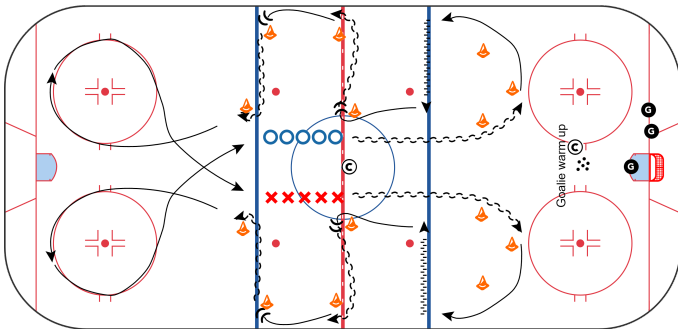


U11 Tryout #1 - Skating & Puck handling

Duration: 72 mins

Howie's Warm up

15 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.
- They stop and immediately begin to side-step x-overs across the blue line.
- For the Red line and 2nd blue line, players will pivot and skate backwards laterally across each line.
- Finally upon exiting the 2nd blue line, players will then crossover the low face-off circle before getting back in line the opposite line.

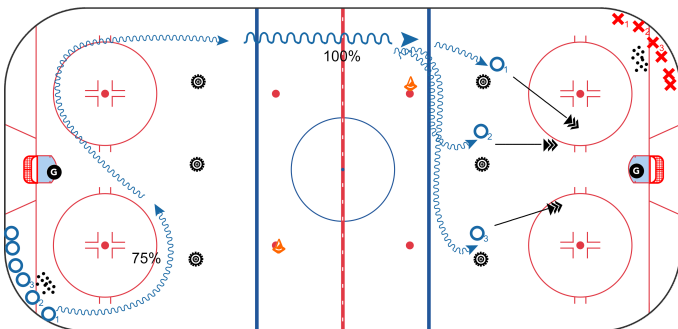
Once the first skaters hit the blue line, the coach can send the next two players in line.

Key Points

- Big C Cut thrusts to start the Backwards Skating.
- Toes pointing north on lateral side steps x-overs
- Quality transitions, optimally maintaining speed FWD to BW and vice versa.
- Powerful crossovers around circle

Full Ice Overspeed

15 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 blue line, 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.

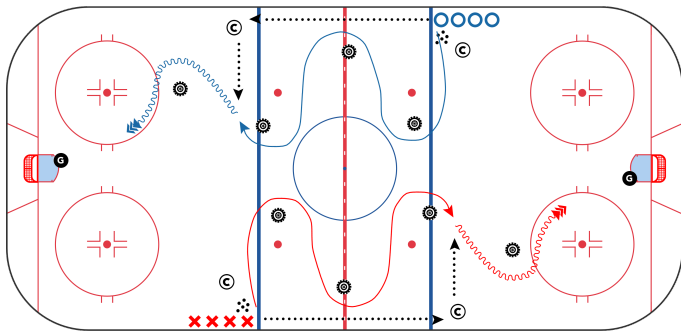
Key Points

Evaluation Keys:

- does player keep feet moving to build speed
- how fast do they go on straightaway, do they overhandle puck?
- Can they shoot hard? Get it off quickly?

vw tryout u11 - Weave Long Pass

12 mins



- Separate the group into two lines at opposite blue lines
- coaches are positioned where they can tell players to start without using a whistle
- Player starts with a pass from blue line to blue to coach
- Player weaves through pylons and receives pass after third pylon
- Accelerates at the end of final turn and shoots

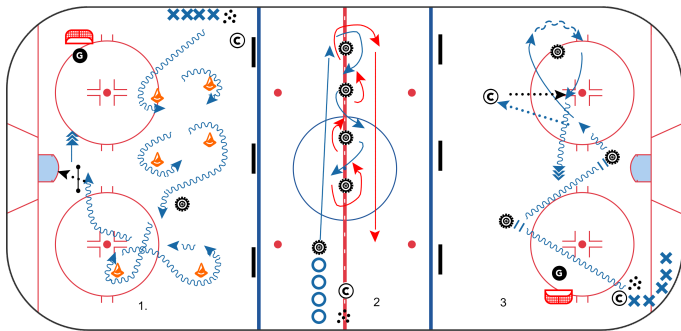
Key Points

evaluation points

- Can the players perform efficient turns?
- Are they comfortable on their edges (inside foot, outside edge, outside foot, inside edge)?
- Are they maintaining basic control of their upper body?
- Are their passes relatively on target?

vw tryouts u11 - Skating + Puck handling stations

30 mins



Station 1 - Skating and puck handling

- On whistle **X** skates with a puck from the start line through the Pylons.
- **X** skates through tires and takes jam turn figure 8 around pylons furthest away
- Then skates towards the net through the dangler and takes a shot.

Next player leaves when 1st player reaches the tires

Station 2 - Agility Weave

- Skate forwards to the far pylon and make tight turn.
- weave back through pylons, making tight turn around last pylon (closest to starting line)
- Weave back through pylons, making tight turn around last one.
- Sprint back to start line.

Players to do 4-5 reps with no puck, then add pucks for remaining time.

Station 3 - Stops, Starts, Pass & Shoot

- Player leaves with puck, stops at first tire
- Skates to second tire, stops
- leaves second tire and passes to coach
- player opens up around 3rd tire, calls for return pass from coach
- finish with a wrist shot on net.

After 5 minutes (4-6 reps per player) can reverse tires and come from opposite side to show open ups in opposite direction