



2024 EOAARA U19AA Tryouts

Skating Session
August 26th, 2024

Drill 1 (6 minutes)

FULL ICE WARM UP SKATE

- Athletes form 6 lines along the goal line facing down the ice
- On the whistle, athletes quick start forwards skating fast until they hear the next whistle
- On the next whistle, stop facing the benches, and quick start back the way they came from
- On the next whistle, stop facing the benches, and quick start in the opposite direction
- Repeat until coach says to skate through to the opposite goal line.

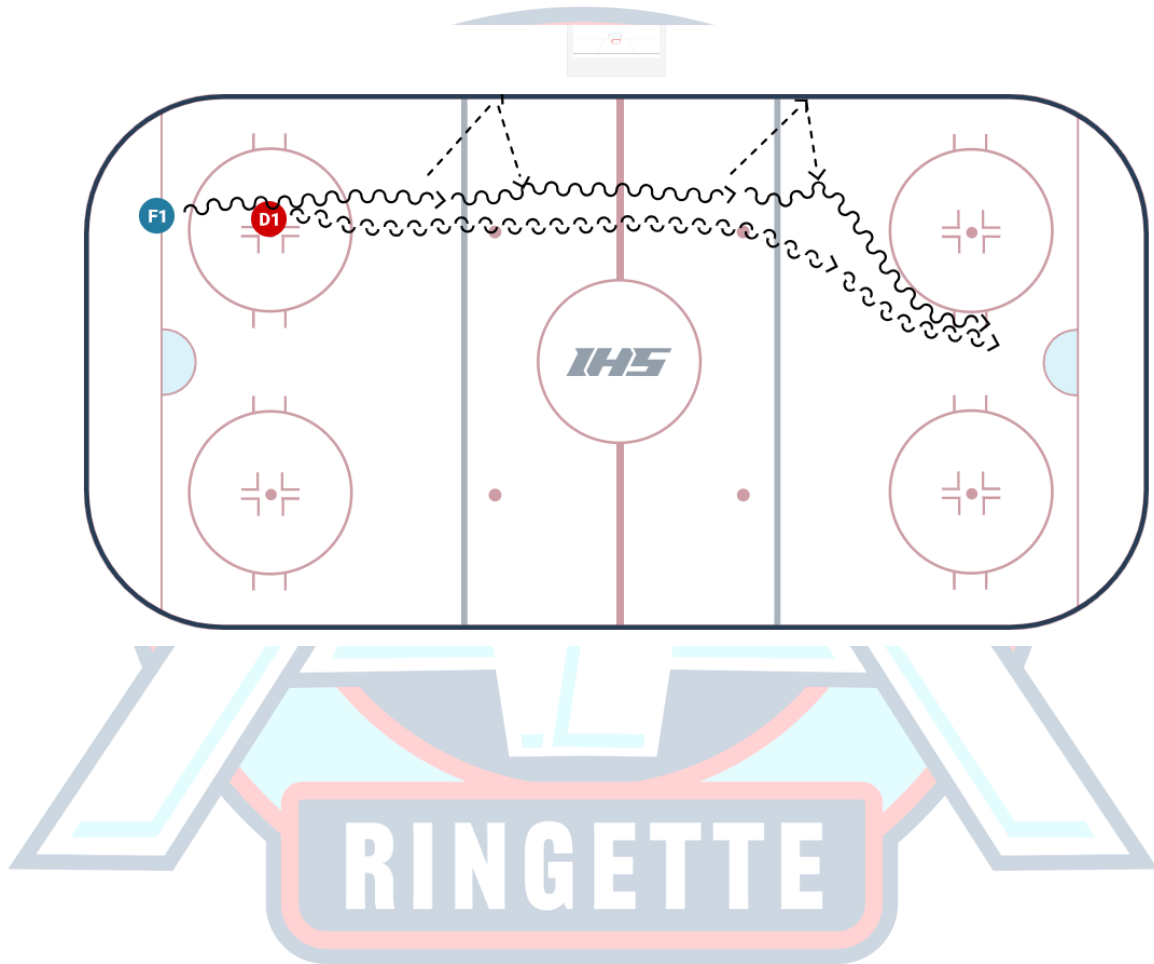
Drill 2 (10 minutes)

