

# JR GOLD TRYOUTS 2020-21

## DAY 1

10 Min - WARM UP

Figure 8 w/ Shooting.

3 shot.

10 MIN DRILL # 1 - 15% weight.

X over, transition, shot.

10 MIN DRILL # 2 - 15% weight.

Plunger

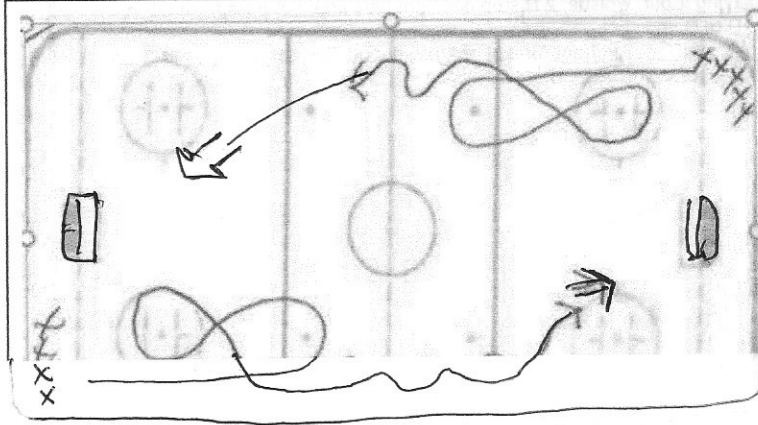
12 MIN ADD ONE SAG - 30% weight.

(Both ends).

18 min 4v4 Full ICE. - 40% weight.

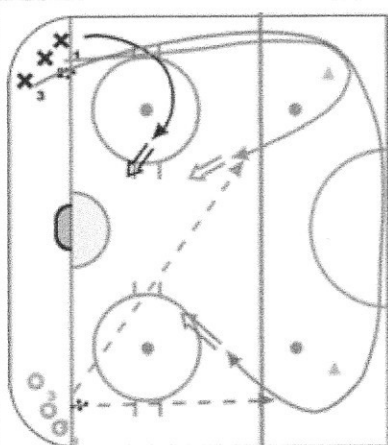
change 45 sec.

Warm Up - Figure 8 Shooting



Skaters in all 4 corners, alternate sides each whistle/rep.  
Figure 8 (Fwd w/Pucks, Transition w/Pucks) Finish with shot.  
After shot, players can stay in front to screen/tip during next rep.

Warm Up - 3 Shot - Both Ends



3 Shot

3 players leave at same time.

X1 carries puck around top of dot or face off circle for a shot, then goes to front of net for low screen.

X2 skates without a puck, goes around cone, receives pass from opposite corner, takes shot from above circle, then stays in front for high screen.

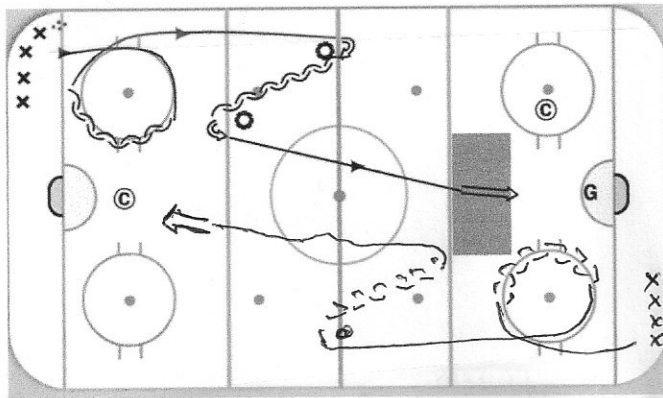
X3 skates without puck, goes around both cones, receives pass from opposite corner and takes shot from above circle.

3 players can play it out on last shot until double whistle.

