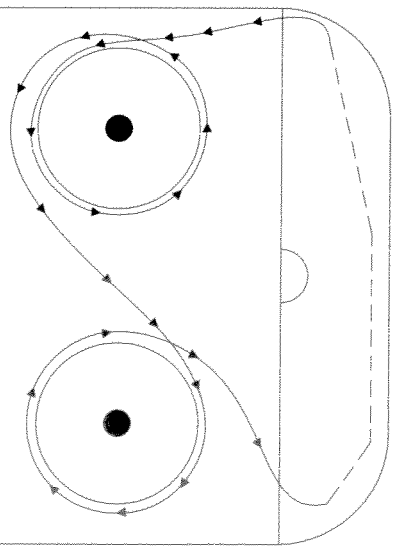


2010-11 U10-U12 TRYOUT DRILLS

STATION #1

CROSSOVERS:

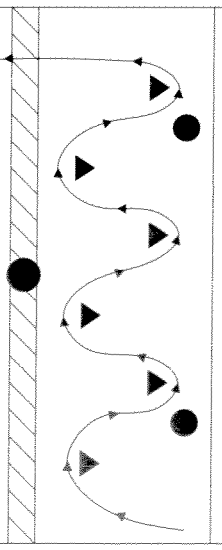
- FORWARD CROSSOVERS (6 MIN)
- BACKWARD CROSSOVERS (6 MIN)
- WITH PIVOT
- FORWARD WITH A PUCK (6 MIN)



STATION #2

STOPS & TURNS:

- FORWARD STOPS (6 MIN)
- FORWARD POWER TURNS (6 MIN)
- FORWARD WITH A PUCK (6 MIN)

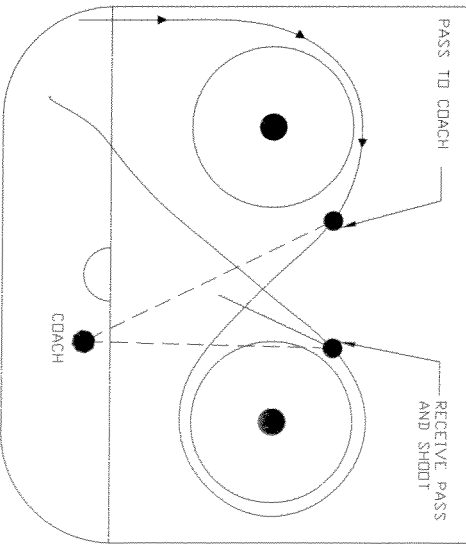


STATION #3

PASSING & SHOOTING:

- FORWARD WITH PUCK, PASS TO COACH, CONTINUE SKATING AROUND CIRCLE, CATCH PASS FROM COACH AND SHOOT.

(9 MIN EACH CORNER)



NOTES:

EACH STATION WILL BE ROTATED EVERY 18 MINUTES.