FULL ICE BACKWARDS SKATE DEFEND

- Group of athletes line up in opposite corners of the ice
- D1 = defence, starts in the middle of the small circle
- F1 = offence, starts with the ring on the goal line
- Coach blows the whistle
- F1 with the ring, skates forward down the ice (2 hands on stick) and makes a boards bounce pass to themselves at each blue line
- D1, does a backwards quick start, stays goal side inside down the ice with F1
- D1 is not allowed to touch the ring until the second board pass is complete
- Once F1 makes the last board pass to themselves, they drive to the net and shoot
- D1 to defend
- If D1 gets the ring after the 2nd board pass, they can shoot on the net and F1 must defend.

Key Component:

- The drill is happening at the same time in both corners, both corners go at the same time on the coach's whistle.
- In one end of the ice, Blue is the ring carrier, White is the defender, starting in the other end, White is the ring carrier, Blue is the defender.



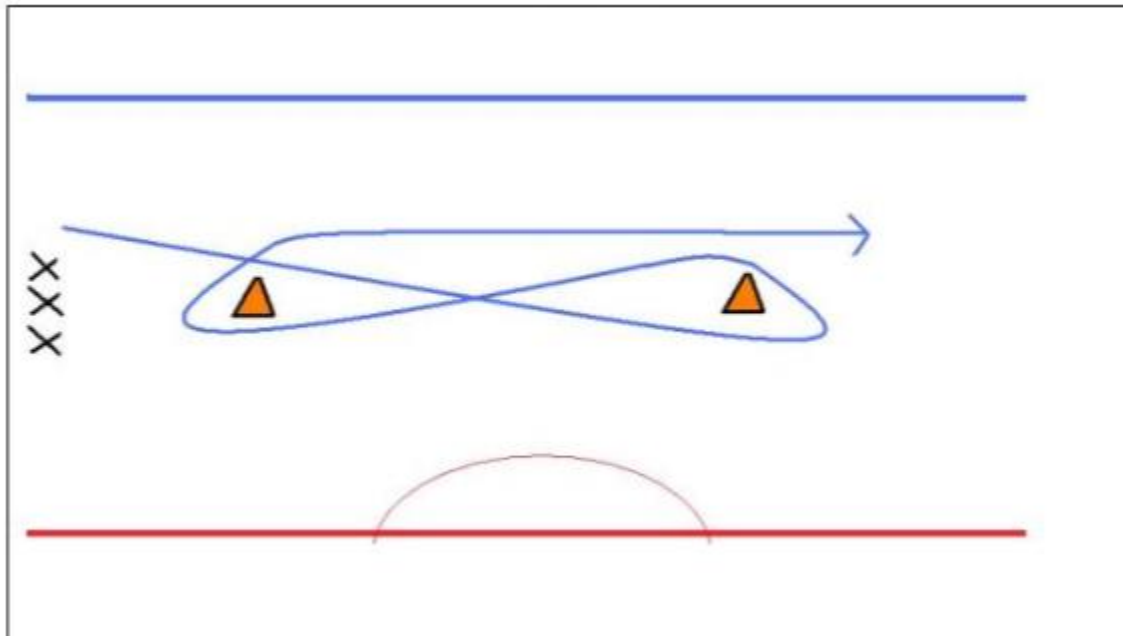
Drill 3 (8 minutes)

FIGURE 8 AND EXPLODE

- 2 pylons set up about 10 feet apart directly in front of the line of athletes
- First pylon set approximately 5 feet from athletes start position
- First athletes in line skates' forwards, doing a tight turn around the far pylon, making 1 cross over and then exploding to the closest pylon
- Athlete makes a tight turn around the next pylon going the opposite direction (completing the figure 8 pattern), cross over to explode out of the tight turn
- Progression to skate forwards, pivot backwards, skate backwards a few strides, open up halfway to skate forwards to the next cone, pivot backwards, skate backwards a few strides, open up the skate forwards

ATHLETES COMPLETE 2 REPS MINIMUM STARTING FROM THE LEFT SIDE OF THE CONE, AND THEN 2 REPS STARTING FROM THE RIGHT SIDE OF THE CONE (or more, at the discretion of on-ice coach and assessor requirements).

