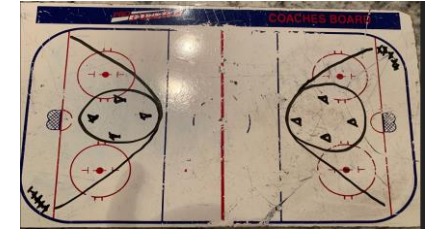
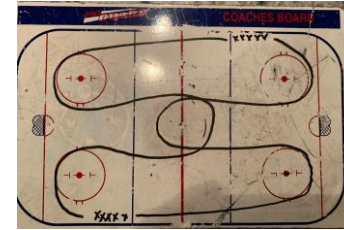


Day 1 Skills Tryout Drills

1. Warm-ups (20min)

- a. Edge Drills (Inside, Outside) 10min
- b. Crossover around cones (forward, backward, transition) (2 groups) – 5min

-----Break into 2 equal groups (Black and White)-----



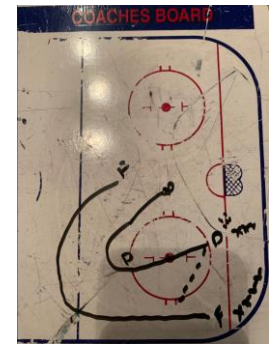
2. Group 1 (Half Ice) Drills (20min)

- a. 1 on 1 battle in the corner (5-7min)
- b. 2 on 2 battle in the corner (5-7min)
- c. 3 vs 3 cross ice game if time allows (5-10min)



3. Group 2 (Half Ice) Drills (20min)

- a. Power turn, pass to coach and shoot (10min)
- b. 2 on 1's out of corner (10min)
- c. If time, 1 on 1's out of corner



Day 2 Tryout

Squirt's – 3v3 cross-ice (15min) full ice scrimmage (45min)

Peewee's – 3v3 cross-ice (15min) full ice scrimmage (45min)

Bantam's – 3v3 cross-ice (15min) full ice scrimmage (45min)

Day 3 Tryout

Squirt's – Intersquad scrimmage (60min)

Peewee's – External scrimmage vs. Shakopee A and B2 (60min)
Group 1&2

Bantam's – 3v3 cross ice/battle drills (15min) intersquad scrimmage (45min)