

2011 Orono Tryout IPE

Schedule of Drills:

- Warm-Up 5 min
- Agility Skating & Timing 25 min
- Wisconsin 1 on 1 10 min
- **NEW:** Coach Pass/Receive 10 min
- Forward & Defense Shooting 10 min

- RUN ON TIME !!!!!!!

- For Final Shooting Drills:
 - **SQUIRTS/10U** – All use the forward shooting drill.
 - **NEW: PeeWee and Bantam** – Players alternate sides in 5 min, but all must do the Forward and Defense designed drills.

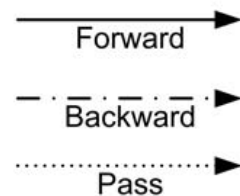
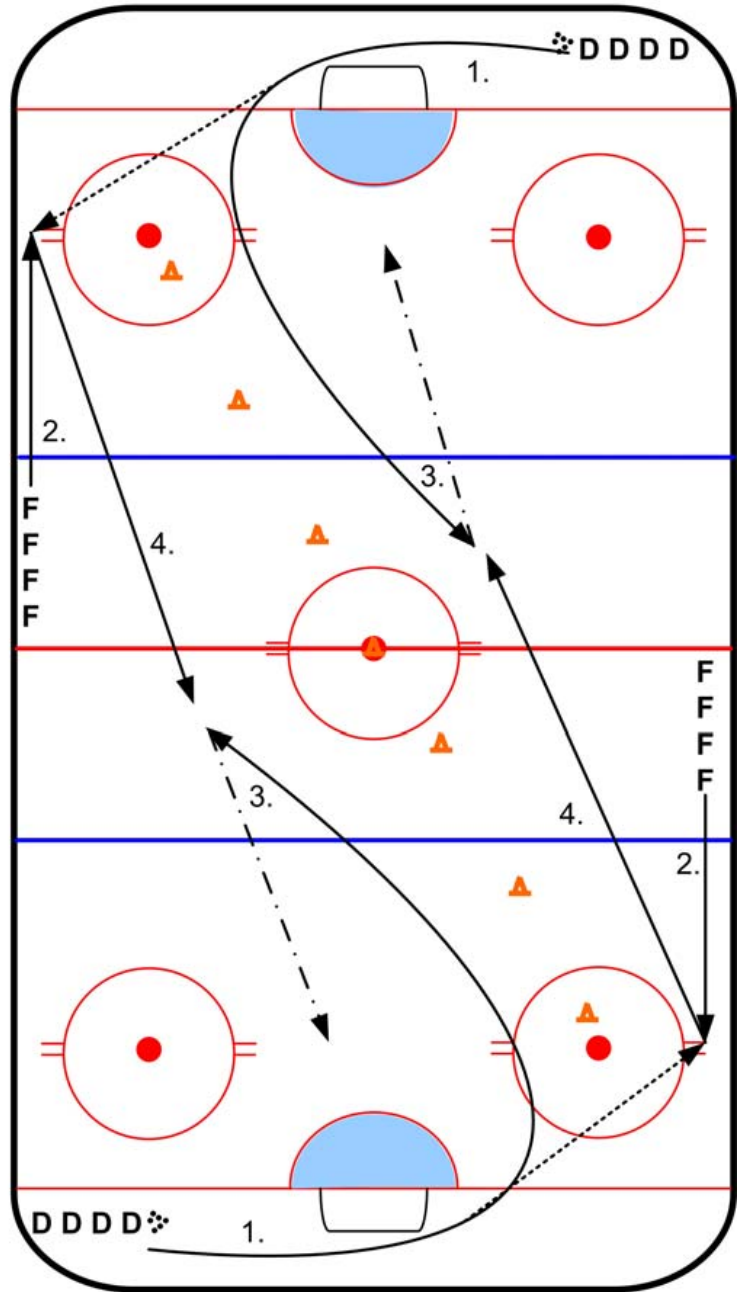
Wisconsin 1-on-1 10 Minutes Maximum

1. On the whistle, defense from the corner with the puck, skate behind the net and make a pass to forward on hash mark.

2. Forwards start from blue line and skate to hash mark to receive pass.

3. Defense continues out **over** the blue line to challenge the attacking forward and stop them from getting a shot on net.

4. Forward receives a pass from defense and skates down the ice with puck at full speed to try and beat the opposing defenseman and get a good shot on goal.



