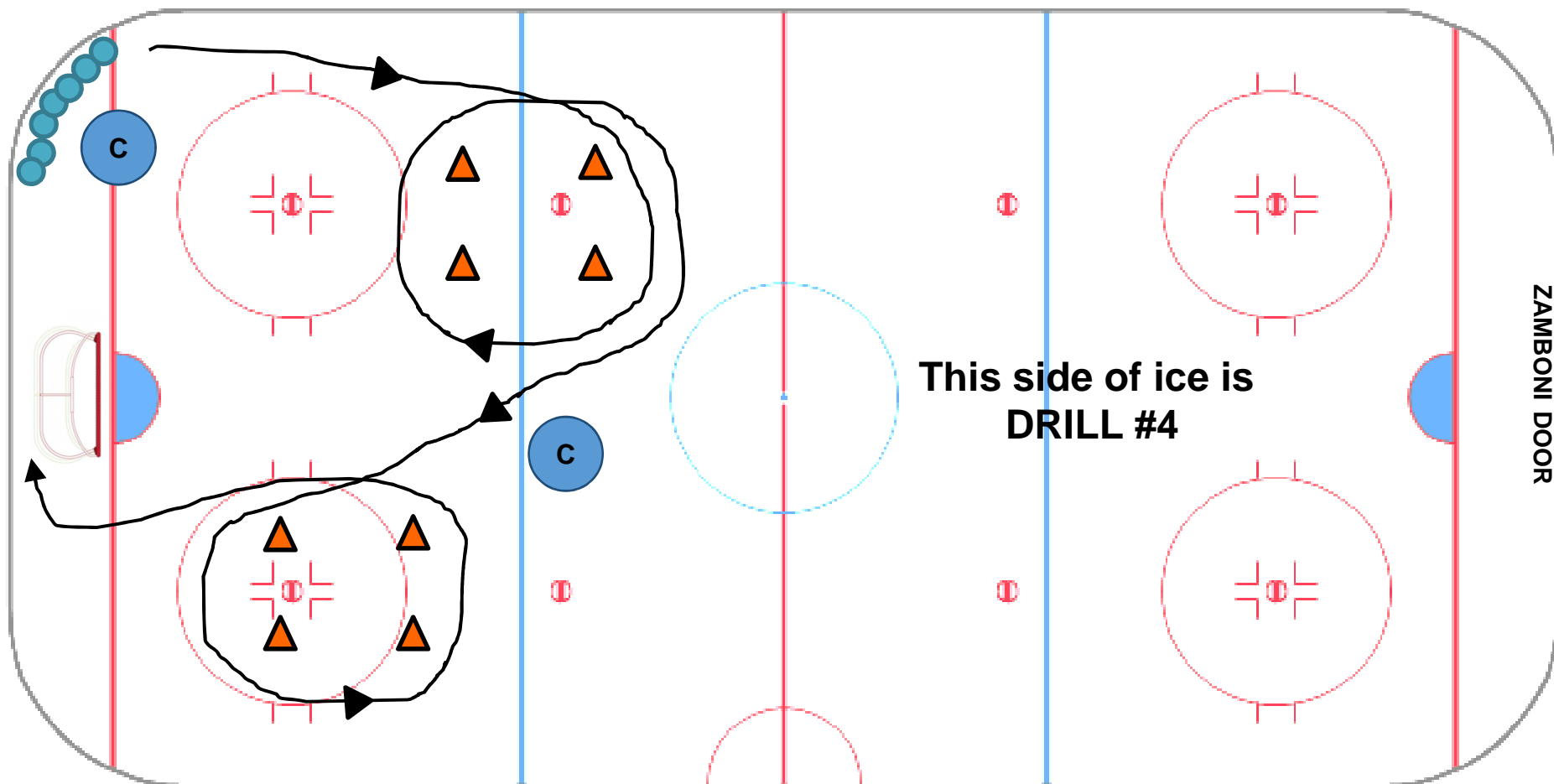


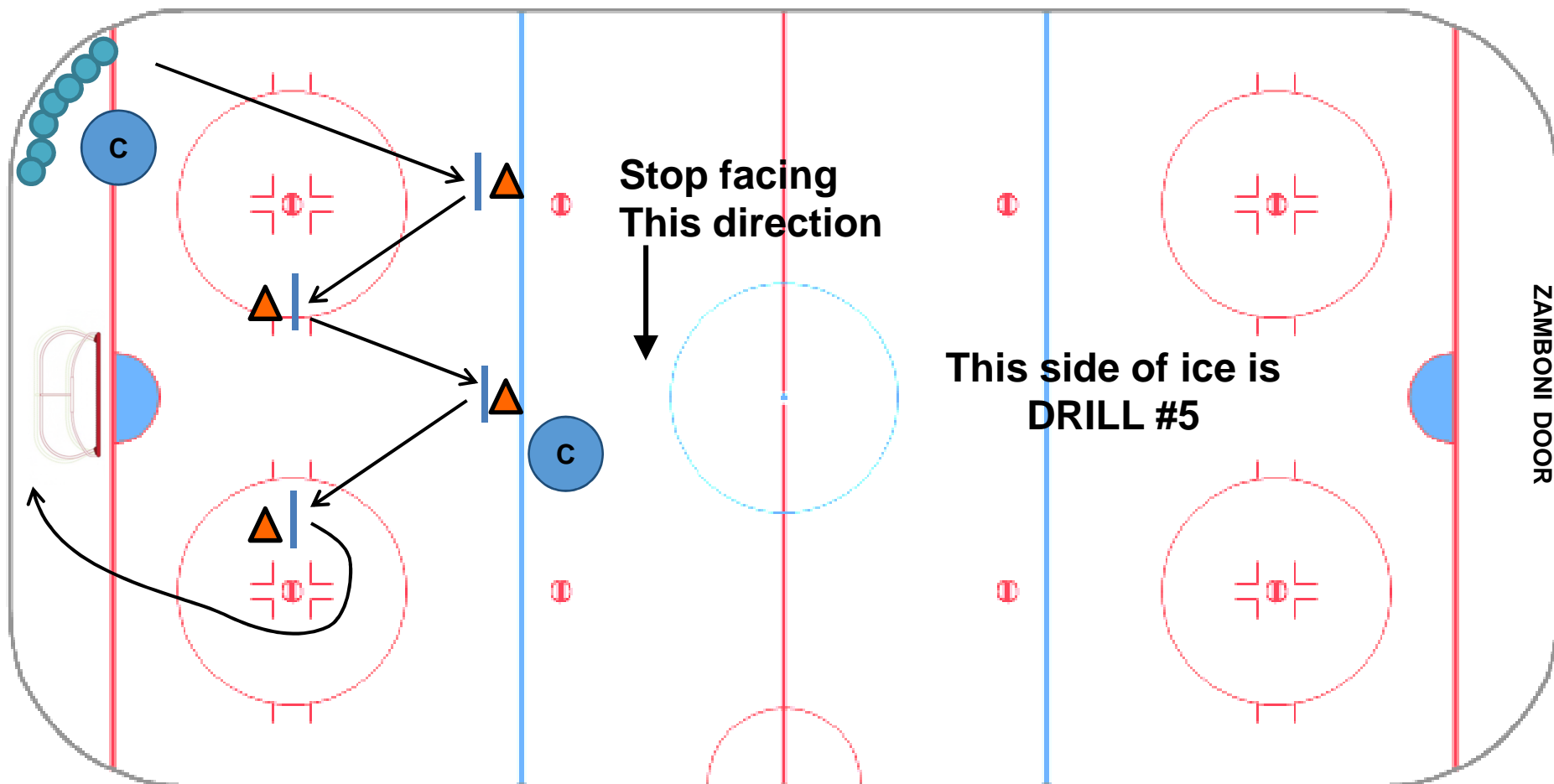
Mite – Squirt Tryout Drills

Franklin Youth Hockey Association
2017-2018 season



