



U11 Tryout 1 Skills

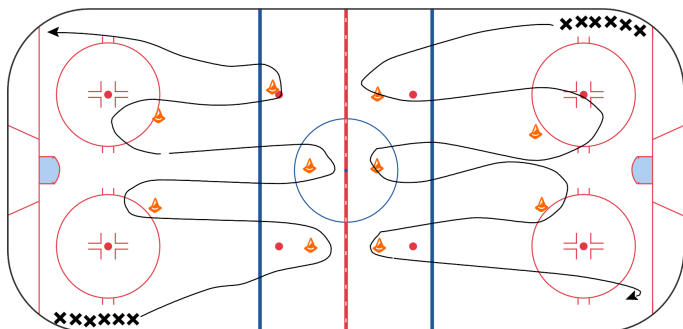
Date: Sep 17 2026

Time: 6:48 pm

Duration: 48 mins

"W" Skating Warmup

12 mins



"W" Skating Warmup

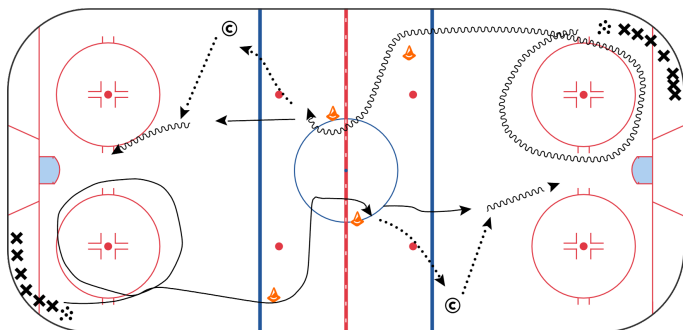
On the coaches whistle the first skater in each line will take off and complete the course skating forwards. Once that player reaches the first cone the next player will leave. Players will remain in the opposite corner once finished and then complete the course going the opposite direction. Players will complete the drill 2x on each side before switching to backwards and then finally pivots (always facing the far end).

Key Points

- Open Ice Skating/Speed
- Tight turns
- Backwards Skating
- Pivots

Overspeed with shot

12 mins



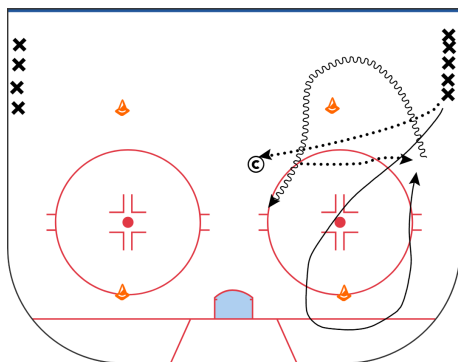
Players line up in opposite corners. On whistle the first player in line leaves with a puck. They complete a full circle, then weave through the neutral zone pylon. After turning at the last pylon the player will make a pass to the coach and continue skating to receive a pass back from the coach. The player then proceeds to take a shot on goal. Players will switch sides halfway through the drill.

Key Points

- Puck Control
- Turns
- Give and Go Passing
- Shot

Station 1 - Pass & Turn

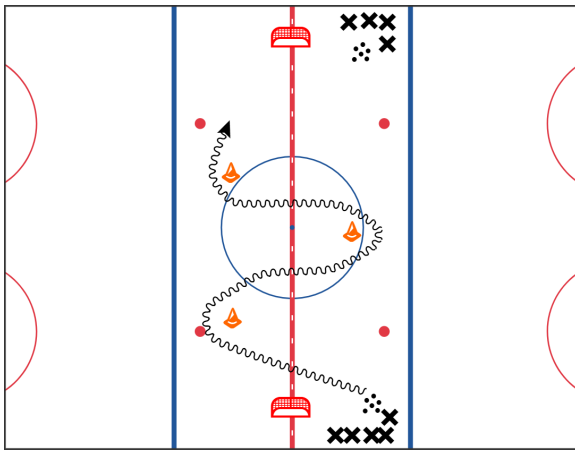
8 mins



Players will create two lines. One side will start the drill by passing the puck to the coach. As soon as the player makes the pass they will skate to the pylon and make a tight turn. The coach will return the puck and the player will perform a turn at the top pylon before taking a shot on the goalie. Once player 1 has made the turn at the top the opposite side will leave.

Station 2 - NZ weave & shoot

8 mins



Players will all line up on one side. 1st player will skate with a puck through the pylons finishing with a shot on goal. [No goalie] Once all players have gone will go back the opposite way.

Key Points

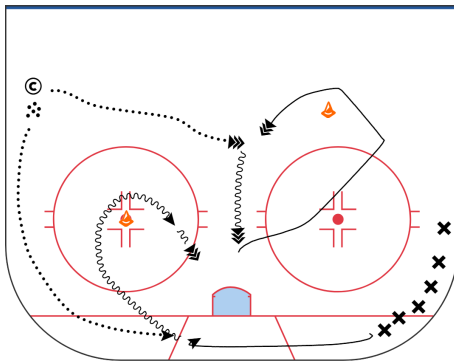
Puck Control

Speed

Shot

Station 3 - Rim Pick Up with 2nd shot

8 mins



Drill will start with the coach rimming a puck down the boards. 1st player will leave and meet the puck behind the net. Player will then bring the puck around the cone for a shot on net. After the shot the player will loop around the top cone and receive a 2nd pass for another shot on net.

Key Points

Picking up the puck off the boards

Quickly attack the net

Positioning to receive the 2nd pass.