Coach Pass/Receive Drill

10 minutes maximum

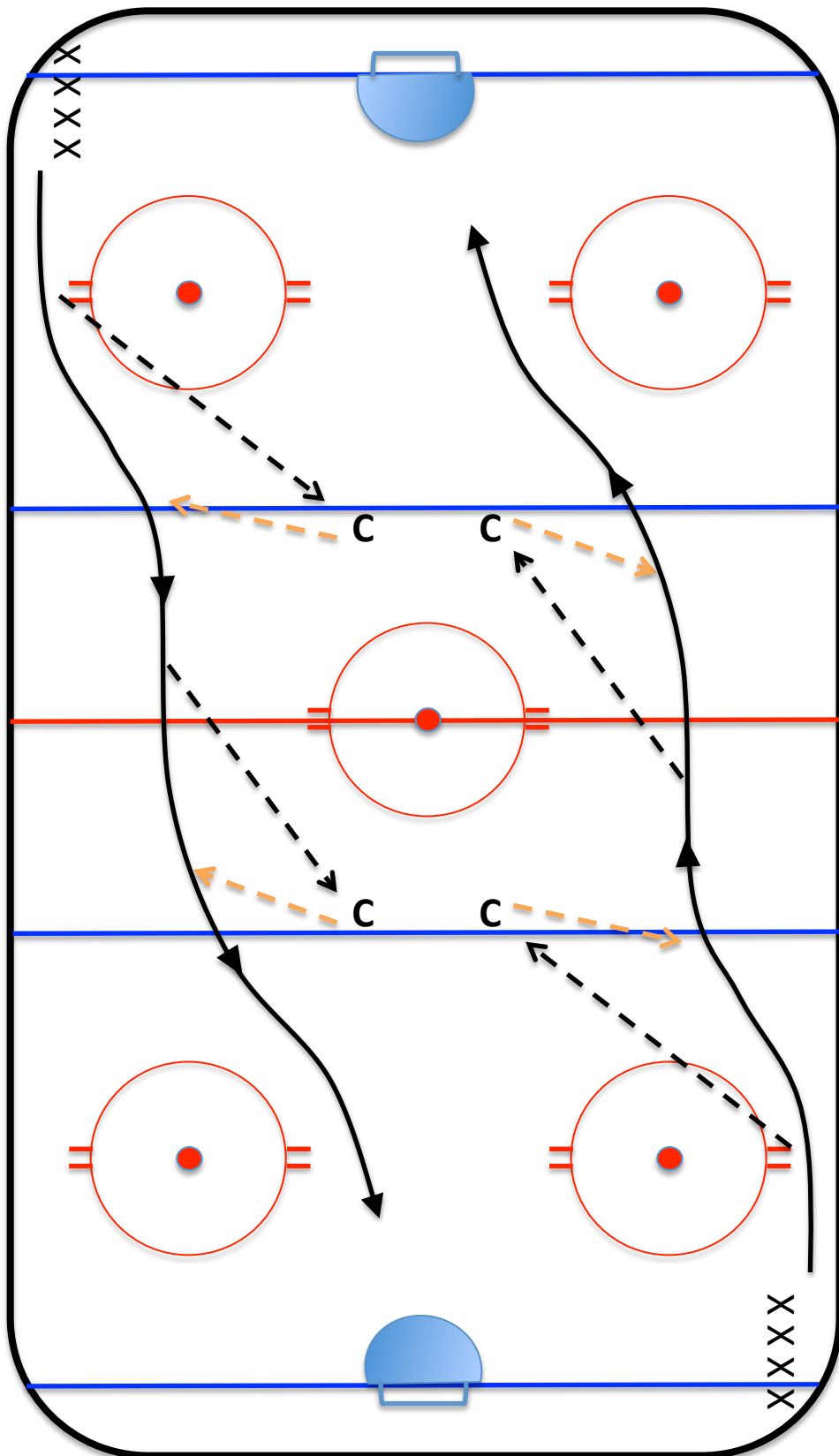
1. Players in 2 opposite corners, 4 coaches on blue lines-each side board.

2. Player skates out, passes to coach at 1st blue line, and receives return pass.

3. Player passes to 2nd coach on far blue line and receives return pass.

4. Player skates towards goalie and shoots.

5. Switch sides half way through.



Shooting Drills 10 Minutes Maximum

Forwards:

1. First skater skates around face-off circle and shoots from hash mark area.
2. First skater proceeds to other face-off circle and picks up a puck then proceeds around the circle to get a shot off at the hash marks.
3. Second skater does not start until proceeding skater finishes the second shot.

Notes: Use forehand shot on one circle and backhand on the other. Switch sides after 5 minutes.

Defense:

1. First skater skates forward with a puck then pivots around cone in the corner and skates backward to cone at the blue line, then proceed to shoot a wrist-shot near hash marks.
2. After the first shot, skater proceeds to cone in the opposite corner and pivots to backwards to cone by the blue line, pivot forward to receive a pass from the coach. Shot from the point position.
3. Second skater does not start until proceeding skater finishes the second shot.

Notes: Switch sides after 5 minutes.

