

U13 AAA PHASE 1 TRYOUTS

Saturday, September 12, 2026

Tryout Skate

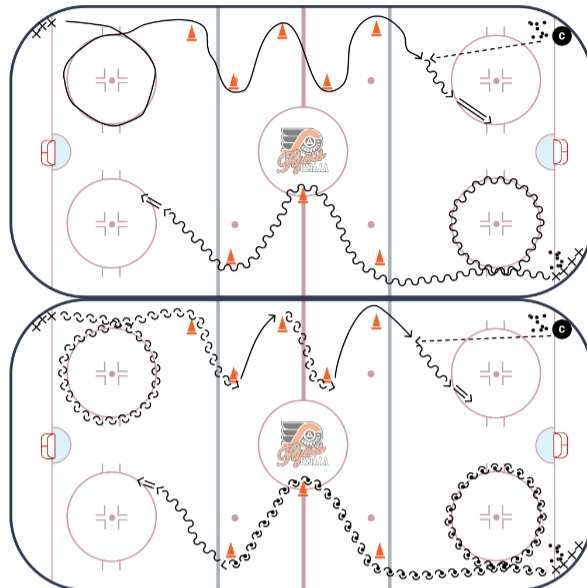
Details:

Forward Groups

- On the side with 5 cones, players go without a puck, doing a full circle of crossovers, players then weave through the cones receiving a pass from the coach after the last cone, going in for a shot.
- On the side with 3 cones, players leave with a puck, doing a full circle of crossovers, they proceed through the 3 cones end with a shot on net

Defense Groups

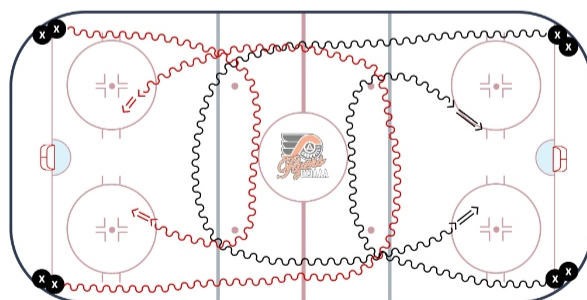
- On the side with 5 cones, players go without a puck, starting backwards they will do a full circle of crossovers, players then weave through the cones transitioning from forward to backwards, after the 4 cone players will remain forwards, receiving a pass from the coach, going in for a shot.
- On the side with 3 cones, players leave backwards with a puck, doing a full circle of crossovers, they proceed through the 3 cones pivoting at the last cone, going in forward for a shot on net



High/Low - Warm Up

Details:

All four corners leave at the same time, opposite corner with go "High" around the 4 faceoff dots back in to the end they left for a shot. The other two corners will go around the close set of faceoff dots and in for a shot from the end they left.

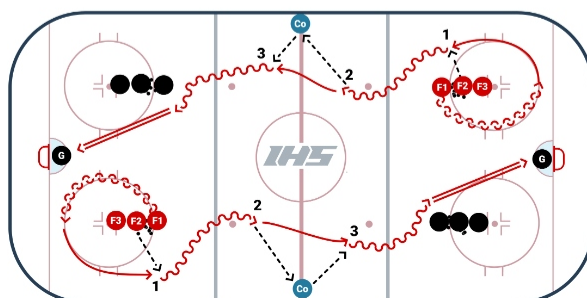


Around The Circle Progression Drill

Details:

Around The Circle Progression Drill: Part 1, 2 and 3 from [Topher Scott](#) is a great drill for the beginning of practice to get the hands and feet warmed up!

Part # 1 Setup



- Players line up evenly in the d-zone faceoff circles.
- On the whistle, the first player in line (F1) skates backwards around the circle and then pivots when they reach the bottom of the circle to begin skating forwards.
- They receive a pass (Pass # 1) from the next player in line (F2).
- They then skate with the puck full speed crossing over in the neutral ice.
- They then pass the puck (Pass # 2) to the coach who quickly gives it back to them (Pass # 3).
- The player then skates down the ice full speed and uses the players in line as an object to pull or push the puck and shoot around.

Watch the video above or view the diagrams below for Part 2 & Part 3 setup.

Mackenzie Outlet

