

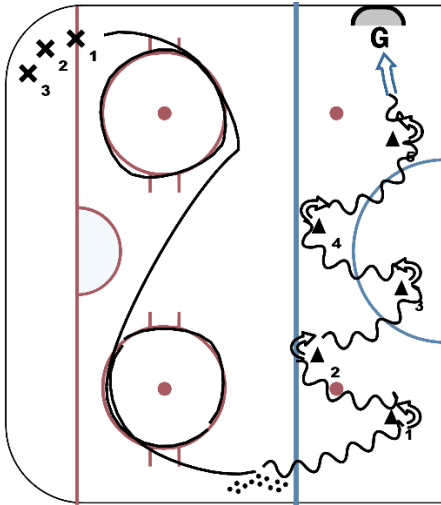
U10A Sting tryouts – Skills session

Total time: 50 minutes

Stations 1 (24 mins. total)

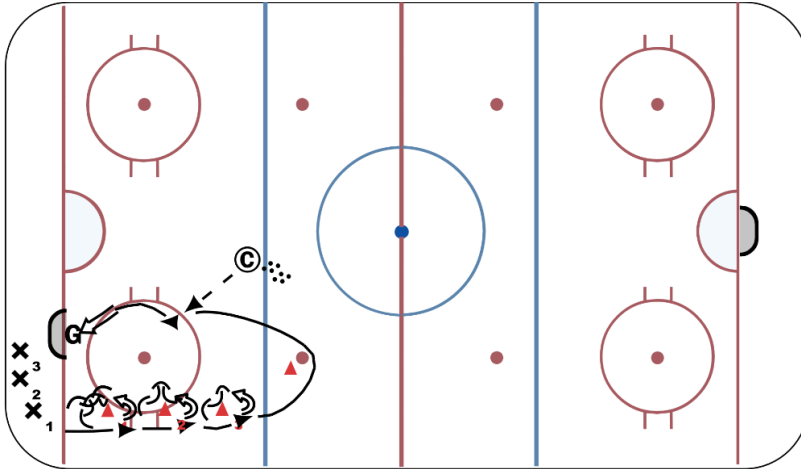
Station 1: Crossovers & tight turns (skating, puck control, shot)

- Zig zag cone formation between blue and red lines (5 cones total). All players start in same corner. Pucks at opposite blue line.
- Begin with F crossovers around the face-off circles.
- After second circle, pick up a puck, enter to neutral zone and complete two-foot tight turns around cones.
- Finish with a shot on net.
- After 2-3 reps per player, switch to backward crossovers.



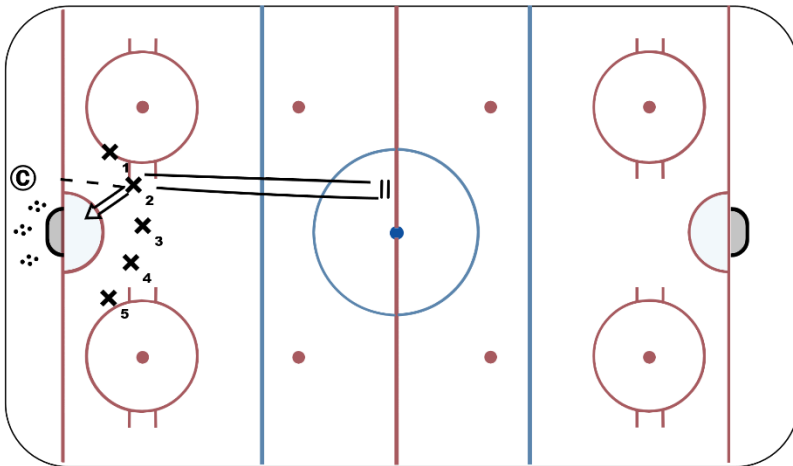
Station 2: Three-cone agility (skating, shot, passing) NET OFFSET

- X1 leaves the corner, pivots (outside-inside) backwards, back to forwards and repeats around two other cones.
- After final cone, loops around cone on the offside face-off dot, receives pass from coach and goes in for shot.
- After 2-3 reps for each player, change pivot to inside-outside.



