

SESSION #1



AURORA TIGERS ATOM AA

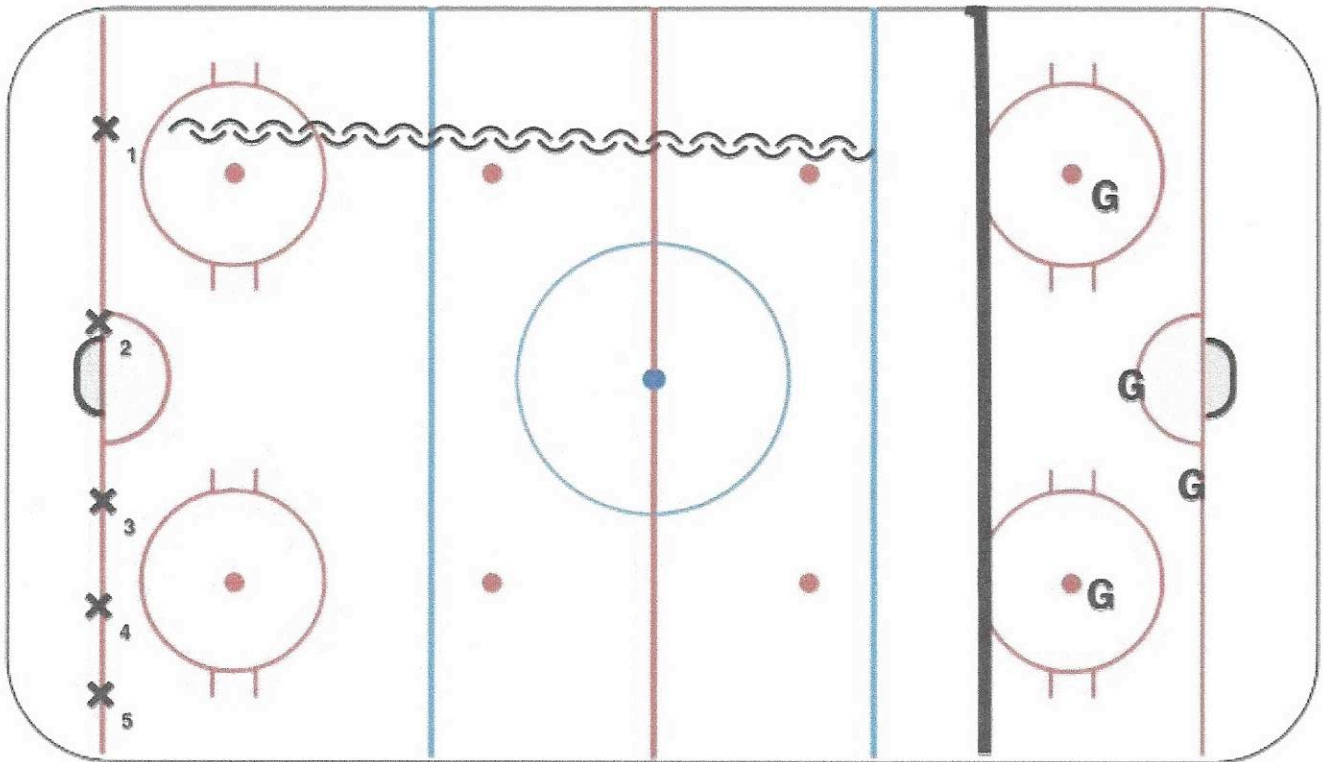
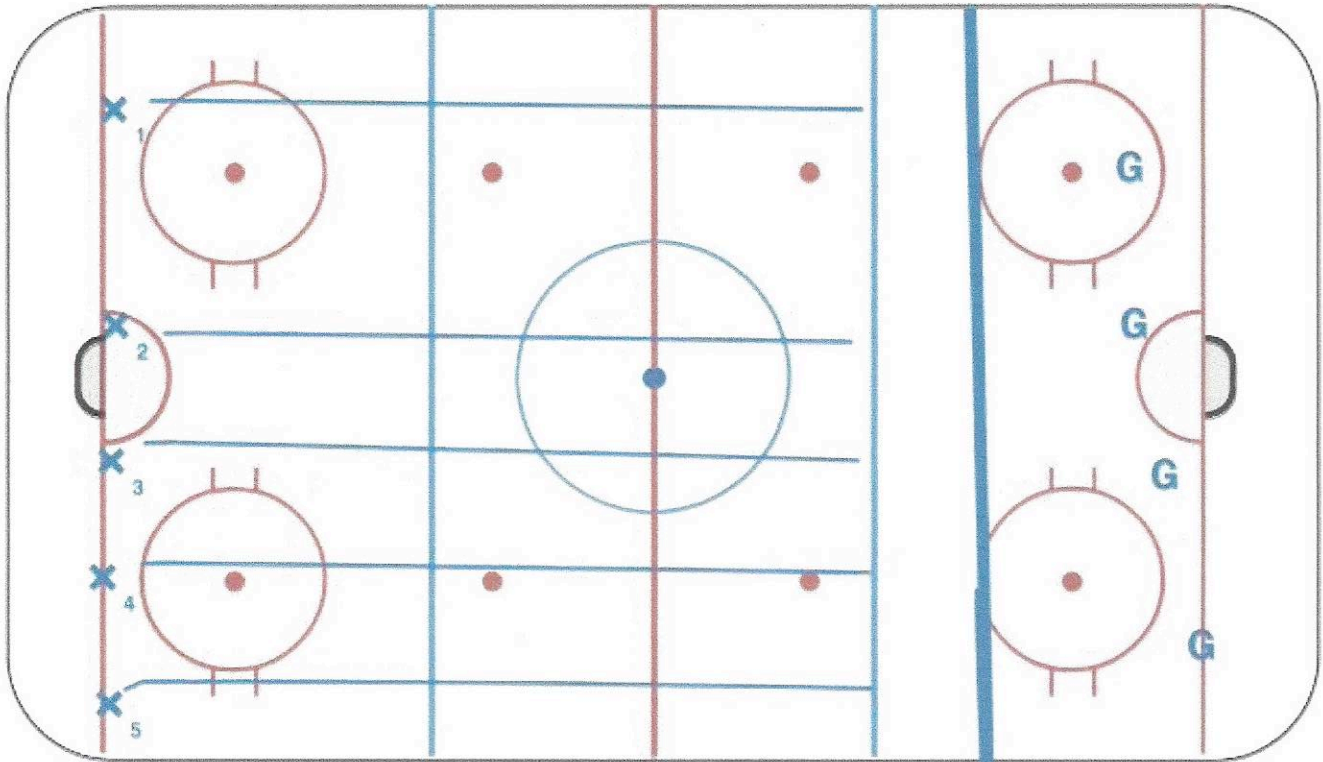
April 23, 2019