STATION #3 - FIGURE 8 AND EXPLODE

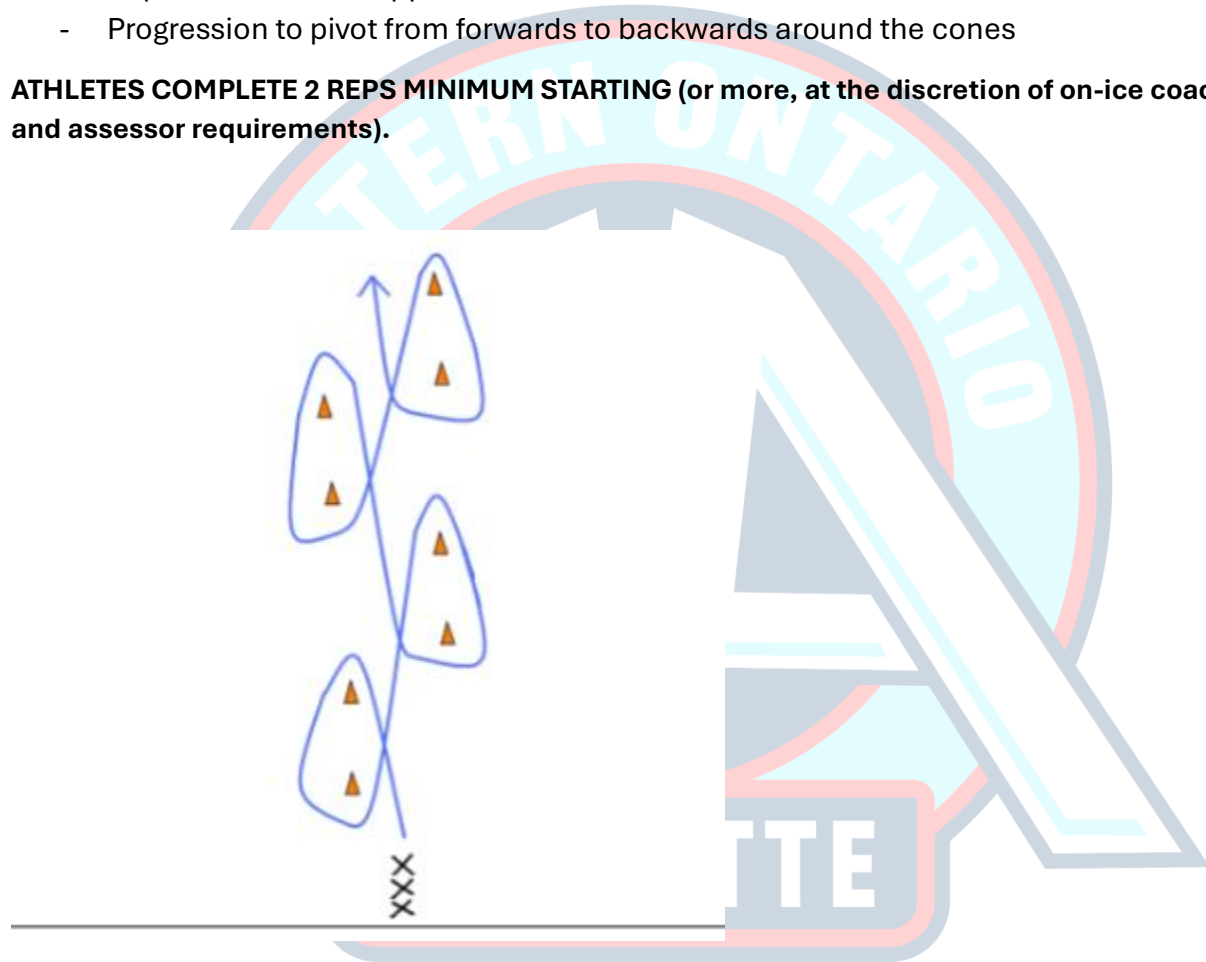


Drill 4 (8 minutes)

