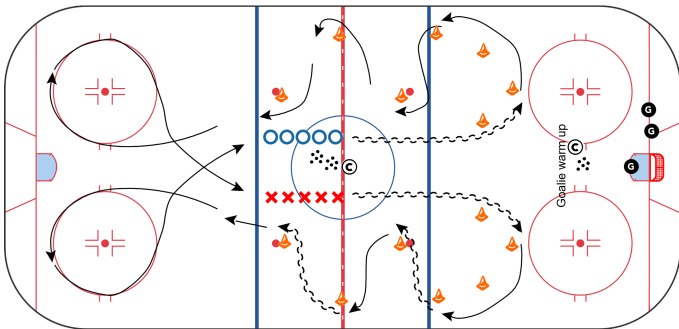


U13 / U15 Tryout #1 -50 min skills

Duration: 48 mins

Howie's Warm up -2

12 mins



This drill starts with players in two parallel lines on each side of the coach on the Red line.

- On the first whistle, one skater from each side skates Backwards and crosses over below the pylon and pivot forward to where the blue line and boards meet.
- Skater will weave the Neutral zone cones using tight turns and progression will be fwd to bkwd pivots.
- Finally upon exiting the 2nd blueline, players will then crossover the low face-off circle before getting back in line the opposite line.

Once the first skaters hit the blue line, the coach can send the next two players in line.

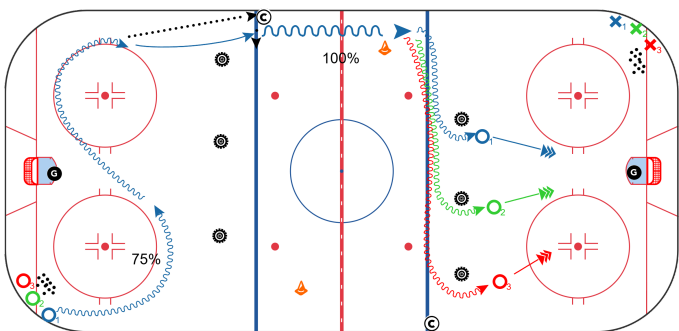
3-4 Reps with no puck , 3-4 Reps with pucks.

Key Points

- Big C Cut thrusts to start the Backwards Skating.
- Good use of edges
- Quality transitions, optimally maintaining speed FWD to BW and vice versa.
- Effortless puck handling
- Powerful crossovers around circle

Full Ice Overspeed

10 mins



- Both Corners at same time.
 - 1,2 & 3 will stagger start (leave when previous skater hits top of circle) and skate the route outlined.
 - speed of 75% around the turns, increasing to 100% on straightaway.
 - when reaching far blueline, players will straddle line to execute respective shooting paths.
 - Shots should be immediately after passing tire (Ringette line)
- Switch corners halfway to have shooters come from both sides.

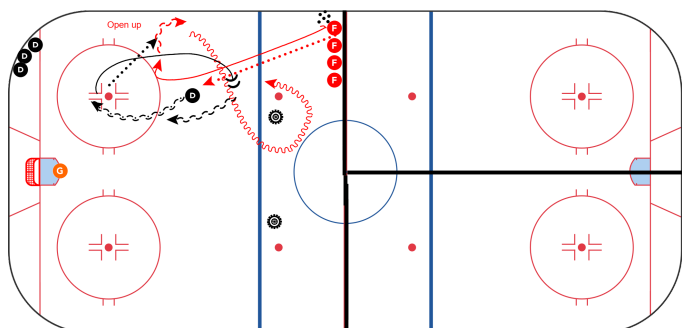
Key Points

Evaluation Keys:

- underhandle the puck
- One hand carry on straightaway
- Get shot ready as you enter your lane

1 vs 1 - VW Tryout

13 mins



- On whistle **F 1** passes to **D 1** and then skates toward **D 1** before conducting an open up towards boards for a return breakout pass.
- **D 1** carries puck backwards with head up back to Face Off dot, transitions and passes to posted up **F**.
- **F 1** proceeds to go inside - out (toward boards) around the pylon and attack **D 1**.
- **D 1** must gap up as much as possible.

Run for 5 minutes out of each side.

Key Points

EVALUATION KEYS:

FORWARDS

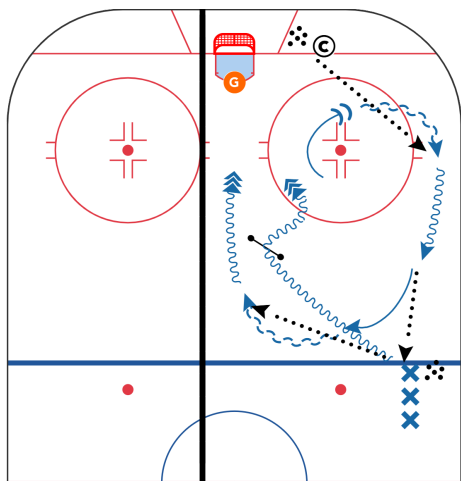
- Attack Speed (does FWD speed up or slow down, do they make it easy or hard to defend)
- Creating offence (how does FWD create a scoring chance)
- Puckhandling and Decision making (does FWD over-stickhandle or do they shoot)

DEFENCE

- GAP and Skating (do DEF get their feet moving enough to play the 1v1 properly)
- Do they transition at correct time (gap) ?
- Defending the 1v1 (eyes on body, using stick, proper angles)
- Competition and Aggressiveness (making the 1v1 easy or hard for the FWD)

VW Tryout - Skills - 3 Pass 2 Shots

13 mins

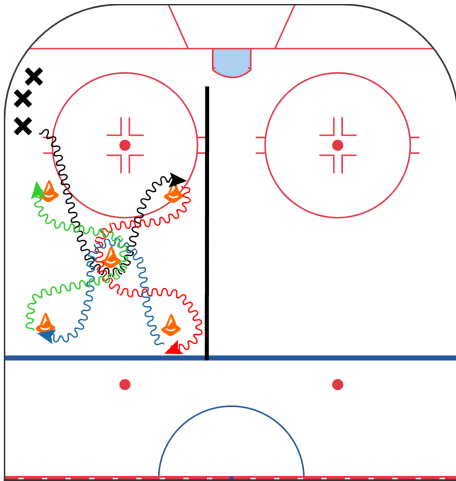


- **X** leaves line with puck and makes a move through dangle then takes a shot on net.
- **X** then opens up to boards to receive breakout pass from Coach.
- **X** will pass to next player in line, open up again for a return pass, make another move on dangle then take a second shot on net.

Key Points

Evaluation points

- is player comfortable and smooth carrying puck through dangle
- do they get a good, hard quick shot off
- do they present stick to receive pass / communicate for pass
- do they have head up to see outlet pass
- do they make good pass



With a Puck, each skater will get through the Cones as shown : Black - Red - Blue - Green.

Key Points

- Controlled turns
- efficient puck handling
- accelerate out of turns