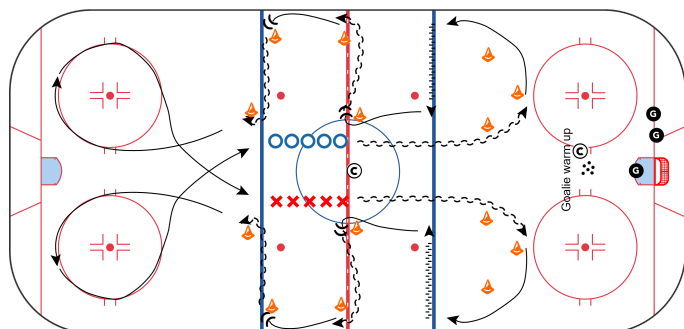


U13 / U15 Tryout #1 - Battle + Compete

Duration: 76 mins

Howie's Warm up

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.
- 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.

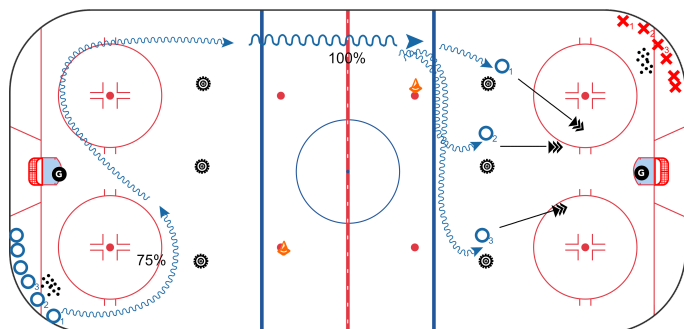
Once the first skaters hit the blue line, the coach can send the next two players in line.

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

12 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.

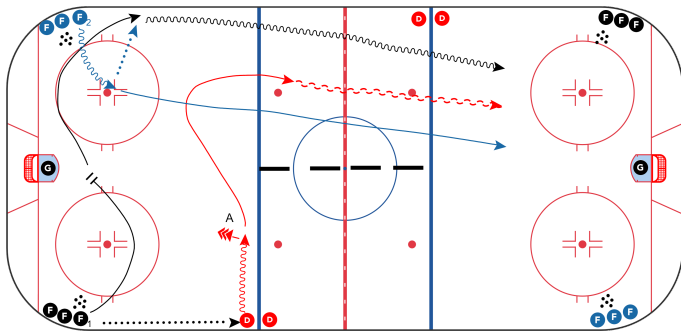
Key Points

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?

2 Way, 2 vs 1 - VW Tryout

12 mins



Version A

- On Whistle, from both ends F 1 passes puck to D_RED who walks the line and takes a shot on goal while F 1 skates to the front of the net for a tip.
- F 1 continues to skate low toward F_BLUE2's side boards, F_BLUE2 jumps off the wall carrying puck, will pass to F 1 and jump in the play creating a 2 vs 1 on the D_RED that shot the puck.

Key Points

Evaluation Keys:

FORWARDS

Attack and Timing on 2v1 (does FWD get too far ahead, too far behind)
Decision making (does FWD use the advantage of 2v1 or do they make it a 1v1)

Scoring Ability and creating offence (do FWDs get to open spots, do they pass or shoot, do they try to make a play)

DEFENCE

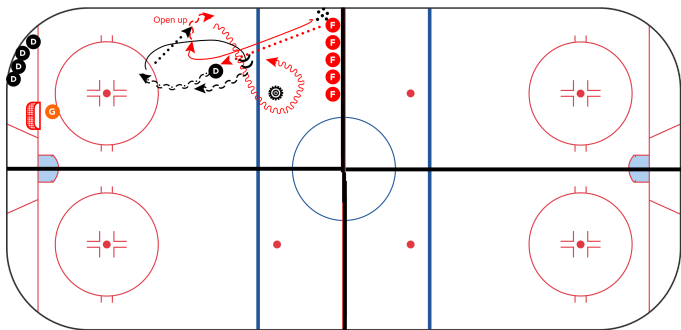
GAP and Space (do they give up space too far back, take space away in right spots)

Decision making (do they take pass away, do they chase puck, do they know where both players are or do they lose players)

Defending the 2v1 (aggression, stick positioning)

1 vs 1 - VW Tryout

10 mins



- On whistle F 1 passes to D 1 and then skates toward D before conducting an open up towards boards for a return breakout pass.
- D 1 carries puck backwards with head up and once gets to top of circle, passes to posted up F .
- F 1 proceeds to go inside - out around the pylon and attack D 1.
- D 1 must gap up as much as possible.

