

MYEDGE HOCKEY

BYHA PRE-TRYOUT CAMP



PRACTICE PLANS – GROUPS 1, 2, 3

On-Ice Daily Schedule (provided during each training session):

- Powerskating, Skills & Game Situational Drills
- 3on3 Game (at the end of each session)

On-Ice Tools (4 nets, attack triangles, pucks, music)

Week 3 – Practice 1

WARM-UP – 2 Nets (full-ice)

- Skate around, stretch & shoot pucks while coaches set-up on ice plan (5-10min)

POWERSKATING (Body Position, Knee bend, Hand Placement) 4-5 Lanes / 4 Lengths (full-ice)

- Edges, w/Posture & Balance Control
 1. Power-turns w/360 – Forward & Backward
 2. Transitions – Forward
 3. Transitions w/360 Escape – Forward
 4. Pivots – Forward
 5. Mohawks w/360 – Forward

PUCK CONTROL – 4-5 Lanes / 4-6 Lengths (full-ice)

- Focus on rolling your wrist (Forehand & Backhand)
 1. Power-turns w/360 – Forward & Backward (shoulders closed, protecting the puck)
 2. Transitions – Forward
 3. Transitions w/360 Escape – Forward
 4. Pivots – Forward
 5. Mohawks w/360 – Forward

IN-GAME SITUATION DRILLS – 2 Lanes per side / 4-6 Reps (corners, red line or full-ice)

- Incorporating drills starting Week 3 (Thursday)

SCRIMMAGE/GAME – 4 Nets (2 per zone) / Cross-ice (both ends)

- 3ON3 Game (divide and split teams by color, incorporate goalies)