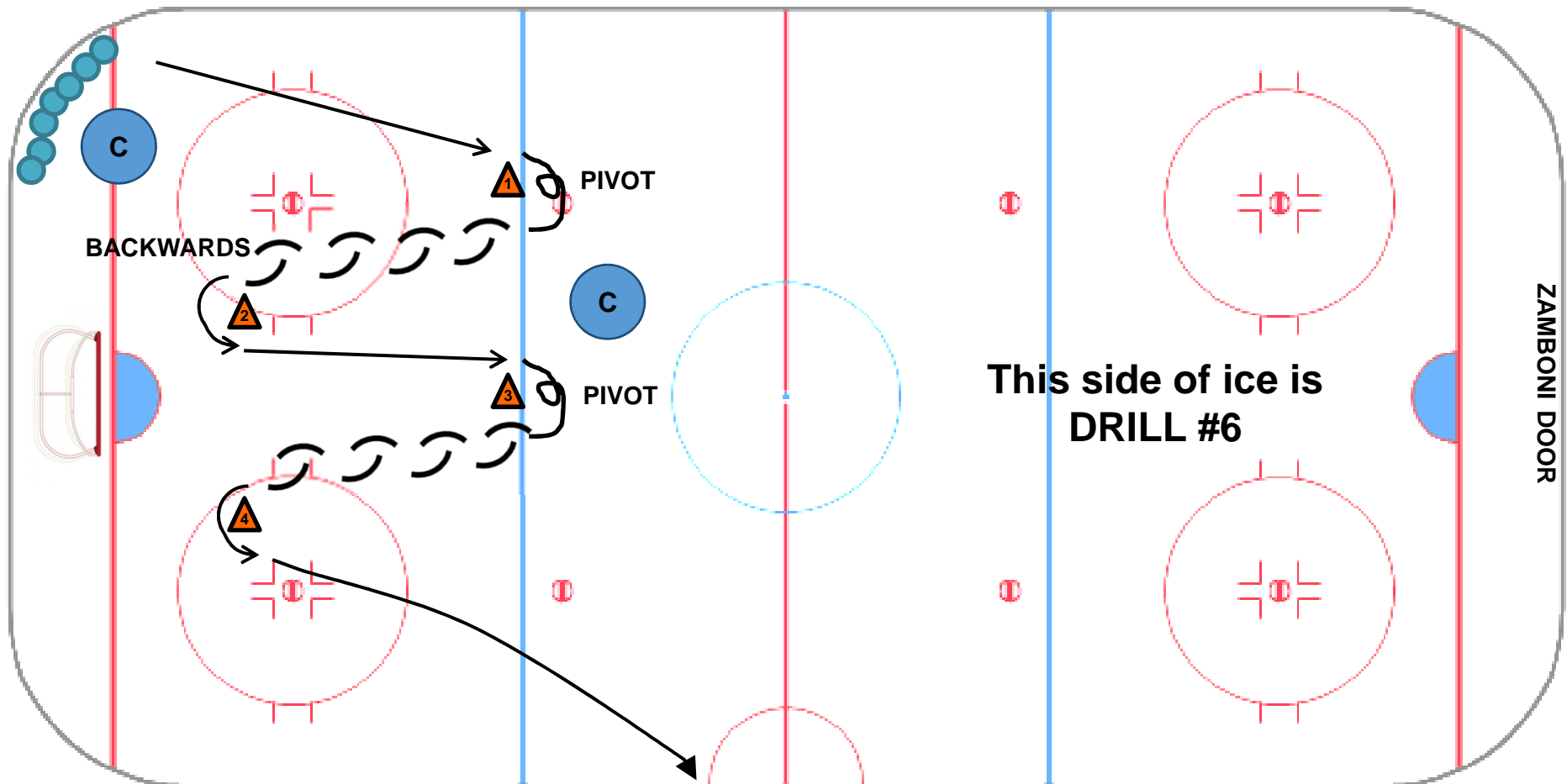
Drill #1 – Circles, NO pucks

- Players in corner, NO PUCKS
- 2 sets of 4 cones, positioned as shown, on each side of the ice, making a square
- Players go around cones in a 'circle' pattern. Focused on speed, control and cross over capability
- Players go in opposite direction for second circle, and return to line



