

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 3 – Practice 2

WARM-UP – 4 Nets (full-ice)

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

POWERSKATING (Body Position, Knee bend, Hand Placement) 4-5 Lanes / 4 Lengths (full-ice)

- Inside & Outside Edges, Hops/Jumps w/Knees Bent & Balance Control
 1. Slaloms w/Feet Together – Forward (heel snaps) & Backwards (toe snaps)
 2. Slaloms w/Wide Stance – Forward & Backwards
 3. 1 Leg Heel Hops – Forward & Backwards
 4. 2 Foot Heel Hops w/Feet Together – Forward & Backwards
 5. 1 Leg Heel Snaps (inside edge) – Forward
 6. 1 Foot Lateral Hops (push off your outside edge and land on your inside edge)
 7. 2 Foot 180 Jumps – Forward & Backwards

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

- Focus on upper body positioning, reaching away from body, wrist rolls (Forehand & Backhand)
 1. Slaloms w/Pucks – Forward & Backwards
 2. Slaloms w/Wide Stance & Pucks, Shoulders Closed – Forward & Backwards
 3. 1 Leg Heel Hops w/Pucks – Forward & Backwards
 4. 2 Foot Heel Hops w/Pucks – Forward & Backwards
 5. 1 Leg Heel Snaps w/Pucks – Forward
 6. 1 Foot Lateral Hops w/Pucks

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

- Incorporating drills starting Week 4

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

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