FERRIS WHEEL

- Pylons placed in group of 2, 4 feet apart. Groups of cones paced on alternating sides about 10 feet diagonally apart from one another
- Athletes skate up the center of the ice before reaching the first set of cones, tight turn around in a circle, explode forwards to next set of cones on the other side
- Repeat until on the opposite end
- Progression to pivot from forwards to backwards around the cones

ATHLETES COMPLETE 2 REPS MINIMUM STARTING (or more, at the discretion of on-ice coach and assessor requirements).

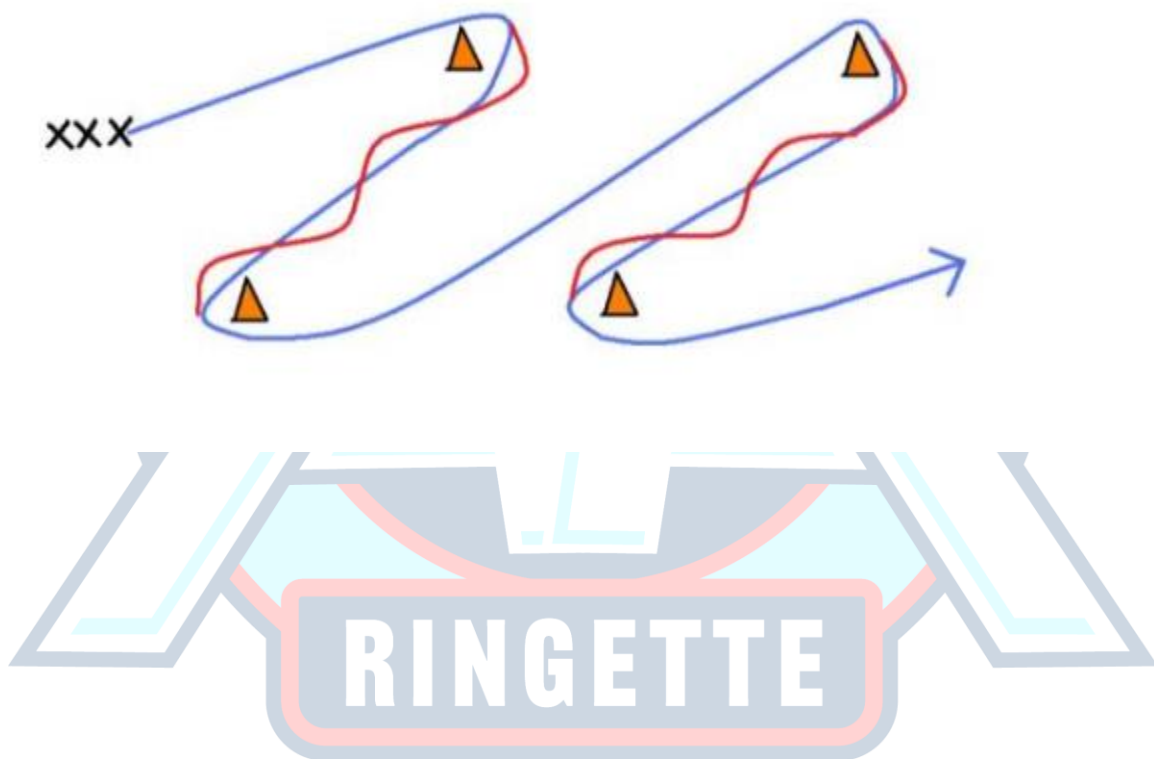


Drill 5 (8 minutes)

ROLLER COASTER TRANSITION

- 5 pylons set up in a zig zag pattern up the ice with each pylon being 10 feet apart
- Athlete open hip quick start to skate to first pylon,
- pivot backwards and skate backwards to the next cone
- Transition forwards to next cone etc.....

