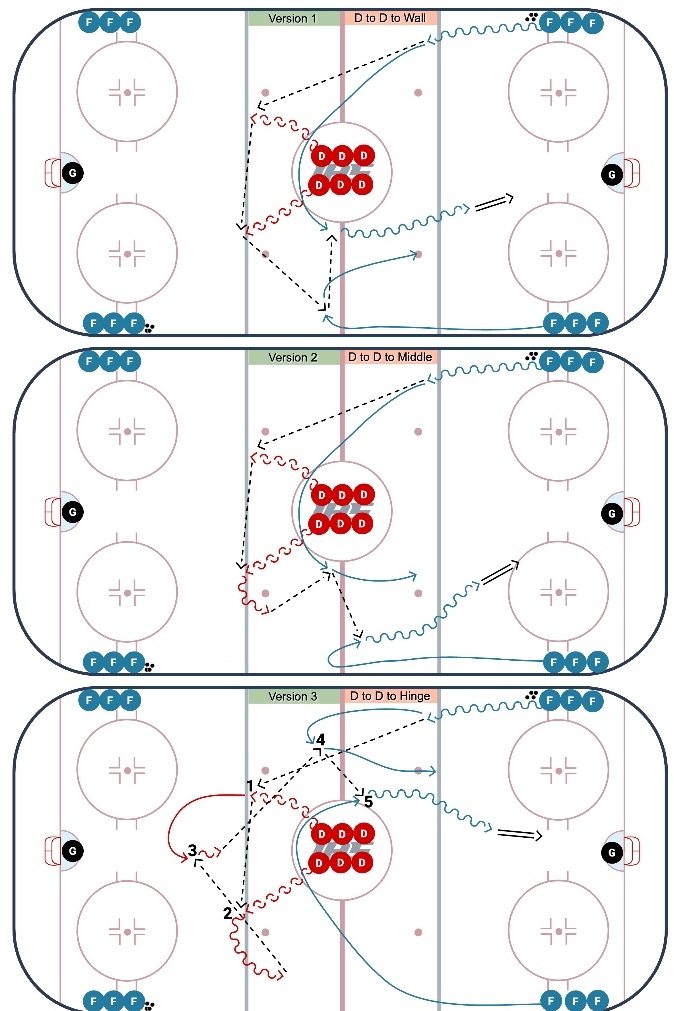


U13 AAA TRYOUTS - PHASE 1 PRACTICE 2



Saturday, September 12, 2026

DV3 Warm Up



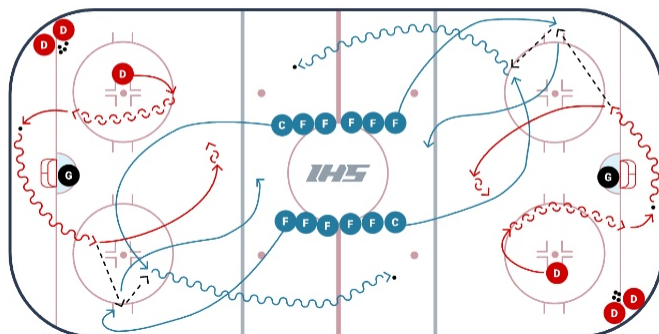
Station Number: Version 1 only

Coach's Notes:

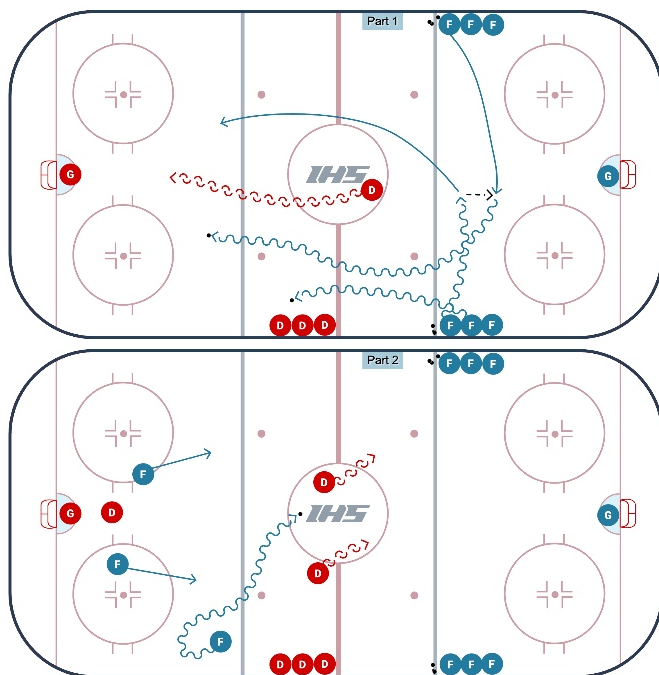
Defenseman are in the center ice circle and forwards are broken up into 4 groups in the corners as shown in the diagram. On the whistle, two defenseman jump out, and the forward with the puck passes to the defenseman, who goes D to D and passes the puck to the other forward coming up the boards. That forward passes to the forward who started the drill and is swinging through the middle. The forward enters the zone and takes a shot on net.

