

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 5 – Practice 2

WARM-UP – 4 Nets (full-ice)

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

PUCK CONTROL – 4 Lanes / 4-6 Lengths (no attack triangles, full-ice)

- Focus on upper body positioning (top hand wrist roll, bottom hand soft grip, elbow length)
 1. Forward & Backward Lateral Hops, In Stride
 2. Forward & Backward, Full Speed, Heads-up, In Stride
 3. Forward & Backward Cross-overs Alternating, Full Speed, Heads-up, In Stride
 4. Forward & Backward Pivots, Full Speed, Heads-up, In Stride
 5. Forward Mohawks, Full Speed, Heads-up, In Stride

STICKHANDLING – 4 Lanes / 4-6 Lengths (no attack triangles, full-ice)

- Focus on upper body positioning (top hand wrist roll, bottom hand soft grip, elbow length)
 1. Forward & Backward Reaches
 2. Forward & Backward Full Expansion of Reach

DEKES – 4 Lanes / 4-6 Lengths (no attack triangles, full-ice)

Focus on upper body positioning (set-up position between your feet before each deke)

1. Foot-to-Foot Deke w/Heel Stride & w/Lateral Step
2. Pull-Back Deke w/Feet Closed (pushing off your front foot)
3. Pull-in Push-out Deke w/Lateral Step
4. Fake Drop Deke w/Heel Stride & w/Lateral Step

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)