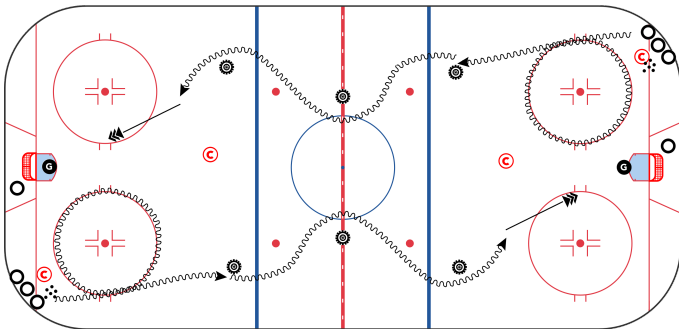


U11 Tryout #2 - Battle + Compete

Duration: 65 mins

VW Tryouts u11- MacDavid

15 mins



Players lined up in opposite corners. Will Dry run 1 or 2 rounds without puck, then move to include Pucks

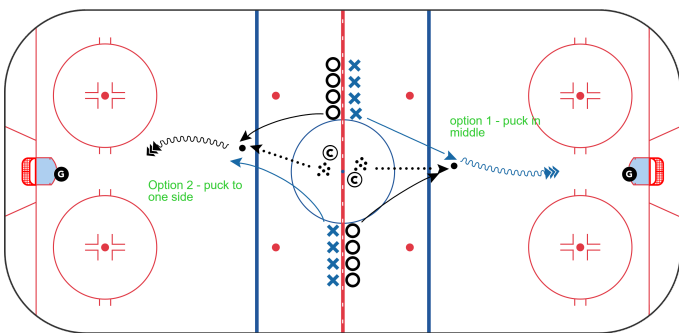
- Player carries puck doing crossovers around the circle and will do 3 turns through neutral zone finishing with a shot on net. Switch sides half way, to work both directions.

Key Points

- use circle crossovers to build speed and neutral zone crossovers to increase it
- good posture, don't over handle puck
- eyes up

VW Tryout - u11 - Racehound 1 v 1

15 mins

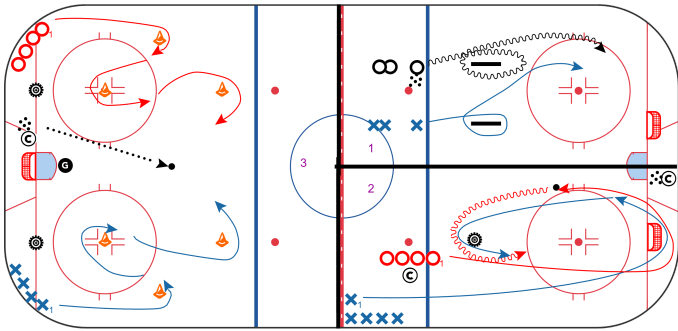


Players line up on each side of the red line

- Players who are racing have to start with one skate touching the red line
- A coach blows the whistle for both sides to start
- Coach places a puck in the middle or toward one side
- Whoever touches the puck first plays offence
- The second player battles and tries to get the puck back

Key Points

COMPETE LEVEL

**Station 1 - 1 v 1 battle**

- Players line up in 2 lines: Offensive players on OUTSIDE, Defensive players on INSIDE.
- On Whistle, Offensive player leaves with a puck and goes all the way around the divider (outside to inside) and heads to the net. Defensive does the exact same thing around their divider
- Offensive player tries to score, Defensive player tries to defend against them.

PLAYERS SWITCH LINES AND ROLES AFTER EVERY TURN

Station 2 - Rat Race

- X1 starts with 1 foot on Red line (or a couple feet inside), O1 with one foot on Blue line.
- coach spots a puck around hash mark.
- on signal, X1 and O1 will race around the net to the loose puck
- O1 with the head start should win that race and is forced to pick up puck on the fly.
- X1 will create pressure and battle to try to disrupt the breakaway and prevent the goal.

Switch lines.

Evaluates - offensive: quick feet, quick starts, turns, picking up puck in motion, puck protection and shooting under pressure. Defensive: Backchecking, compete level, stick checks, No give up.

Station 3 - Agility Races

Cones set up as shown, coach spots puck at top of circle (ringette line). Each racer has 1 foot on goal line.

- on go, players race around cones in pattern shown
- first to puck is on offence, 2nd player hounds them in defense.
- switch lines.

After 5-6 minutes add pivots and backwards skating between cones 1 & 2.

Key Points

EVALUATION KEYS:

Offensive Player

- Skating - does player speed up or slow down to fool defender. Does player have power to get to net for scoring chance
- Puckhandling - does player protect the puck, does player make too many moves

Defensive Player

- Skating - does player position themselves in a good spot or a good GAP with skating. Can player recover if they get beat.
- Defence - how does player defend, do they use stick & body, are they aggressive or do they sit back.