Station 3: Half-circle, shot, skate (skating, shot, passing) NET OFFSET

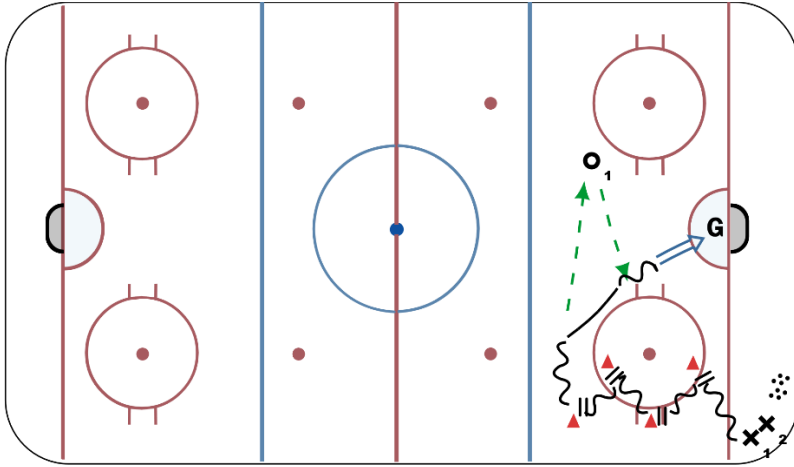
- Players in half circle around the net, coach with pucks behind/to the side of the net.
- Receive pass from coach and get quick/hard shot on net.
- After taking the shot, skate as fast as you can to the red line, stop and hard back to position.
- Regularly rotate shooting positions.



Stations 2 (24 mins. total)

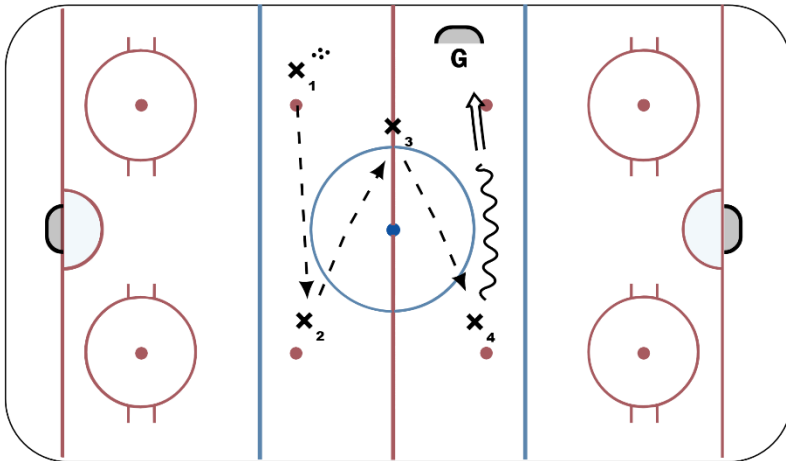
Station 1: Puck control, give/go (skating, puck control, shot, passing)

- X starts with puck from corner, O (or coach) in high slot offset.
- X does two-foot stops at each cone before completing a give-and-go with O and going in for a shot.
- X becomes O, O goes to back on the line (adjust if coach is high slot passer).
- After 2-3 reps per player, switch to tight turns around the cones.



Station 2: Pass & follow (skating, shot, passing)

- X1 starts drill by making a pass to X2. X1 then follow's his/her pass and takes X2's position.
- X2 passes to X3 and so on...
- When X4 receives the pass, takes a couple of quick strides and shoots on net.



Station 3: Transition skating (skating, shot, passing)

- Players in both corners, cones in a V pattern. Alternate sides to allow goalie(s) to reset.
- First player leaves and pivots around the top cone (cone 1), skates backwards to the bottom cone (cone 2), pivots forwards and skates around cone 3.
- He/she receives a pass from the coach and takes a shot on net.
- Switch lines/corners after each rep.

