

SESSION #2



AURORA TIGERS ATOM AA
April 25, 2019
ACC#2

TRYOUT 2 OVERVIEW

5 minute warmup skate

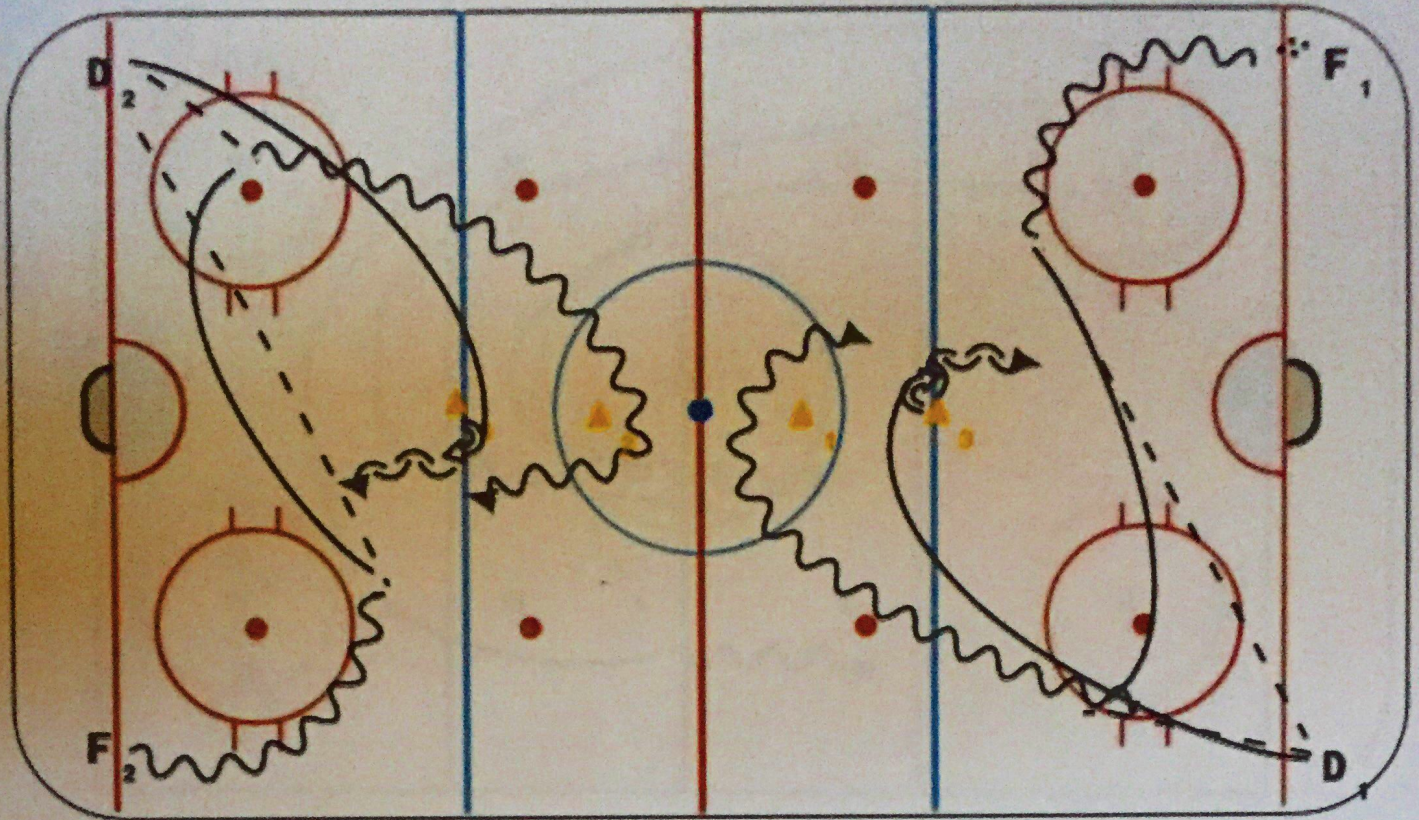
1 v 1 15 minutes (switch sides after 7)

Water Break

2 v 1 Carousel 15 minutes (switch sides after 7)