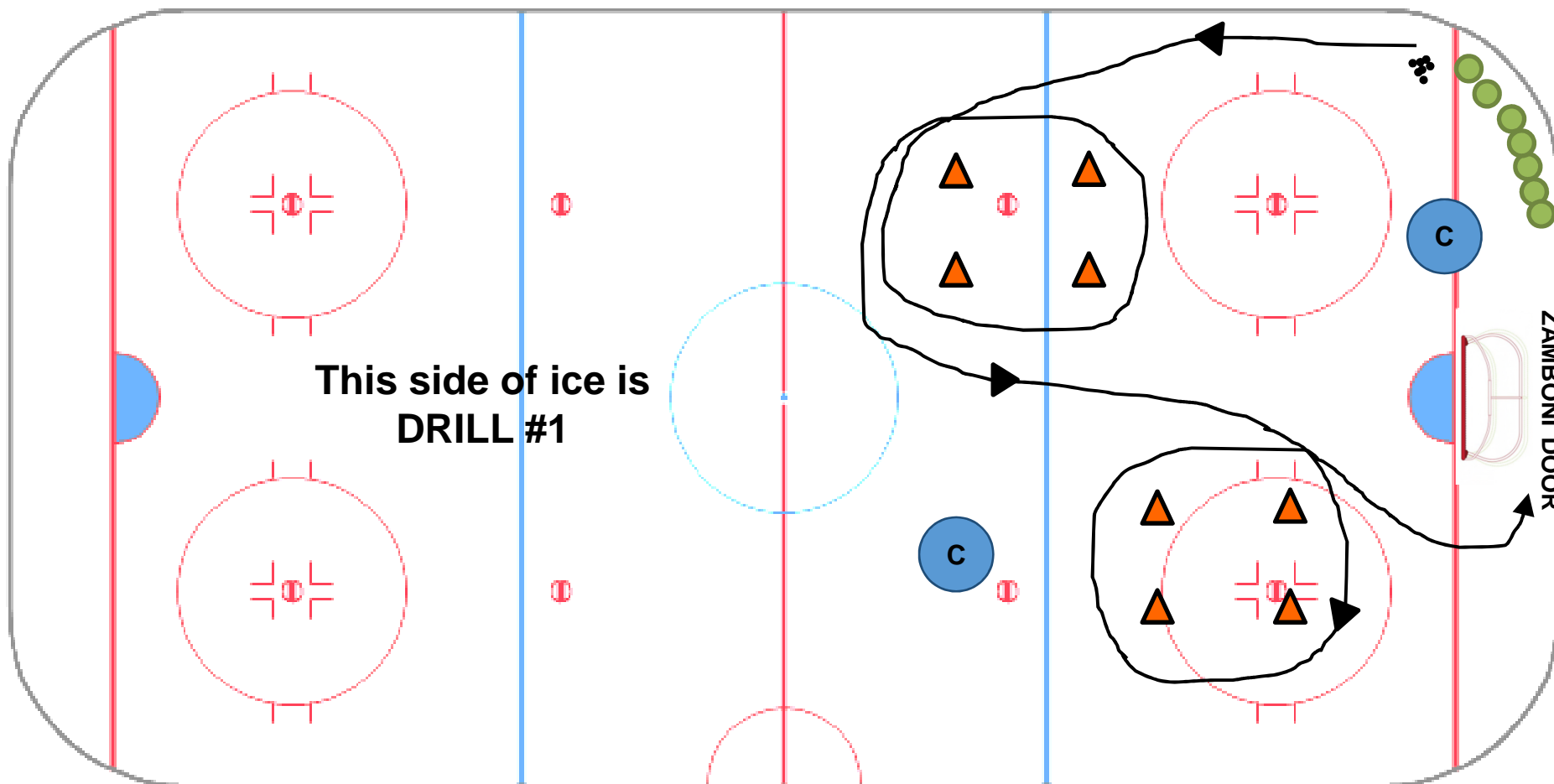
Drill #2 – Stops and starts on cones NO pucks

- Players in corner as shown. Four cones arranged as shown in a 'W' pattern
- Players skate forward and stop / start at each cone as shown. Important to stop facing BENCH each time to ensure stopping in both directions is demonstrated
- Return to end of line when completed



