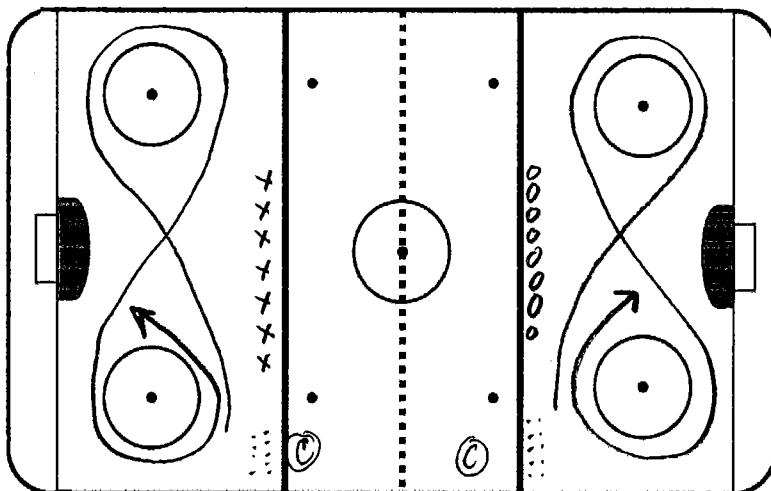


BYHA TRYOUT: Day 1

5 minute goalie warm-up/15 minute drills

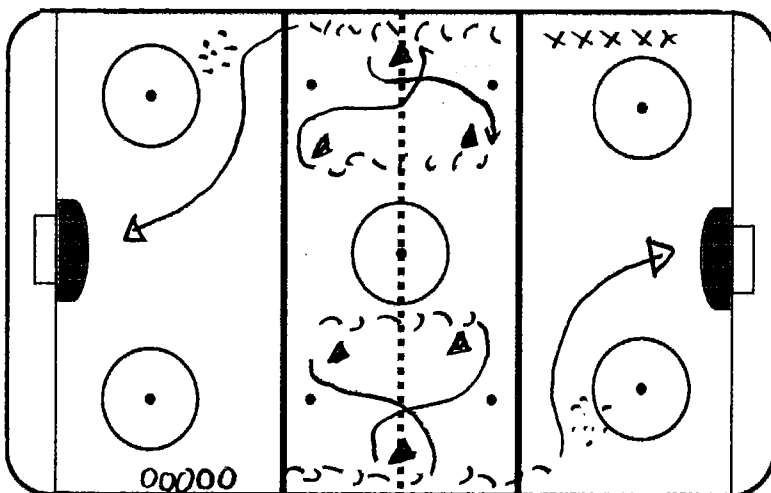
Drill #1: Forward and Backward Stride/Crossovers

- 2 times thru – 4 total (1 forward, 1 backward)
- Looking for powerful turns using crossover/under. Skater should be under control with full crossover/under stride.
- Add coach pass from starting position to a shot on net, no deke



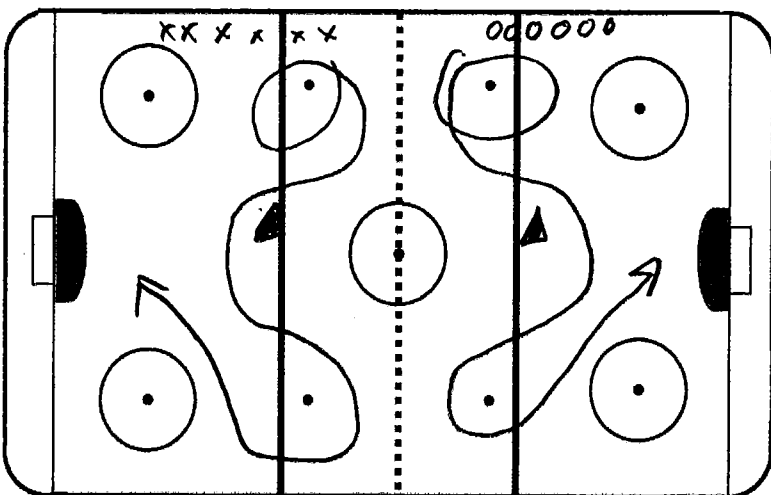
Drill #2: Transitions and Backwards Skating

