

Tryout Practices: (90 min)

Day 1: 30 players (15 Red, 15 white)

(15 min) Warm up drills:

- Skating (5 min): Big butterfly
- Passing (5 min): 3 line "no handle"
- Shooting (5 min): 3x long shots

(20 min) SAGs:

- 2 v 2 cross-ice
- Black team switch ends @ 10 min.

(15 min) Transition Game:

- Attack-Defend-Breakout-Leave: 2 v 2, 3 v 3

(20 min) Full Ice Game:

- 3-3, 4-4, 5-5 & back down
- Whistle every minute.
- Pass back to the goalie and change on the fly

(15 min) Skate:

- Skate 30, rest 60
- Stops & starts
- Forward to backward
- Tight turns

(5 min) Cool down stretch