

SAHA Tryout Skills Day Practice Plan

Generated on Sep 13, 2019 by Hockey ClipPad.

Duration:

SAHA: Forward Crossovers

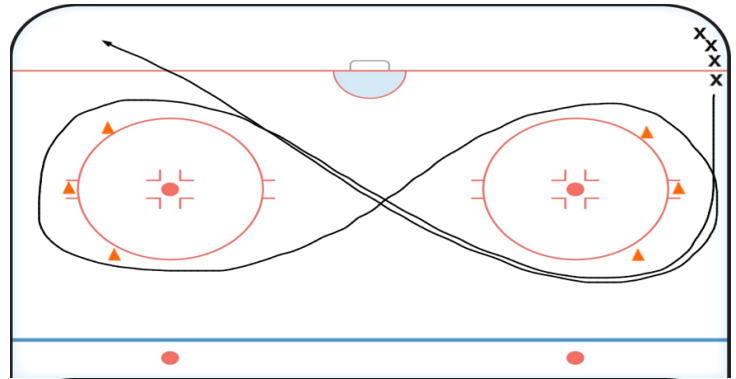
FOR EVALUATORS

- Look to middle (head)
- Stick on ice to middle
- Complete step over
- Inside lean
- Knee bend
- Puck control (over stickhandles), speed

Notes

For Squirts without pucks.

For PeeWees and Bantams with pucks.



Duration:

SAHA: Backward Crossovers

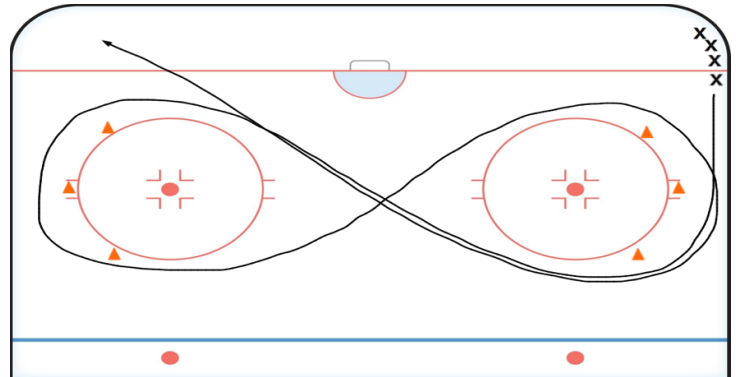
FOR EVALUATORS

- Complete step over
- Inside lean
- Solid base / knee bend
- Control puck hand/position

Notes

For Squirts without pucks.

For PeeWees and Bantams with pucks.

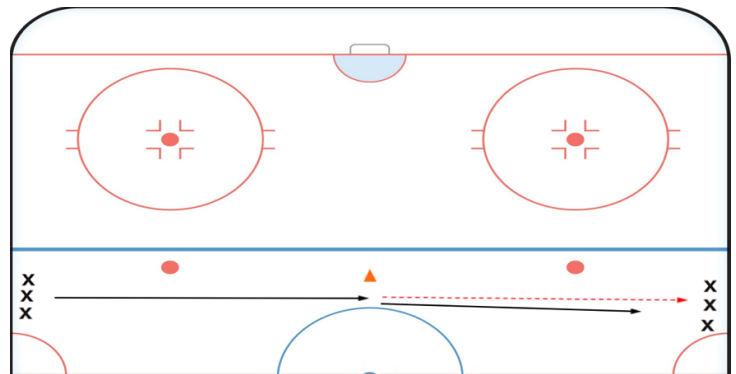


Duration:

SAHA: Straight Line Passing

FOR EVALUATORS

- Passing off inside foot
- Passing while moving
- Passes on straight line vs. hinge
- Velocity and flat, hard pass



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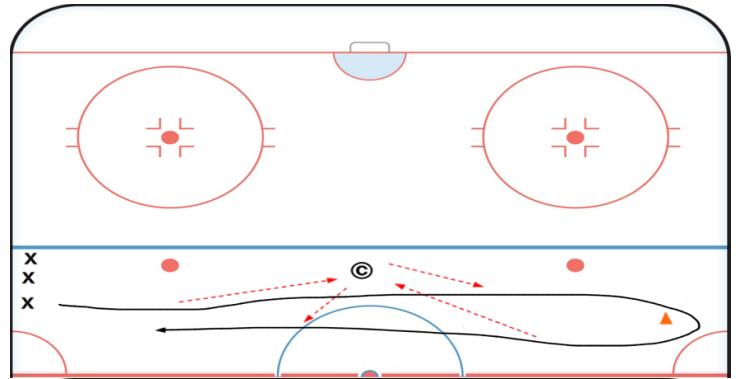
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Duration:

SAHA: 2 Pass Straight Line With Coach

FOR EVALUATORS

- Two passes
- One-touch receiving and passing accuracy
- 2-3 strides, pass on forehand or backhand and receive return pass. Skate around cone and make another pass to coach on forehand or backhand, and receive pass back.