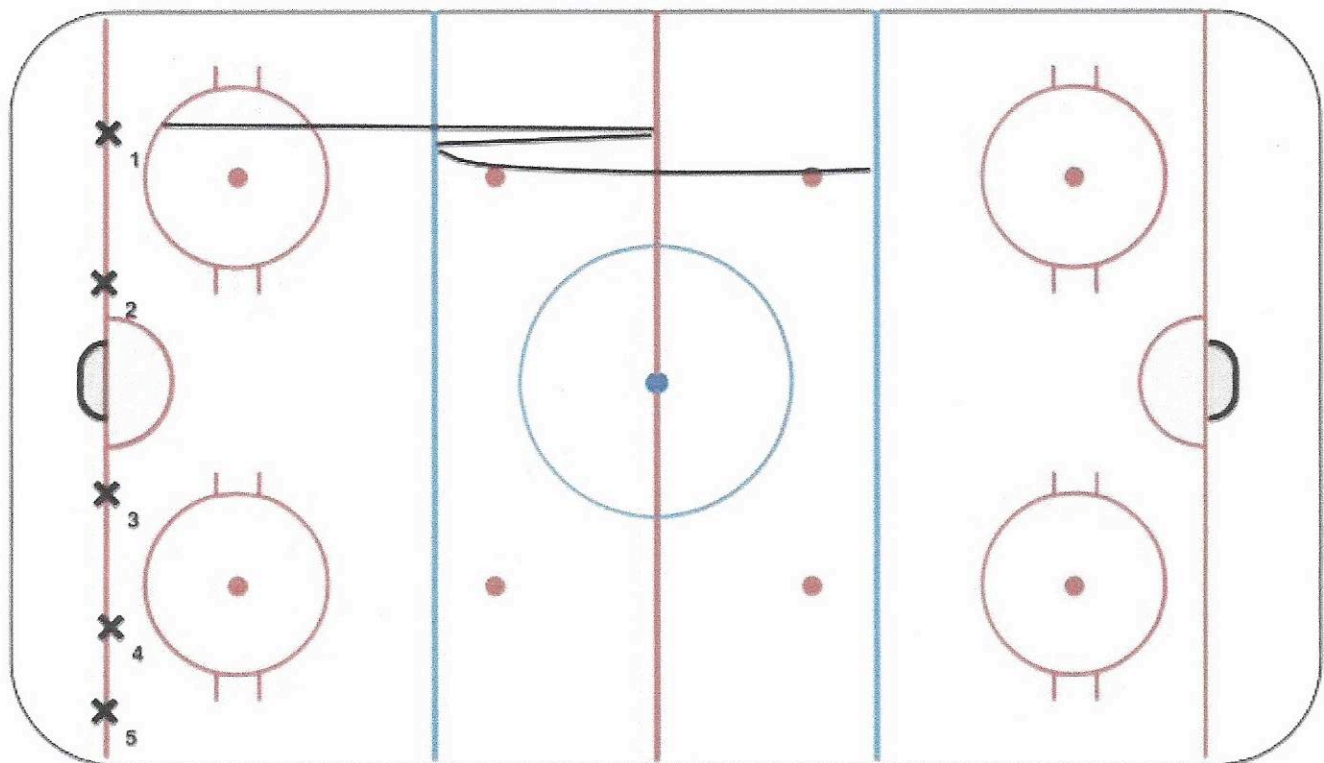
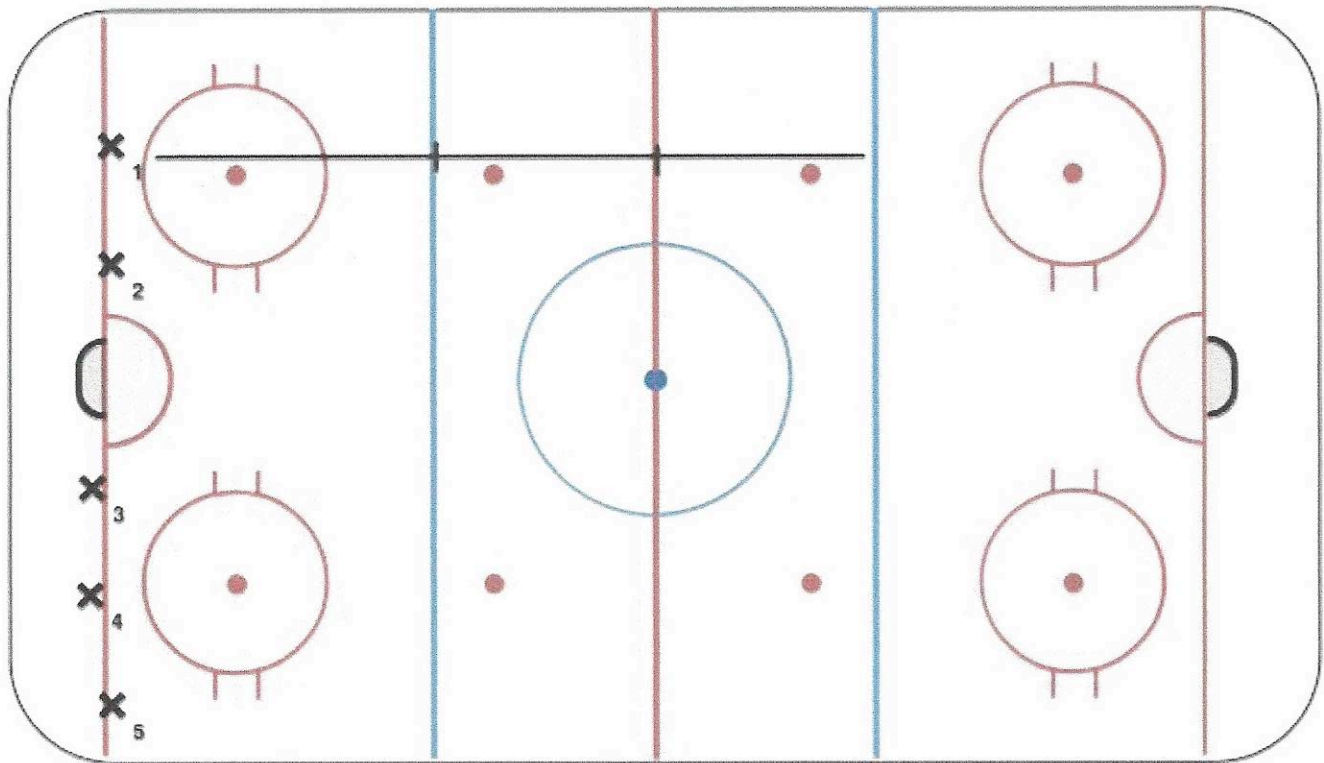