DAY 2

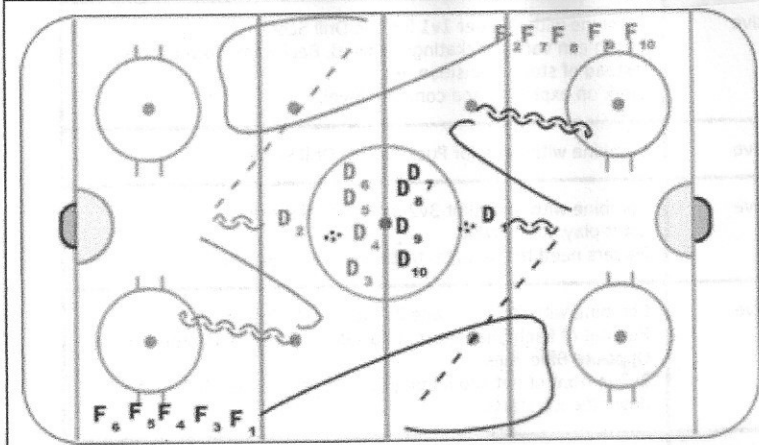
Drill: Cross-Over, Transitions, Shot

DRILL 1



DRILL #2

Plunger 1:1



- 1) Defense Skates backwards with the Puck / Forward skates Below the Blue Line to Support and Receive pass
- 2) D1 passes to F1
- 3) D1 gaps up to play 1:1 from F2 on other side

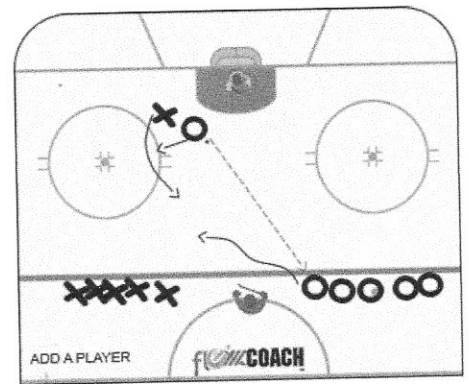
Same thing occurs on other side

ADD a PLAYER SAG Both Ends

Add a player - 10 min

Coach spots a puck for a 1v1 battle. Whomever wins the puck can pass to their line to add a player and make it a 2v1. Coach will release a 4<sup>th</sup> player for the defending team after 3-4 seconds to create a 2v2 situation. Once you are at the 2v2, either team can pass to their line again to create a 3v2 situation. Coach will again release another defensive player to create a 3v3 situation. The player that received the pass in line to join on offense must take the first shot.

Concepts - puck battles, PP/PK, odd man rush, OZ/DZ play, transition, passing, scoring,



4 v 4 FULL ICE  
change 45 sec

# Jr Gold Tryouts 2020-21

## DAY 2

10 MIN WARM UP

4 CORNERS PASSING PROGRESSION.

3 SHOT

12 MIN - DRILL # 3  
SLAPSHOT 3v2

15% weight

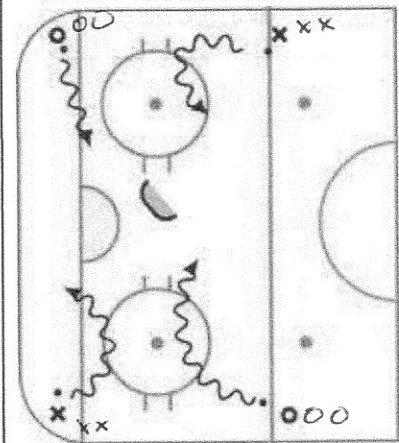
18 MIN - 4v4 Full Ice

45% weight

20 MIN - 5v5 Full Ice

40% weight.

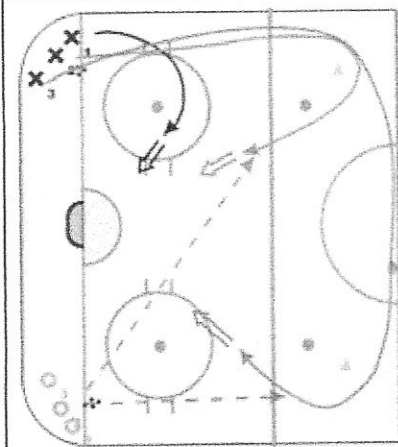
### Warm Up - Goose Getty Up 4 CORNERS PASSING PROGRESSION



All 4 players leave at same time with puck. The idea is to move around the zone and make passes with any line, focusing on opening up to puck when receiving return pass.

After a few minutes, you can adjust to go 2v2, O's vs. X's with one puck. O's are playing keep away from X's by moving the puck to each other, or any line. The focus on O player(s) without the puck is to move to open ice and become an outlet. X's are trying to defend and intercept passes by playing 1v1 defense. Passes can be to any open player, can go to any line, can go from line to line.