- 2 reps each player (1x each direction)
- Transition between blue/red lines then accelerate backwards to goal line.
- Evaluate player footwork/posture
- Deep knee bend with steady upper body, smooth transitions (make sure facing proper direction in transition)
- Note stick position in front of player
- Pick up loose puck to shot



Drill #3: Skating and Puck Control

- 2 reps each player (switch sides)
- Focus on speed, edge control and puck control with yes up. Cup and protect puck around tires. Note skating form/posture with puck vs. without for weaker players.



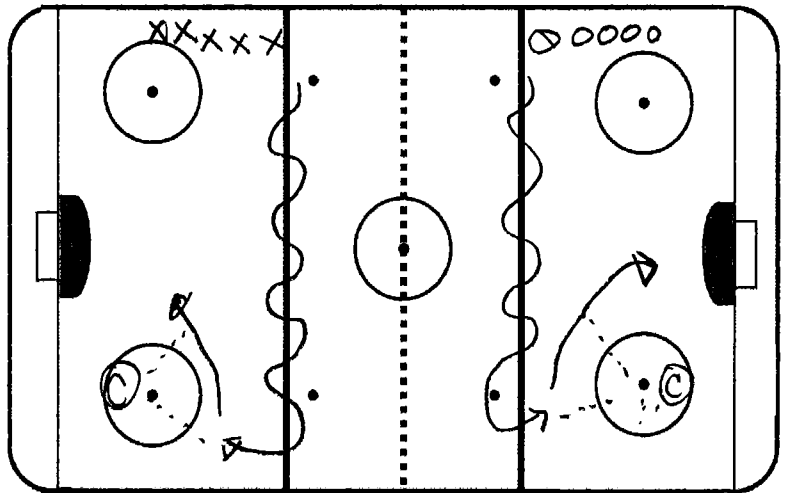
Scrimmage 5v5 (25 min): Black vs. White – free play, change on the fly, no whistles, no face offs. Players should be instructed to limit shifts to one minute. Evaluators should blow whistle, enforce shift change if players do not change around one minute. Evaluate for over all hockey skills. play making. back checking. team work and individual play.

BYHA TRYOUT: Day 2

5 minute goalie warm-up/15 minute drills

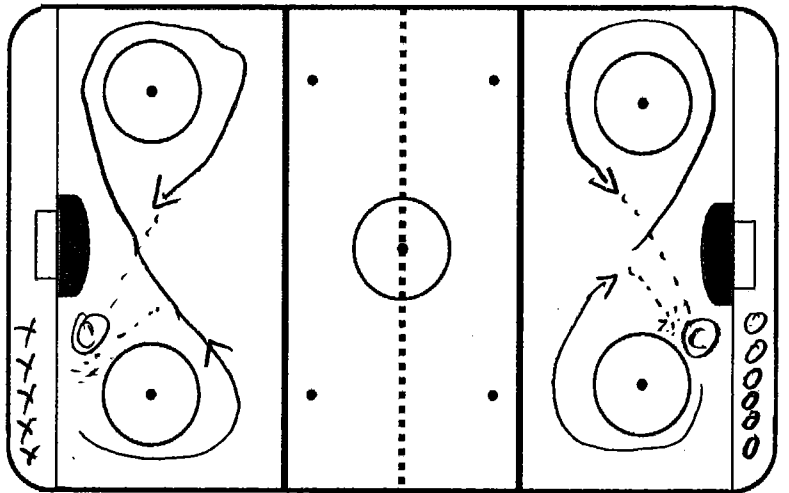
Drill #1: Hands/Shooting

- Zig-zag pattern with crossovers and puck, line up at one side.
- Quick give and go with coach, drive with speed to slot past tire.
- Use forehand shot always, no dekes.
- Watch for soft hand, control and shot.
- 2 reps each then teams switch ends.



