



Tornado's Edge

**Basic Drill Plan
11-12 Year Old**



Basic Drill Plan for 11-12 Year Old

Drill Duration: 8 Minutes

Purpose: Basic drill plan to re-enforce the basics. Suitable as an introduction to the Tornado's Edge trainer.

Guide

- Create station for Tornado's Edge and treat as any other drill in your practice
- Put similar skill leveled players together.
- If one of the kids gets excessively rough by running into others, take them off the trainer. That behavior will stop immediately. Young kids really enjoy using the trainer. They won't like getting bumped.
- Watch the arm height of the trainer during the drill. Re-adjust if not according to suggested height.
- You can encourage good behaviour by giving trainer time as an incentive.
- It is not about speed, it is about proper technique. Slow them down.

Instructions

All Drills are One Handed

Forwards

1. C-cuts, full extension, low, both directions **1 min**
2. Bubbles exaggerated outside edge, over under, both directions **1 min**
3. Crossovers with instruction (exaggerated motion), both directions **1 min**

Backwards

4. C-cuts, full extension, low, both directions **1 min**
5. Bubbles exaggerated outside edge, over under, both directions **1 min**
6. Crossovers with instruction (exaggerated motion), both directions **1 min**
7. Undercuts, both directions **1 min**
8. Crosby's, Mohawks, both directions **1 min**
9. T-Stops, change direction **1 min**

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