

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 4 – Practice 1

WARM-UP – 4 Nets (full-ice)

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

POWERSKATING (Knee bend, Foot/Hand position, Recovery, Extension) **4-5 Lanes / 4 Lengths (full-ice)**

- Cross-overs - Lateral, Forward, Backward
 1. Lateral Cross-overs Start w/Wide Stance (stop & start)
 2. Lateral Running Cross-overs w/Shoulder Width
 3. Straight Line Cross-overs w/Shoulder Width (maintain a straight line)
 4. Alternating Cross-overs In-stride w/Reach (forward)
 5. Alternating Cross-overs In-stride w/Reach (backward)
 6. Cross-overs Start w/Wide Stance, Shoulders Square (backward)

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

- Focus on upper body positioning by reaching away from your body w/Puck
 1. Lateral Cross-overs Start w/Wide Stance (stop & start) – Puck Control
 2. Lateral Running Cross-overs w/Shoulder Width – Stickhandling
 3. Straight Line Cross-overs w/Shoulder Width (maintain a straight line) – Stickhandling
 4. Alternating Cross-overs In-stride w/Reach (forward) – Puck Control
 5. Alternating Cross-overs In-stride w/Reach (backward) – Puck Control
 6. Cross-overs Start w/Wide Stance, Shoulders Square (backward) – Puck Control

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

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

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