

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)

Note: Goalies will be incorporated in all drills and scrimmages.

Week 2 – Practice 2

WARM-UP – 2 Nets (full-ice)

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

POWERSKATING – 4-5 Lanes / 4 Lengths (full-ice)

- Flat Edges
 1. 1 Foot Lateral Hops w/without Pucks – Forward
 2. 1 Foot Lateral Slides w/without Pucks – Forward & Backwards
 3. 1 Foot Lateral Slides w/Cross-overs, w/without Pucks – Forward & Backwards
 4. 1 Foot Stops with & without Pucks
 5. Quick Feet Snow Plows with & without Pucks – Forward & Backwards

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

- Set-up Position (w/Heel Stride)
 1. Full Expansion of Reach to the Backhand
 2. Full Expansion of Reach to the Forehand
 3. Full Expansion of Reach to the Backhand w/Lateral Push
 4. Full Expansion of Reach to the Forehand w/Lateral Push

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

- Full Reaches w/Lateral Push (w/Attack Triangles)
 1. Forehand Full Reaches – Forward
 2. Backhand Full Reaches – Forward

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

- Incorporating these drills starting Week 3

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

- 3ON3 Game (incorporate goalies)