Duration:

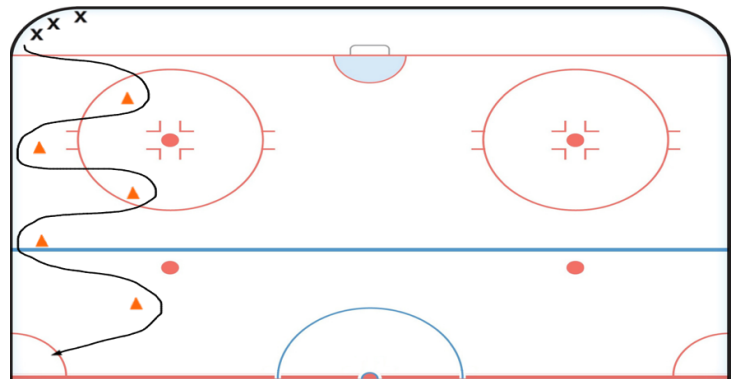
SAHA: Power Turns With Pucks (1/2 Turn)

FOR EVALUATORS

- Inside edge
- Glide vs plow snow/skate chatter
- Body position (lean)
- Puck control
- Push puck on both forehand and backhand
- Beware of overstickhandling

Notes

1/2 turns or full turns.



Duration:

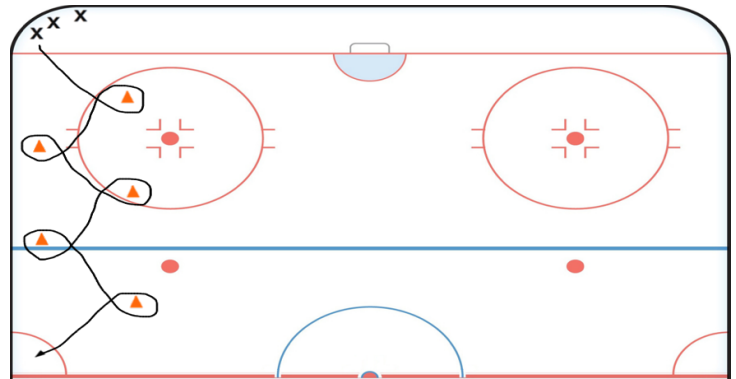
SAHA: Full Turns, Inside Out

FOR EVALUATORS

- Inside edge
- Glide vs plow snow/skate chatter
- Body position (lean)
- Puck control
- Push puck on both forehand and backhand
- Beware of overstickhandling

Notes

1/2 turns or full turns.



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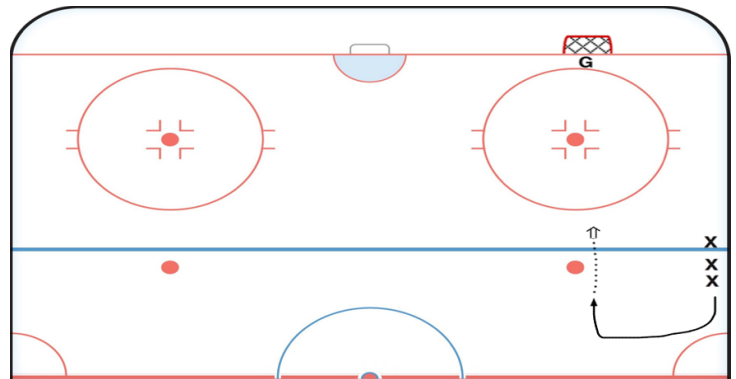
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Duration:

SAHA: Straight Line Shooting

FOR EVALUATORS

- Shooting
- Inside foot
- Velocity
- No slapshots
- Ability to catch and release
- Shoot with their head up
- Do not overstickhandle



Duration:

SAHA: Pass - Receive - Shoot

FOR EVALUATORS

- Shooting
- Inside foot
- Velocity
- No slapshots
- Ability to catch and release
- Shoot with their head up
- Do not overstickhandle

