



Drill #6

- Players in opposite corners WITHOUT pucks. Pucks at coaches location on boards
- Bumper barrier across center of ice; Goals offset and angled with goalies as shown
- Player skates full speed, without puck to cones. Pivot backwards to forwards around cones, in order shown
- Open body to the NET / END BOARDS upon entry into all 4 pivots
- Net drive after last pivot. Receive pass from coach.
- Shot on goal. Return to line
- Both lines go simultaneously on whistle