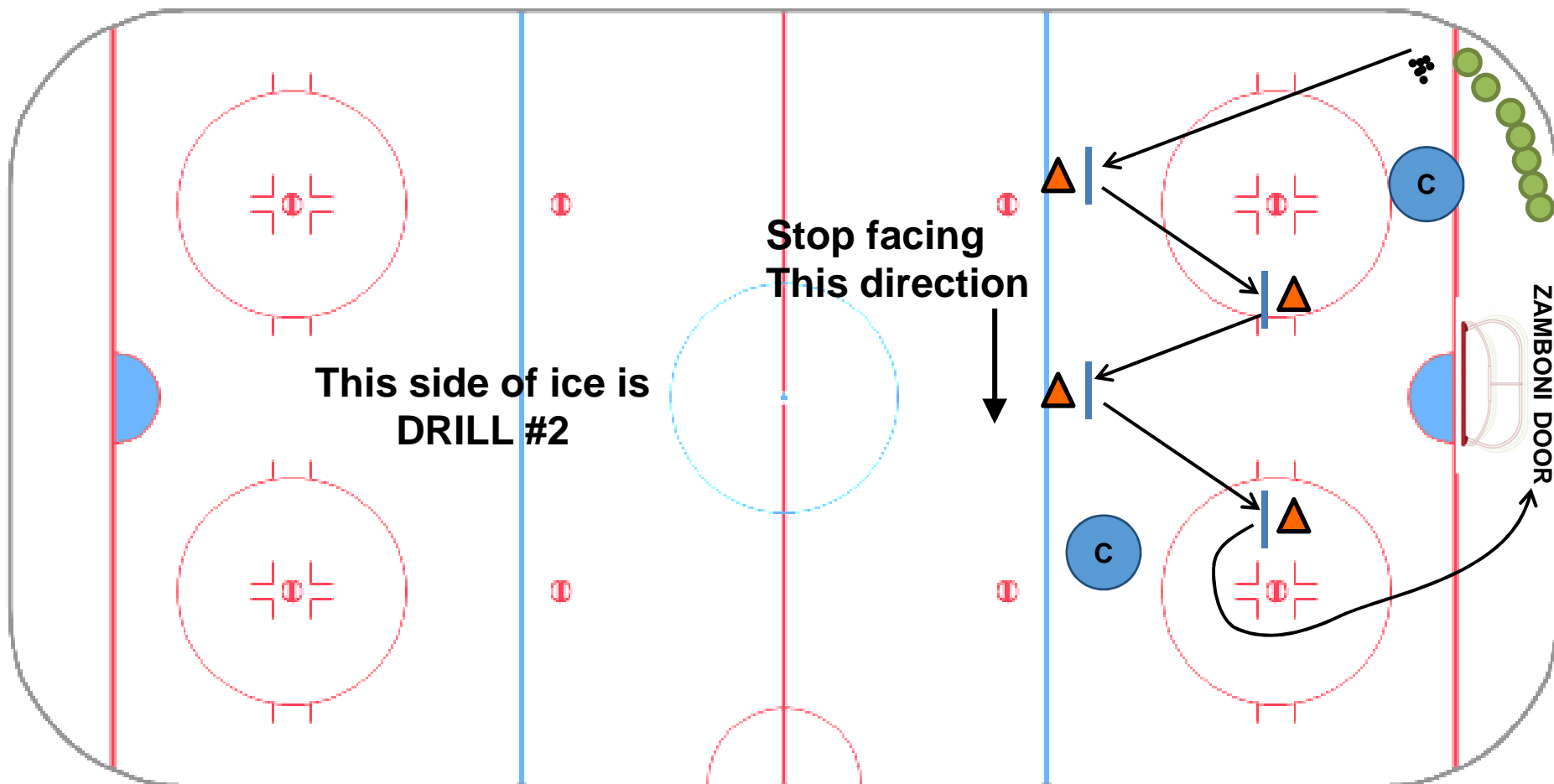
Drill #3 – Forward → Backward pivot – NO pucks

- Players in corner as shown. Four cones arranged as shown in a 'W' pattern
- Players skate forward to first cone. Pivot backwards as shown around the cone
- Players skate backwards to second cone, transition to forward
- Repeat for cones 3 and 4
- Players may exit the ice (or go to the benches) upon completion of this drill