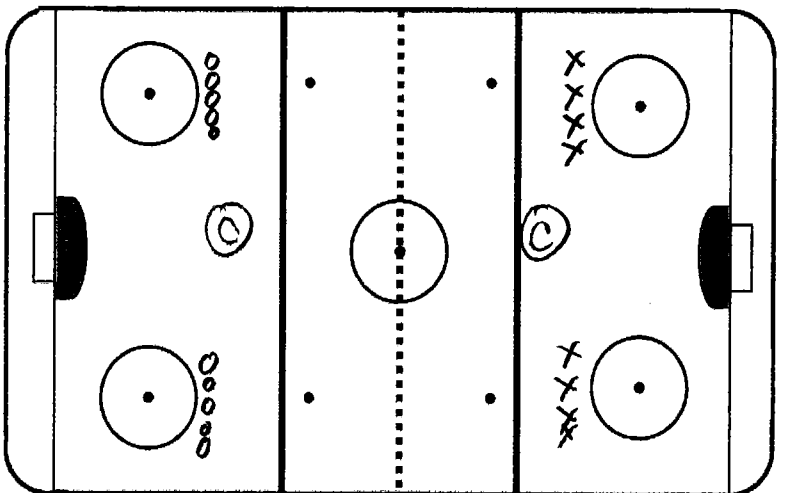
Drill #2: Catching and Shooting

- Skate around first circle, catch and shoot, keeping going around second circle, catch and deke.
- 2 reps each then teams switch ends.



Scrimmage: 2v2

- White vs. White and Black vs. Black
- 40 second shifts, players change on coaches whistle.
- On-ice coach to change up the player pairings so match ups vary.
- Confine area to below the top of the circles.
- Look for overall game skills.



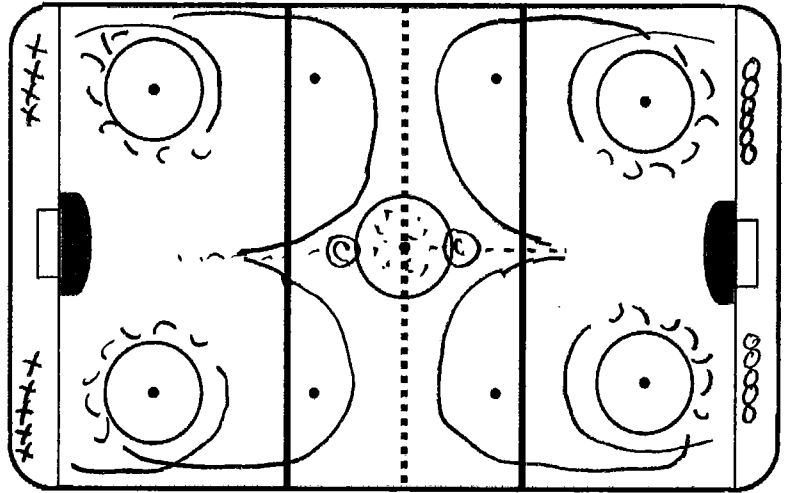
Scrimmage 5v5 (25 min): Black vs. White – free play, change on the fly, no whistles, no face offs. Players should be instructed to limit shifts to one minute. Evaluators should blow whistle, enforce shift change if players do not change around one minute. Evaluate for over all hockey skills, play making, back checking, team work and individual play.