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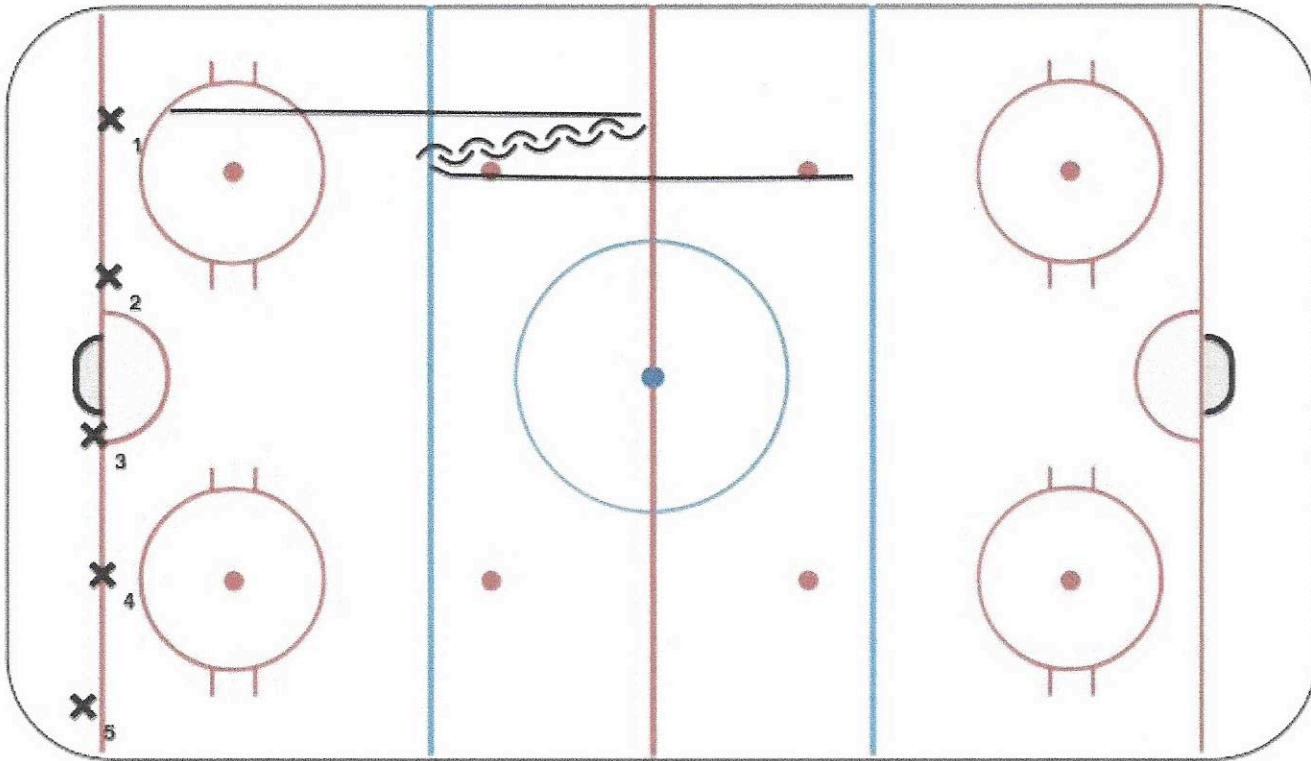
OVERVIEW TRYOUT #1