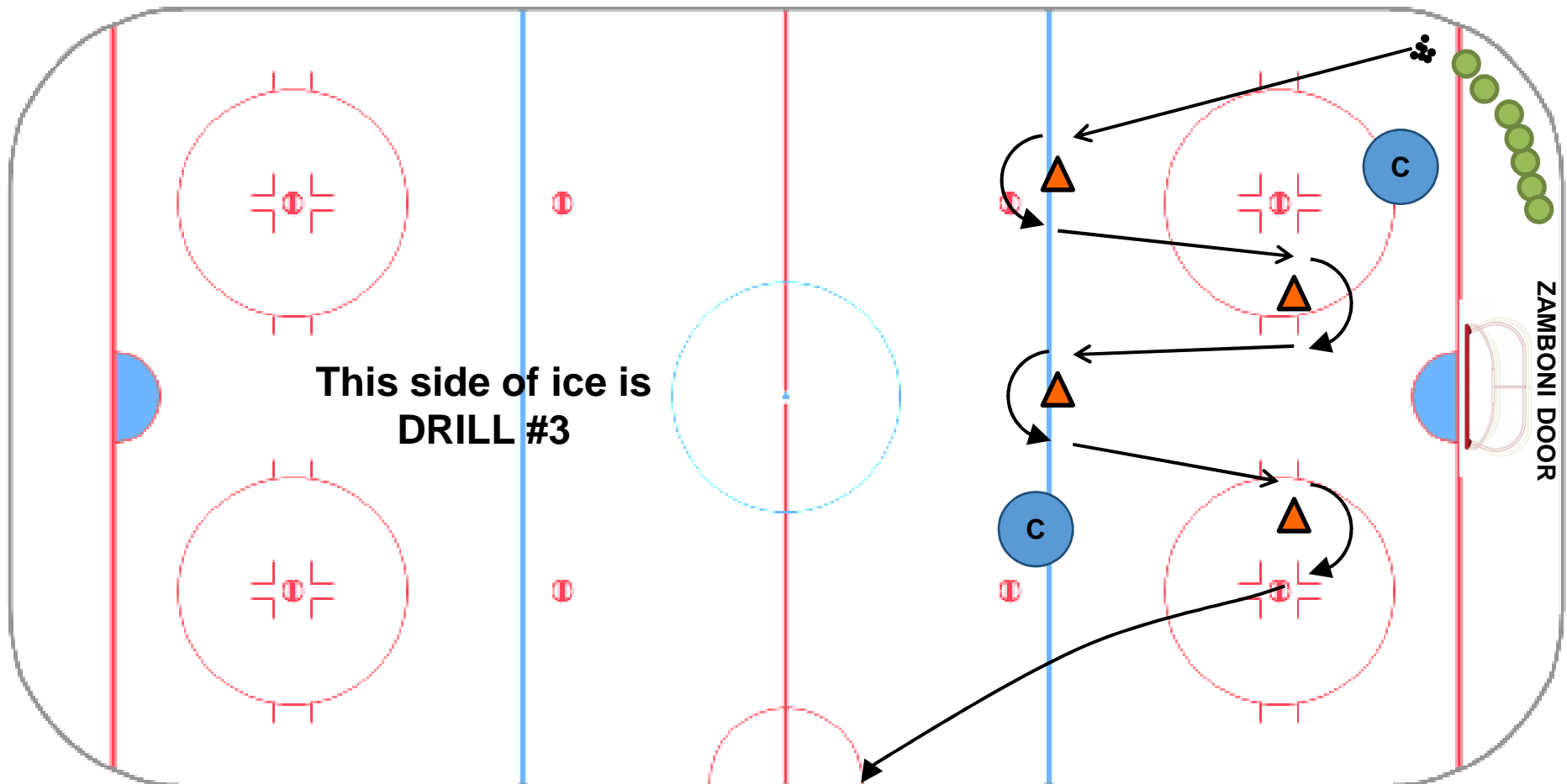
Drill #4 – Circles WITH pucks

- Players in corner, WITH PUCKS
- 2 sets of 4 cones, positioned as shown, on each side of the ice, making a square
- Players go around cones in a 'circle' pattern. Focused on speed, control, cross over capability and puck handling while skating around the circle at full speed
- Players go in opposite direction for second circle, and return to line



Drill #5 – Stops and starts on cones WITH pucks

- Players in corner as shown WITH pucks. Four cones arranged as shown in a 'W' pattern
- Players skate forward and stop / start at each cone as shown. Important to stop facing BENCH each time to ensure stopping in both directions is demonstrated
- Focus on puck control and hand position when stopping / starting
- Return to end of line when completed



Drill #6 – Weave through cones WITH pucks

- Players in corner as shown WITH pucks. Four cones arranged as shown in a 'W' pattern
- Players execute tight turns around all 4 cones, maintaining control of puck
- Focus on control of puck, hand position and overall puck handling through weave
- Players may exit the ice (or to the benches) upon completion of the drill