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

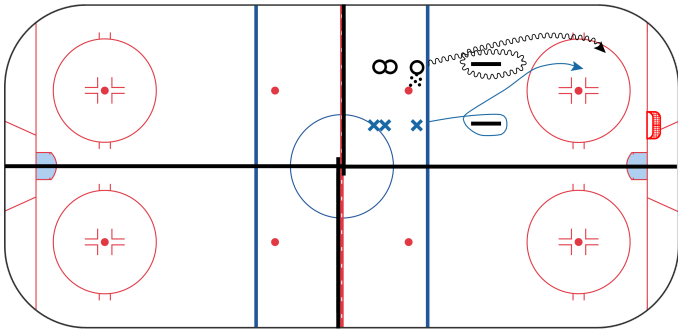
GAP and Skating (do DEF get their feet moving enough to play the 1v1 properly)

Defending the 1v1 (using stick, proper angles)

Competition and Aggressiveness (making the 1v1 easy or hard for the FWD)

VW Tryout - Battle - 1 v 1 Battle

10 mins



- 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

Key Points

EVALUATION KEYS:

Offensive Player

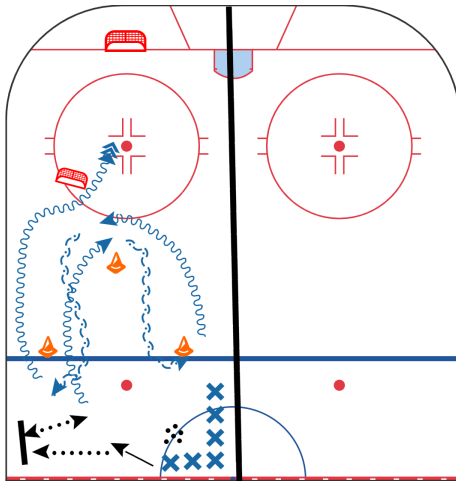
- Skating - does player speed up or slow down to fool defender. Does player have power to get to net for scoring chance
- Puckhandling - does player protect the puck, does player make too many moves
- Scoring ability - can player create a scoring chance, can player score.

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, do they puck watch, are they aggressive or do they sit back.

VW Tryout - Skill - Triangle Skating

10 mins



- On Whistle, Player passes a puck off the rebounder (or boards) then goes and picks it up
- Player skates forward to bottom pylon and pivots to backwards. They skate backwards to top outside pylon and pivot to forward and skate to bottom pylon again and repeat to opposite top pylon.
- Player then attacks to mini net and dekes to either side and shoots on net.

Key Points

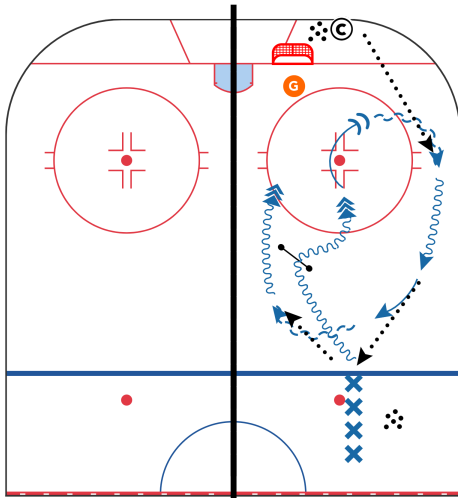
Evaluation points

Skating Abilities - Are players smooth or not, do they go around objects effectively and how much power do they show, do they crossover well, do they use their edges

Skating Transitions - Do players transition forward to backward smooth, do players handle puck well forward or backward skating

Puckhandling - Are players smooth with puck or not, do they over stickhandle or not, is head down or head up

Shooting - How well does player shoot the puck or not



- **X** leaves line with puck and makes a move through dangler 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 dangler then take a second shot on net.

Key Points

Evaluation points

- is player comfortable and smooth carrying puck through dangler
- 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