The D that makes the outlet pass can then follow up for a shot from the blueline.

3 V 0 Breakout To 2 V 1



Weak Side Attack

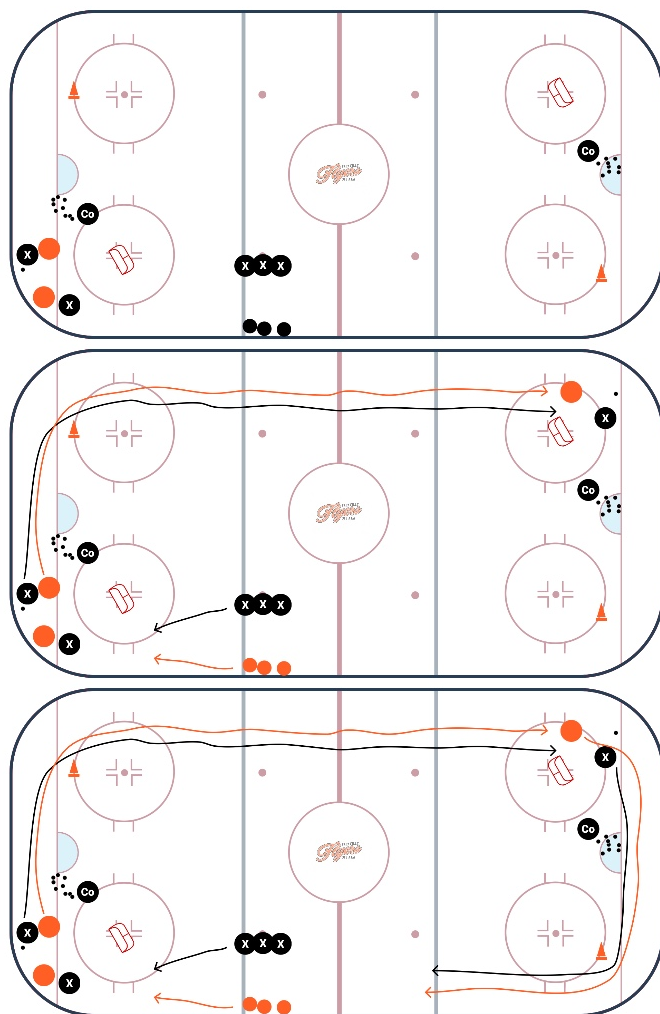


Coach's Notes:

Forwards are lined up on bluelines against the boards and defenders on center ice line against the boards. On the whistle, two forwards cross and exchange a puck and head up ice against a defender to create a 2 on 1. At the same time, a third forward leaves with a puck and slowly makes their way inside the blue line.

Part 2: On the next whistle, the 2 on 1 ends, and the second puck is now active. This forward is encouraged to attack the weak side to create time to allow their teammates to join them on the rush. Two new defenders step out at center ice, making this a 3 on 2 situation.

Corner Clash



Coach's Notes:

The drill starts with nets at each end, faceoff dots set in opposite corners. Coaches with pucks are positioned at the crease.

Four players begin in one end of the rink with the remaining players lined up outside the blue line.

First whistle:

The coach dumps a puck into the corner, starting a 2 v 2 battle.

Second whistle:

Two players leave the first corner and race to the opposite end, where a puck is waiting in the corner. These two players play a 1 v 1.

At the same time, two new players jump in to join the original corner, keeping it a 2 v 2 battle.

Third whistle:

The two players who have already completed their 2 v 2 shift leave that corner and go to the 1 v 1 corner.

The two players finishing the 1 v 1 race around the cone and out to the blue line.

Two new players join the 2 v 2 corner.

The drill continues on the whistle in continuous rotation.