BYHA TRYOUT: Day 3

5 minute goalie warm-up/15 minute drills

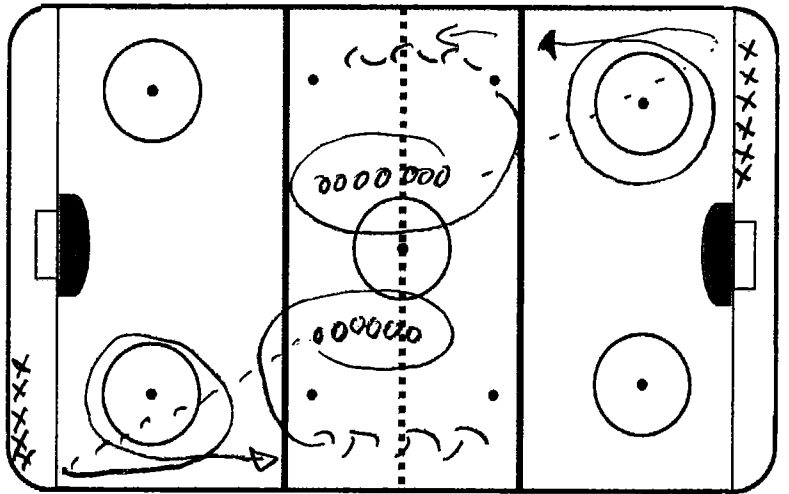
Drill #1: Crossover Transition Race

- White vs. White and Black vs. Black
- Start on goal line. On-ice coaches whistle, go around circle half way and transition to backwards for half a circle then forward around dot to puck.
- Winner gets to shoot, loser battles to stop shot.
- Random/equal line format (switch match ups)



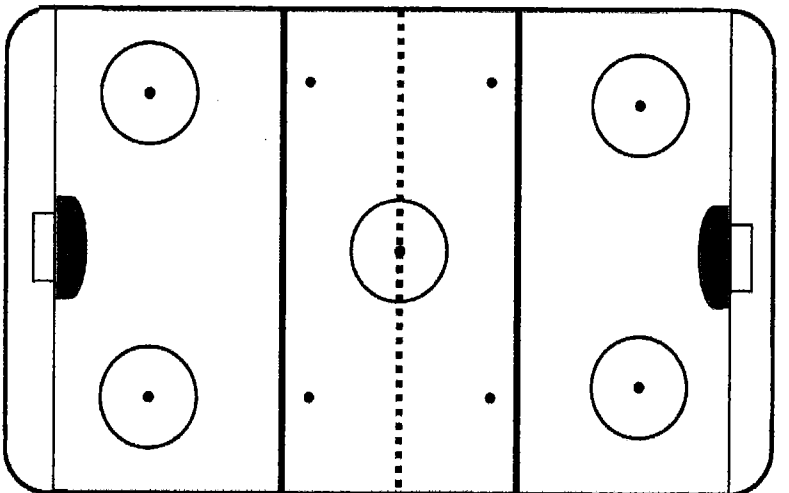
Drill #2: Defense Gap 1v1

- Grading only the defensive line
- Defense passes to Forward and follows the pass then transitions and maintains proper gap to force the Forward off the puck to the outside or pinch them off.
- After receiving the pass the Forward goes around the dot and up the rink.



Scrimmage: Head Coach Choice

- Live hockey, not a drill.



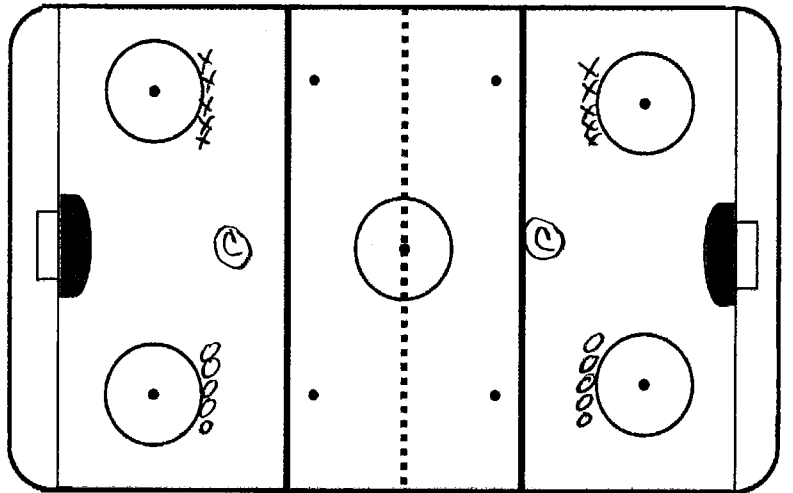
Scrimmage 5v5 (25 min): Black vs. White – free play, change on the fly, no whistles, no face offs. Players should be instructed to limit shifts to one minute. Evaluators should blow whistle, enforce shift change if players do not change around one minute. Evaluate for over all hockey skills, play making, back checking, team work and individual play.