- 1) Warm Up -Time 5 Minutes- Light skate and stretch
- 2) Players to Bench for quick talk with Coaches, on ice staff can mark line of cones at top of face-off circles
- 3) Agility Skate-Time 30 Minutes. Skaters take 2/3rds of ice towards scoreboard end, Goalies take other end from top of circles down and 4 Nets for movement patterns and light shot work.
Players go through all progressions and then repeat with pucks.
- 4) Water Break (on ice coaches set cones up for Set Up 2)
- 5) Set Up 2- Time 10 Minutes skate and shots with 4 nets
- 6) Water Break (On ice coaches set up for 4 stations)
- 7) Station Work-Total Time 40 Minutes, rotate 10 minutes per station.
- 8) Cool Down -Time Permitting

Agility Skate 1







Description

Agility 1- Straight speed, Goal Line to Far Blue Line and stop.

Once all through, go Blue line to Goal Line.

Repeat 2 Times

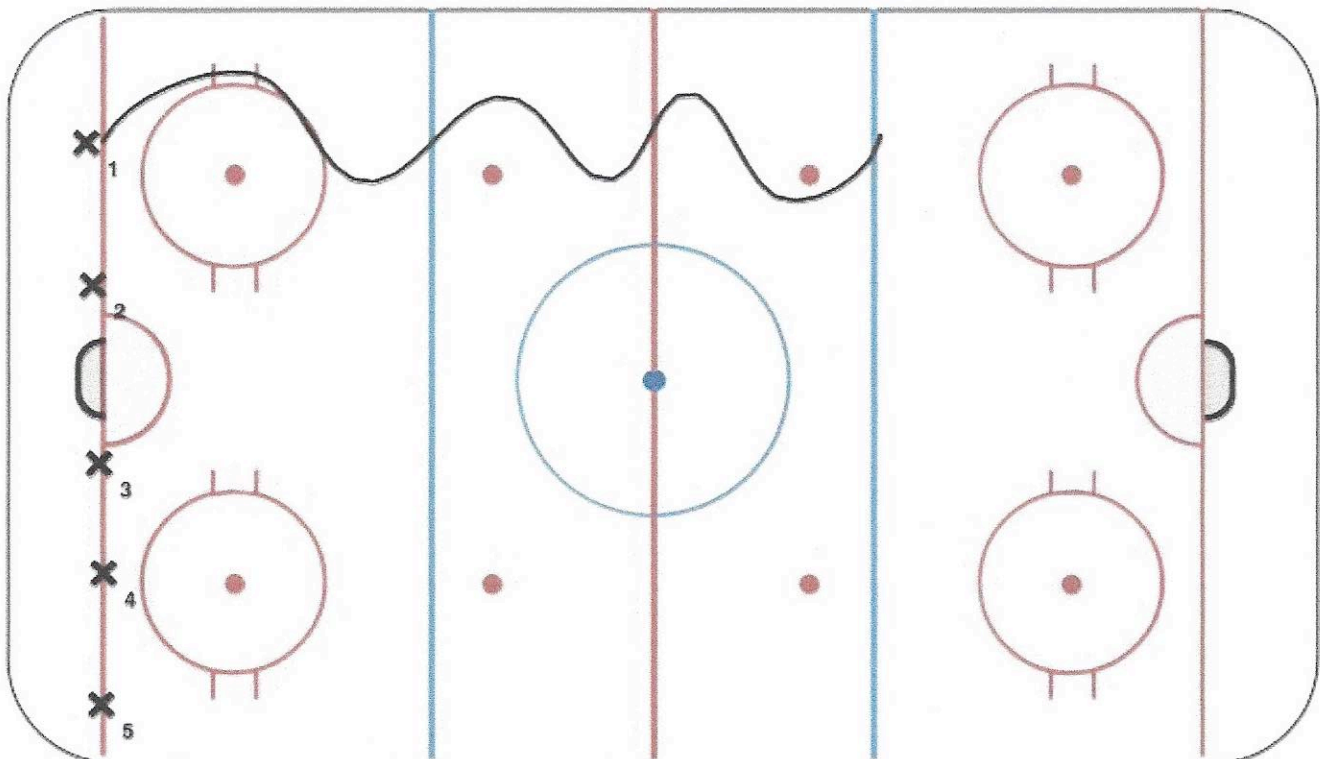
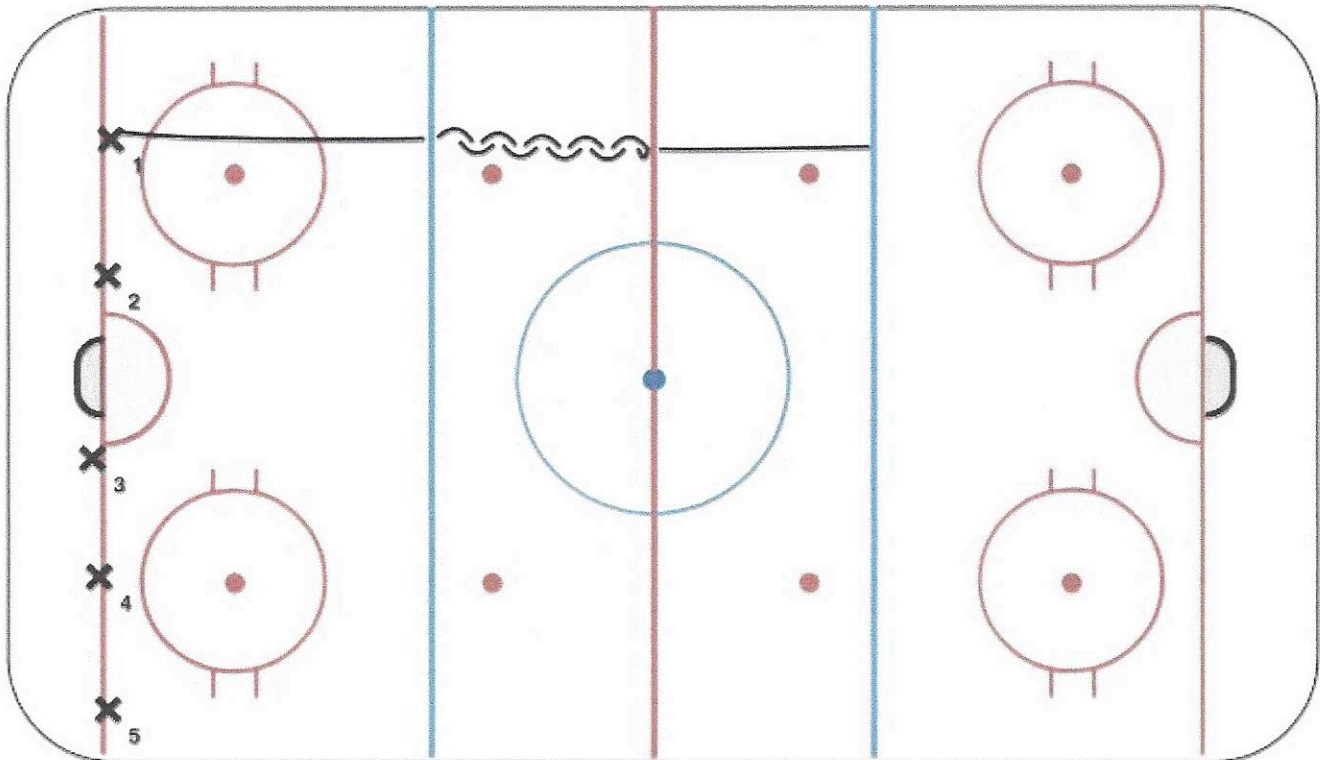
Agility 2- Backwards skating Goal Line to Blue Line. Repeat 4 times