Full Scrimmage 45 minutes

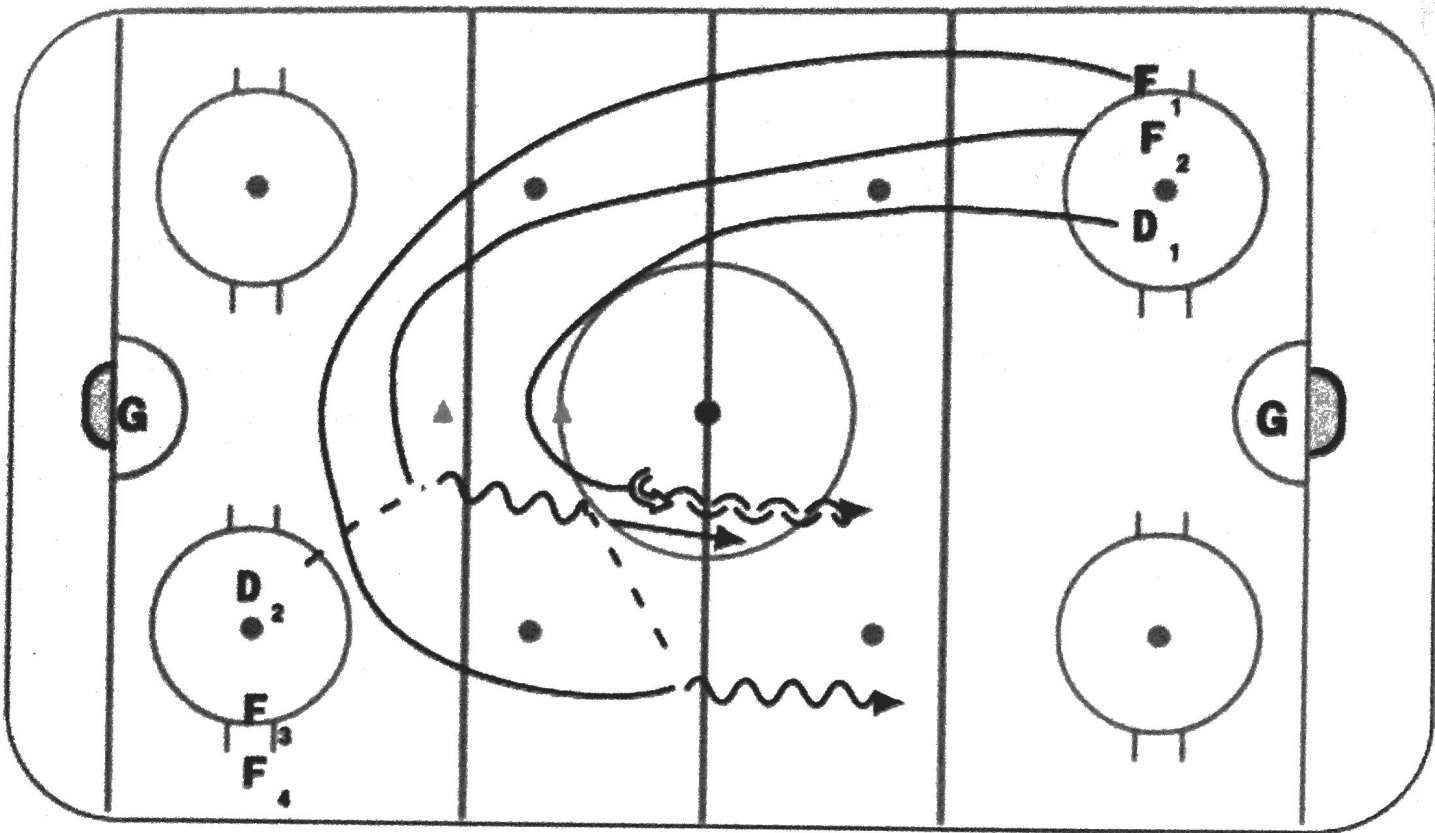
1 on 1



Description

- F skates out of corner around top of circle and passes to d in corner
- F continues and curls low for break out pass from D
- F skates with puck around high cone and comes back 1 v1
- D makes pass and tracks f up ice and pivots to backwards around low cone.

Carousel 2v1



Description

- F1 and F2 skate inside far blue line and curl back up ice
- D1 skates around high cone pivots to backwards
- D2 passes to F2
- F1 and F2 go 2 v 1 with D1
- After D2 makes pass D2 F3 and F4 perform the same pattern in the other direction