BYHA TRYOUT: Day 4

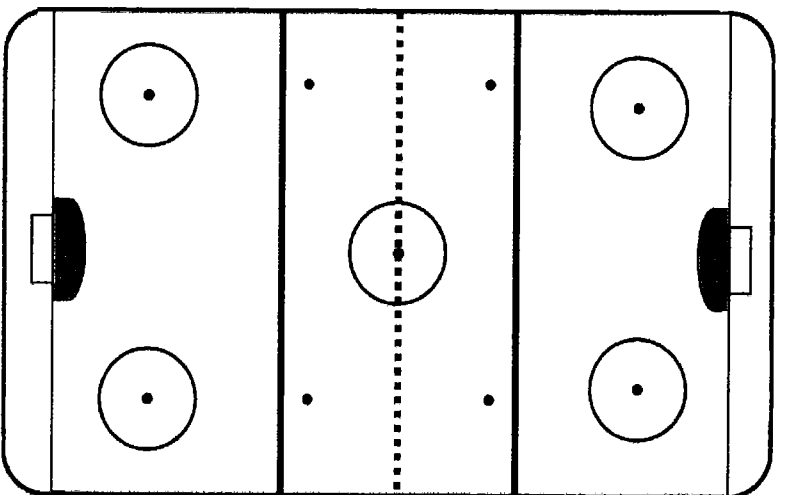
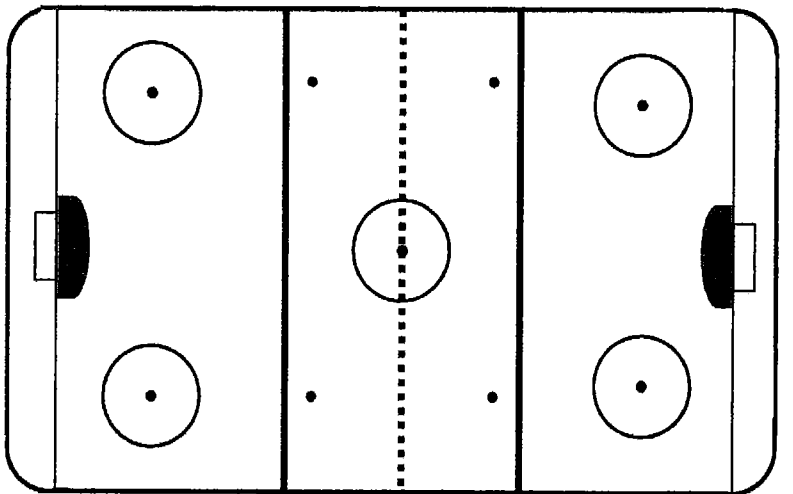
5 minute goalie warm-up

Scrimmage: 3v3 cross ice (20 min)

- Divide teams in half and play cross ice
- Vary the match ups and change one team end to end after 10 minutes



**No resurface on Day 4 unless A
Coach feels necessary**



Scrimmage 5v5 (45 min): Black vs. White – free play, change on the fly, no whistles, no face offs. Players should be instructed to limit shifts to one minute. Evaluators should blow whistle, enforce shift change if players do not change around one minute. Evaluate for over all hockey skills, play making, back checking, team work and individual play. **Divide time, equal halves with a two minute break.**