Agility 3-Forward skating knee drop at blue Line and Red line (alternate knees)

Agility 4- Forward Skate to Red Line and Stop, Forward skate back to Blue Line and Stop, Forward skate to far Blue Line. (all stops facing stands)

Agility 5-Forward Skate to Red Line backwards back to blue line , forwards to far blue line

Agility 1 Continued



Description

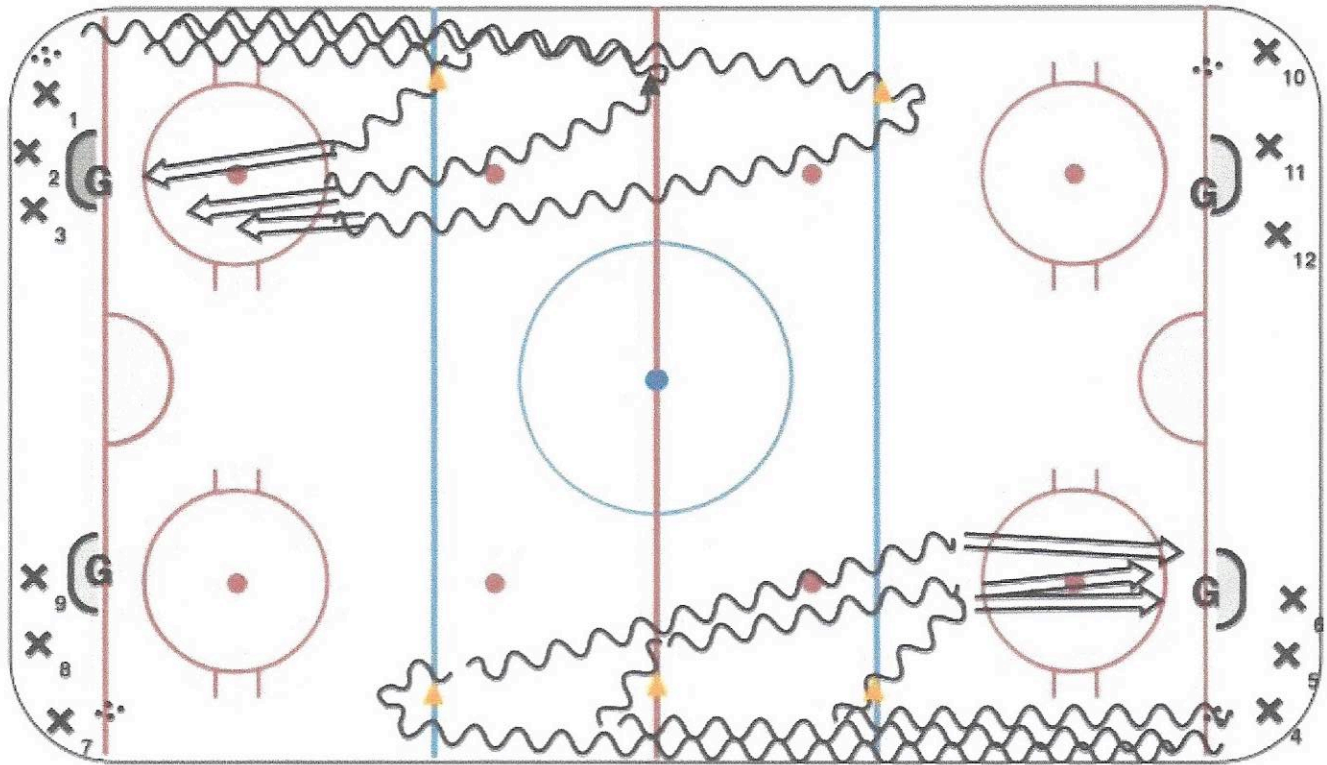
Diagram 1- Forward skate to blue pivot to backwards to red pivot to forwards