### Warm Up - 3 Shot - Both Ends



3 Shot

3 players leave at same time.

X1 carries puck around top of dot or face off circle for a shot, then goes to front of net for low screen.

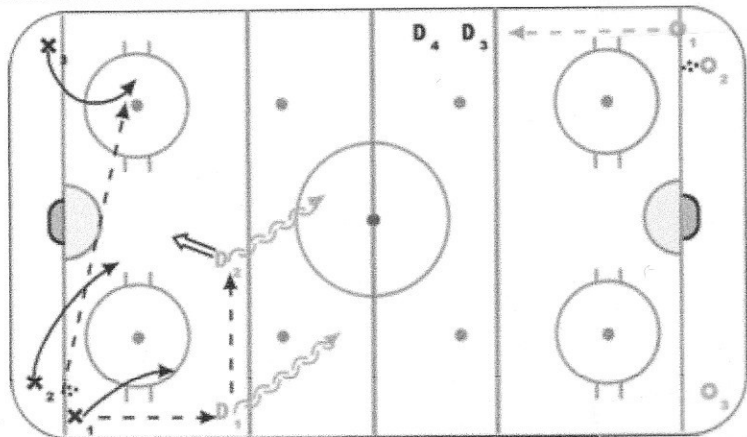
X2 skates without a puck, goes around cone, receives pass from opposite corner, takes shot from above circle, then stays in front for high screen.

X3 skates without puck, goes around both cones, receives pass from opposite corner and takes shot from above circle.

3 players can play it out on last shot until double whistle.

DAY 2  
DRILL # 3

Slapshot 3v2



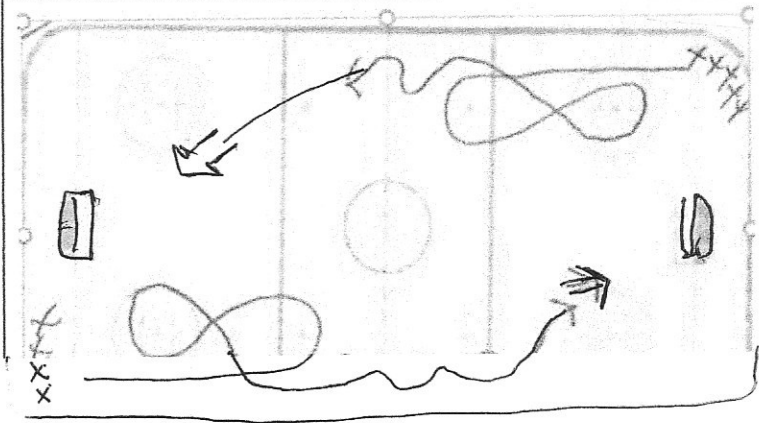
On 1st whistle, X1 pass to D & X1, X2, X3 go to net, D to D pass and shot.  
After shot, 3 X's get puck from X in corner and attack 3v2. Play it out in end.  
After playing it out, whistle, 2 D step out from blue line, get pass from O1 in corner, D to D and shot.  
Original X's & D stay in front for screen/tip/rebound, let it play out, while 3 O's start a 3v2 going the other way.

# DAY 3

10 MIN WARM UP.  
 Figure 8 with shooting.  
 3 Shot Both Ends.

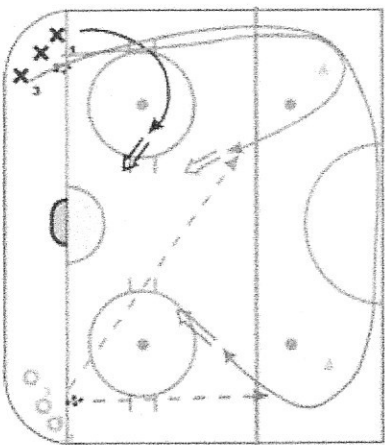
50 MIN 5 V 5 FULL ICE - 100% weight.  
 25 MIN. 45 sec shifts.  
 25 MIN change on fly.

## Warm Up - Figure 8 Shooting



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 Figure 8 (Fwd w/Pucks, Transition w/Pucks) Finish with shot.  
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## Warm Up - 3 Shot - Both Ends



3 Shot  
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 3 players can play it out on last shot until double whistle.