ATHLETES COMPLETE 2 REPS MINIMUM CONES WILL BE ADJUSTED AFTER 2 REPS FOR PIVOTS FROM THE OTHER SIDE (or more, at the discretion of on-ice coach and assessor requirements).



Drill 6 (8 minutes)

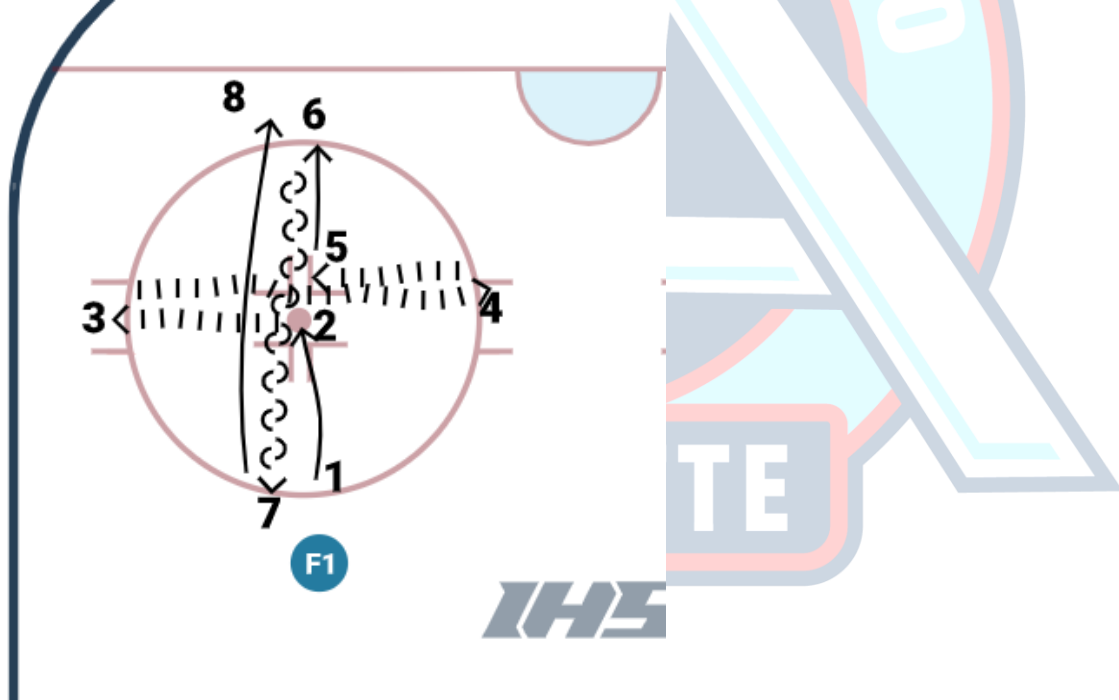
CIRCLE AGILITY

- Athletes start at edge of circle
- Open hip quick start to middle of circle dot. Stop
- Quick feet cross overs steps to the left edge of the circle, stop
- Quick feet crossovers to the right edge of the circle stop
- Quick feet crossovers to the left, stop in the middle of the circle
- Explode forwards to the edge of the circle, stop
- Skate backwards to the bottom edge of the circle, stop
- Explode forwards to the top of the circle

ATHLETES COMPLETE 2 REPS MINIMUM (or more, at the discretion of on-ice coach and assessor requirements)

Important Note:

- Shoulders, toes, to stay square when doing the quick feet crossovers



Note that the coaching staff will attempt to execute all of these drills the same for each ice session so that each athlete has the same opportunities to showcase their skating skills.