Diagram 2- Forward skate with 3 crossovers

RUN THROUGH ALL PROGRESSIONS AGAIN WITH PUCKS

WATER BREAK

Set up 2



Description

Run out of Diagonal Corners. 3 (6 total with other corner going simultaneously) Players leave at a time with puck.

- X1 tight turn around near cone in for shot from top of circle.
- X2 tight turn around middle cone in for shot from top of circle
- X3 tight turn around far cone in for shot from top of circle

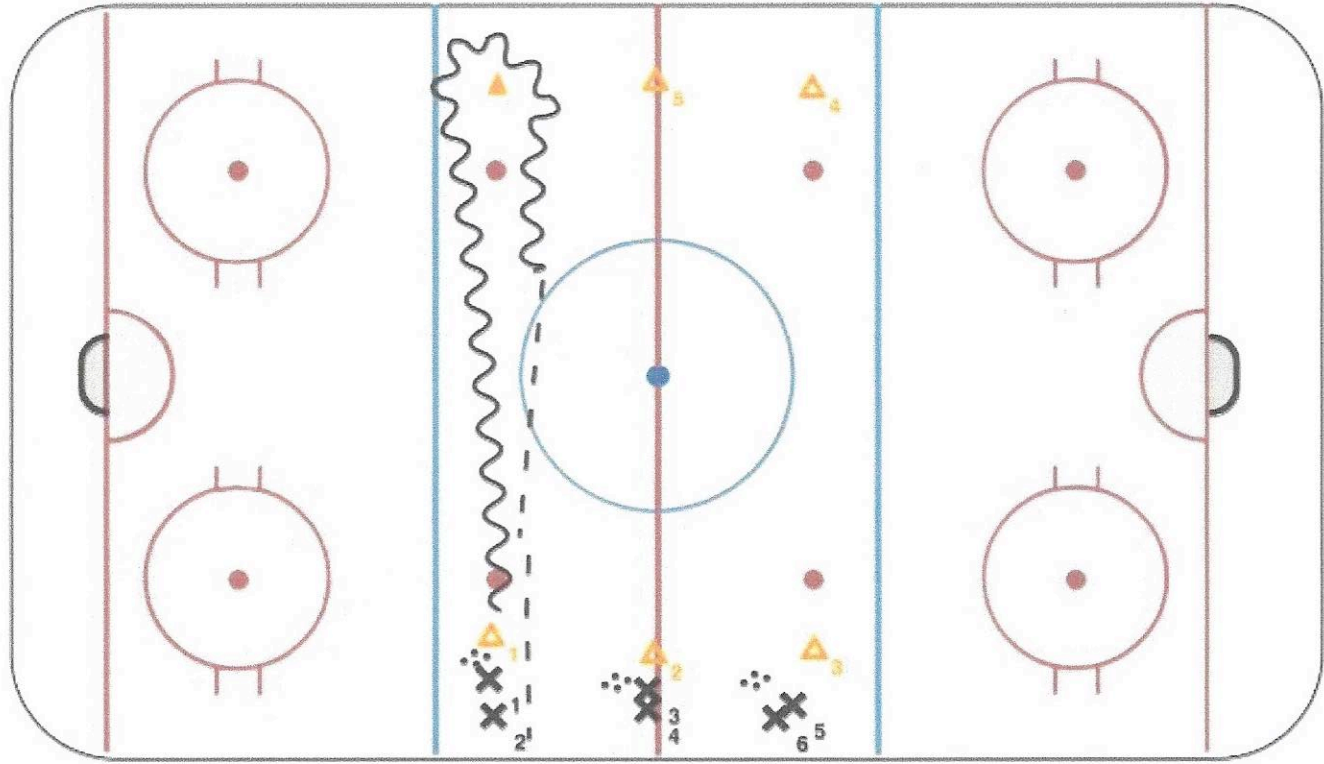
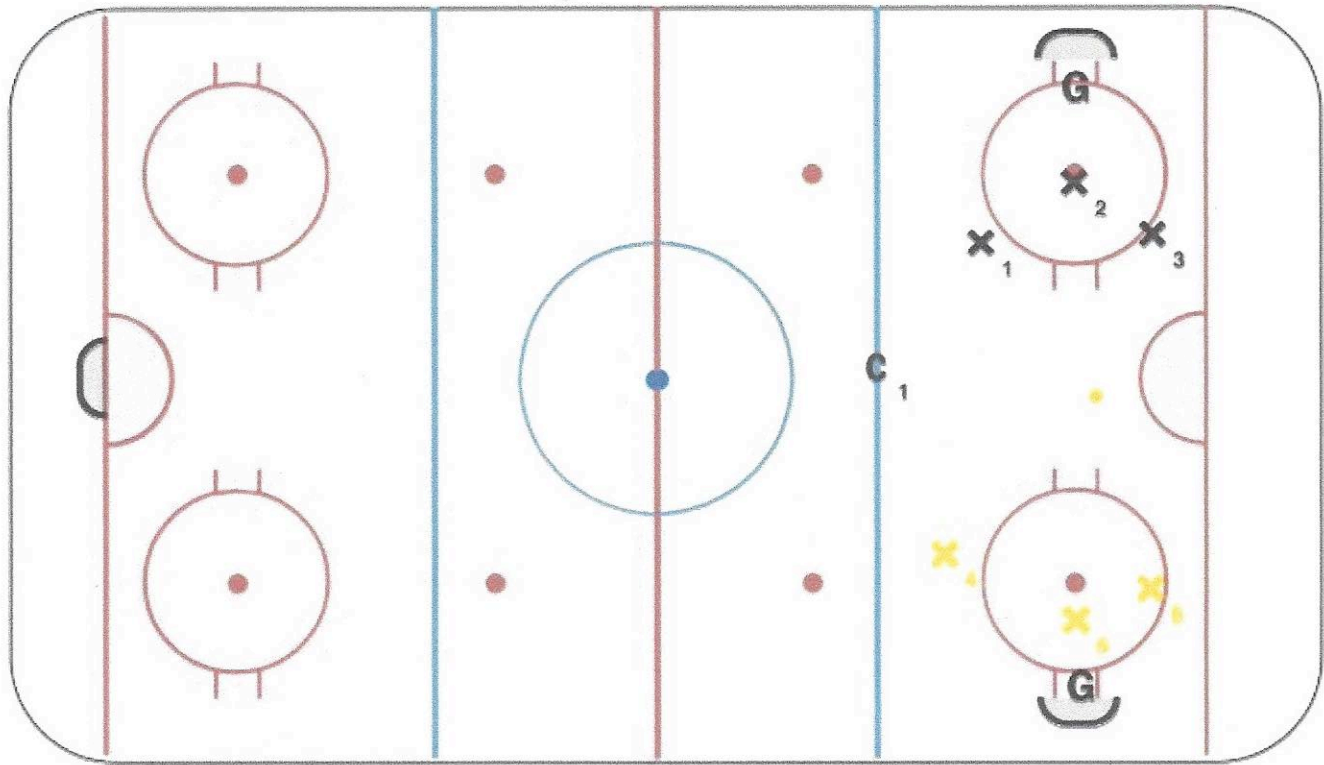
Players go to other corner same end after completion.

