

MVI Hockey Tryout Drills

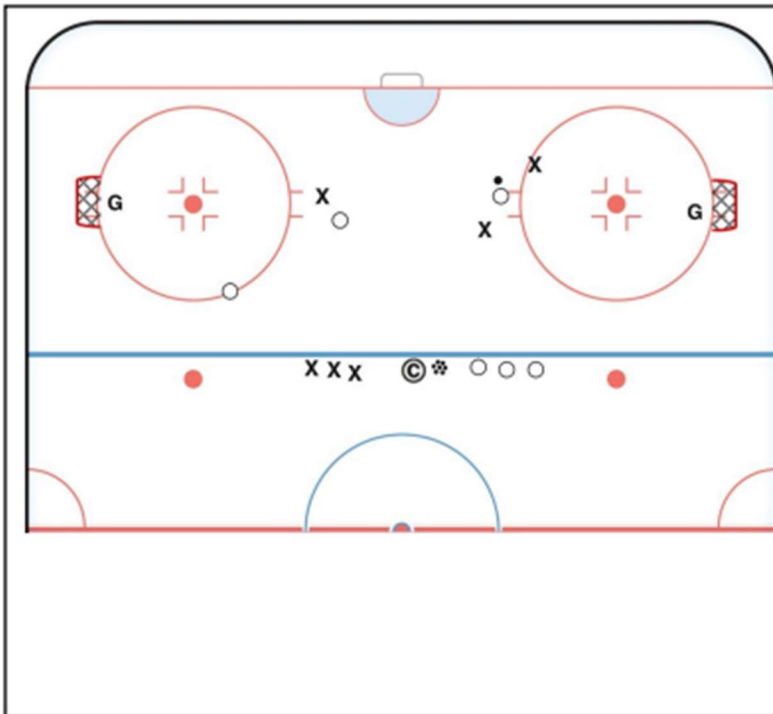


High/Low Shooting Drill

Players line-up in all four corners, two "high" lines, and two "low" lines.

On whistle, first player from each line goes through the designated set of cones, keeping feet moving through entire route.

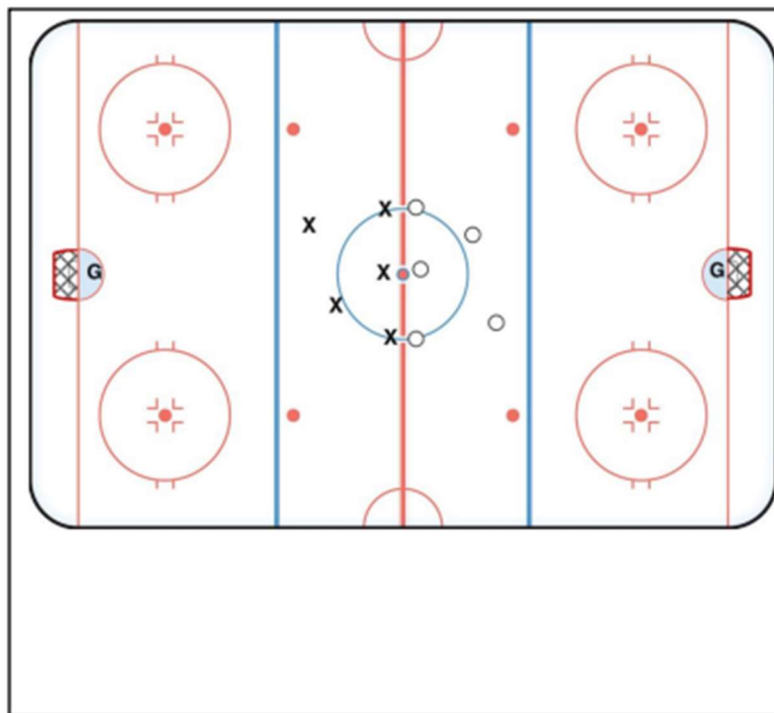
After rounding the final cone, players shoot in stride.



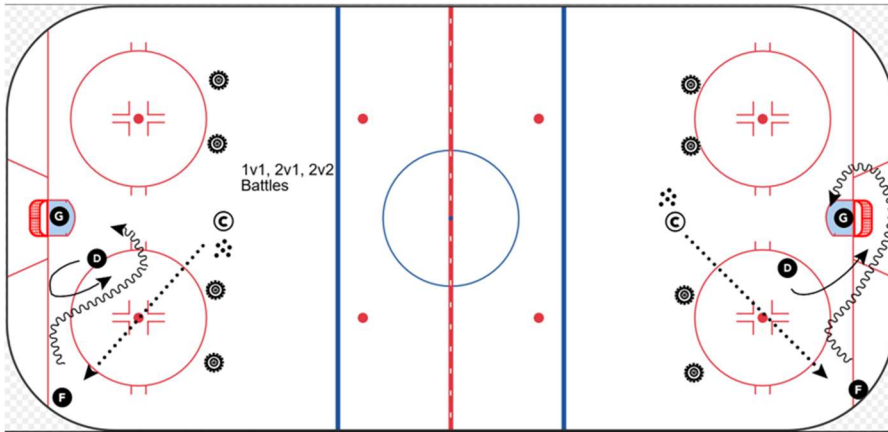
3v3 Cross-Ice

Variation: Traditional (defend one net, attack one net)

Variation: Players can score on either net.

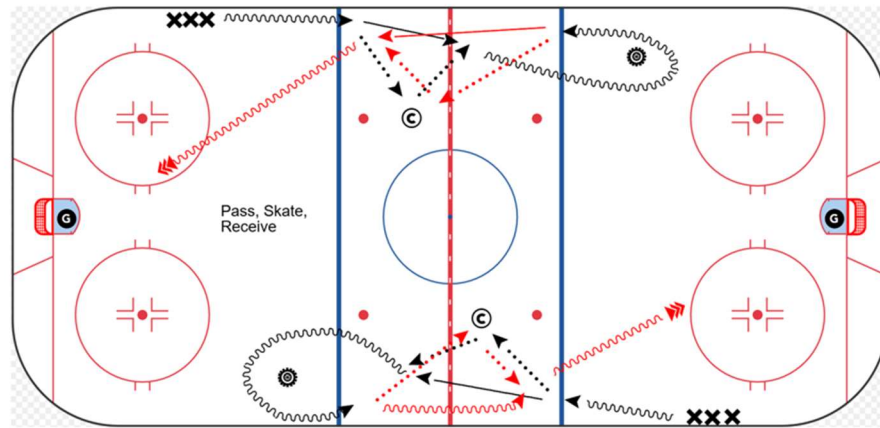


5v5 Full-Ice Scrimmage



1v1, 2v1, 2v2
Battles

Simple Battle Drill
Drill can be run using any player
Group combination (1v1, 2v1,
2v2, 3v2)



Pass, Skate,
Receive

Pass, Skate, Receive