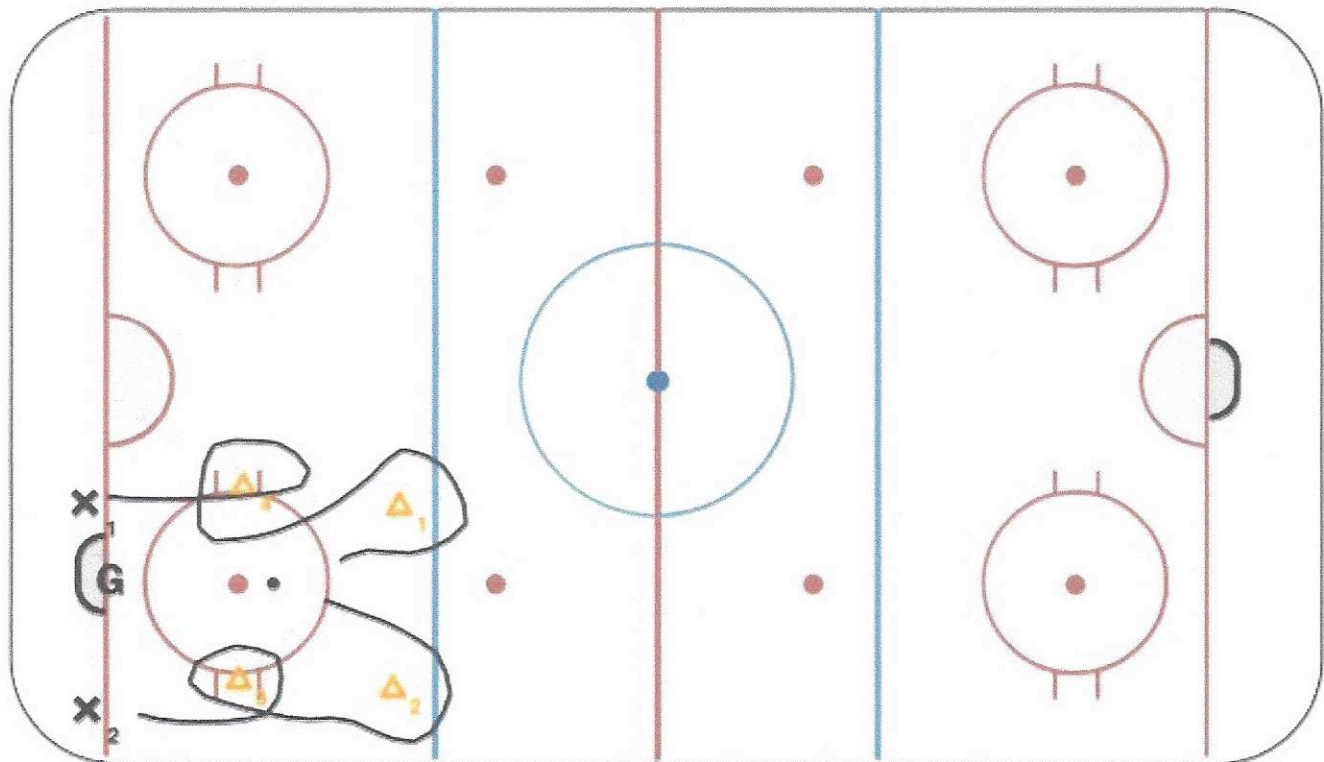
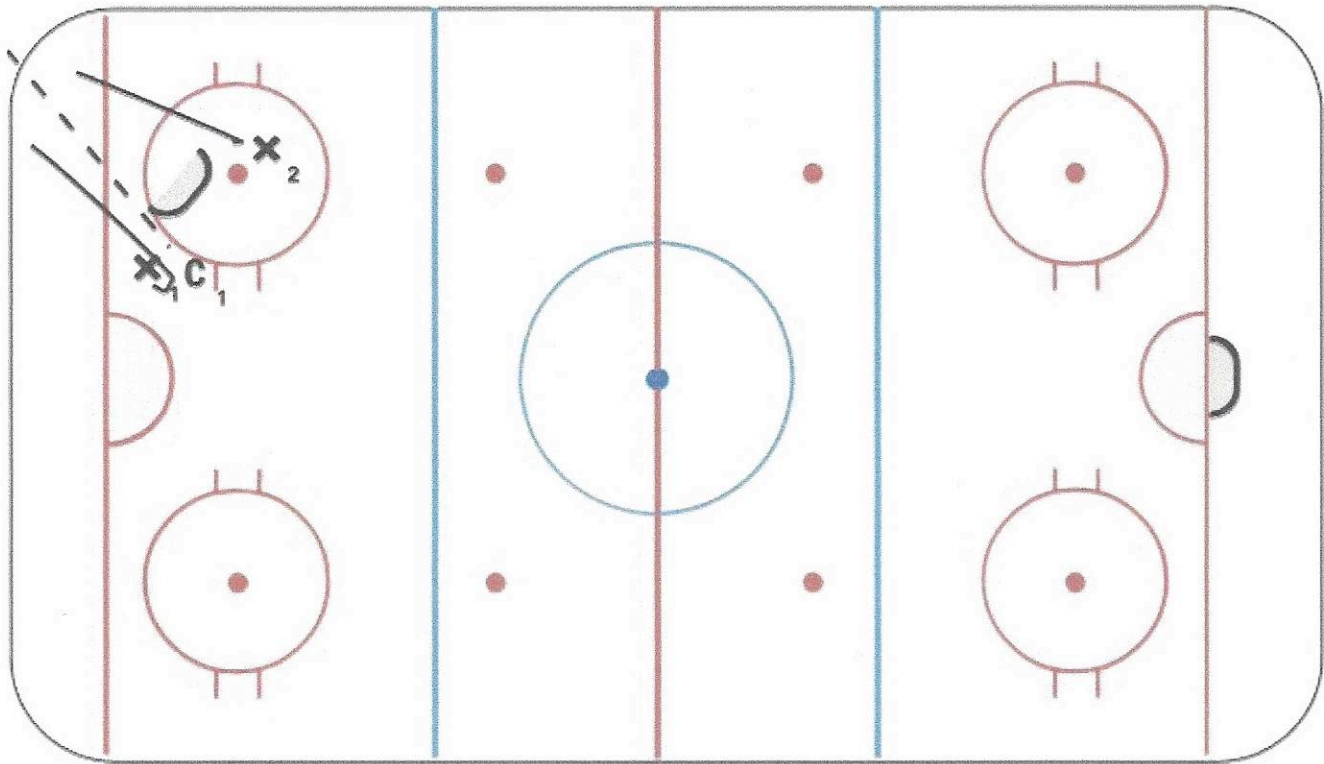
if running fast can progress to Mohawks around cones or 360

Tags: skating with puck, tight turn/edges with puck protection, shooting,

WATER BREAK

Stations





Description

STATION SET UP. 4 STATIONS 10 MINUTES PER STATION

Station 1- 3 V 3 CROSS ICE Coach Plays new puck in as needed.

Station 2- NEUTRAL ZONE SKATING AND PASSING STATION X1 skates with puck, tight turn around cone makes pass to x2 and rejoins line. x2 goes does the same. All lines going at once.

Progression-every 2 minutes, (aprox)

1. change direction of turn around cone
2. mohawk around cone
3. pivot to backwards halfway pivot to forwards around cone

Station 3- BASIC 1 V 1 CORNER BATTLE .Net facing corner in circle, coach dumps puck, players battle. Depending on numbers progression can be to 2 v 2

Station 4-PUCK RACE. 2 lines on goal line . On whistle, tight turn around cone, out and around far cone race for puck. Make sure players change lines after each heat. Change up direction of turn around first cone. Be sure both players racing are turning same way.