



Squirt (10U) Tryouts

Practice No: Skills (Day 1)

Duration: 60 min

5 min warmup

10-11 min on each drill (including setup time)

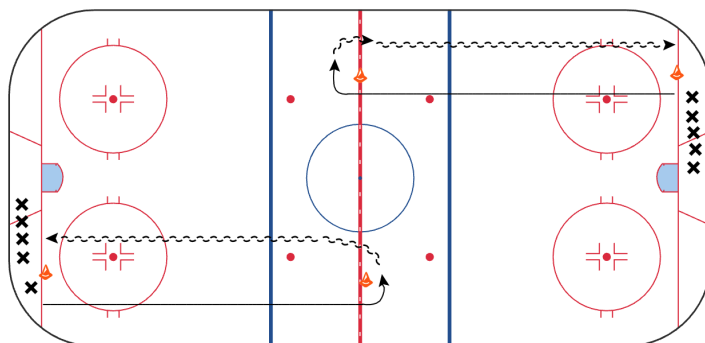
Squirt /10U - Skill 1 - Forward/Backwards Skating

10 mins

Description

FORWARDS/BACKWARDS SKATING (20% of daily score)

- DESCRIPTION
 - 2 skaters at a time w/o pucks (one from each corner)
 - Forward as fast as possible to red line, transition to backwards, backward back to goal line
- EVALUATORS LOOK FOR...
 - Speed down the ice with good knee bend and full leg extension during the stride
 - Overall foot speed between transitions
 - Backwards skating ability



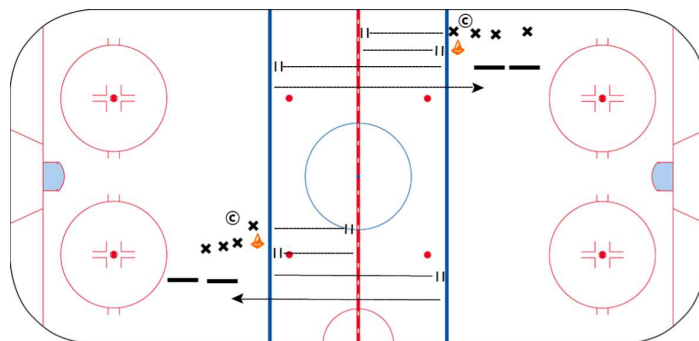
Squirt /10U - Skill 2 - Stops and Starts

10 mins

Description

STOPS AND STARTS (20% of daily score)

- DESCRIPTION
 - 2 skaters at a time w/o pucks (one each side)
 - Forward from blue line as fast as possible to red line, hard stop facing evaluators
 - Forward back to blue line, hard stop facing evaluators
 - Forward to far blue line, hard stop facing evaluators
 - Forward through near blue line, finishing with long strides
- EVALUATORS LOOK FOR...
 - Strong start
 - Good knee bend and full leg extension during the stride
 - Complete stops in both directions



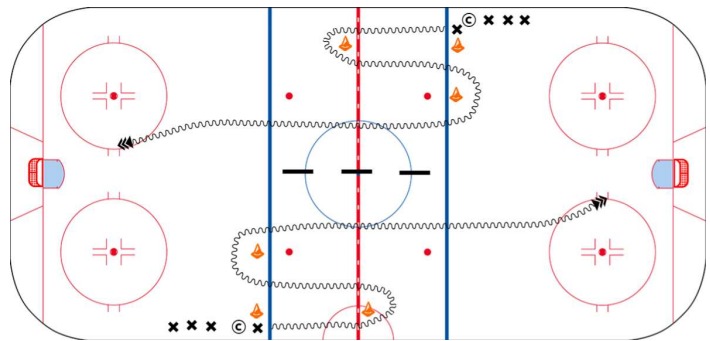
Squirt /10U - Skill 3 - Power Turns w/ Shot

10 mins

Description

POWER TURNS W/ SHOT (20% of daily score)

- DESCRIPTION
 - 2 skaters at a time w/ pucks (one each side)
 - Forward from blue line as fast as possible to red line, power turn around cone
 - Forward back to blue line, power turn around cone
 - Forward towards goal, taking wrist shot before or at hash marks
 - Switch lines each repetition
- EVALUATORS LOOK FOR...
 - Good knee bend on power turns with strong stride coming out of turn
 - Head up, carrying puck ahead of body
 - Ability to keep body between puck and cone on turns
 - Strength and accuracy of shot



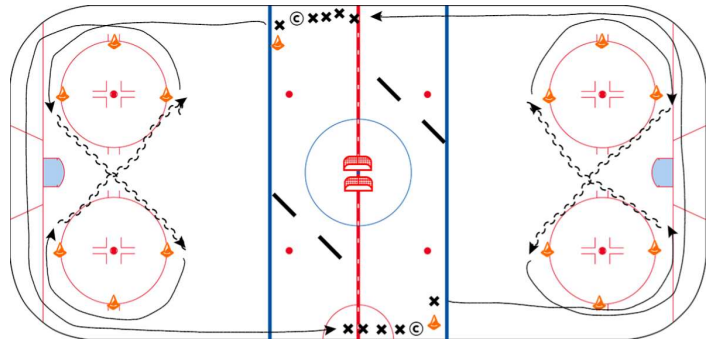
Squirt /10U - Skill 4 - Transition Figure 8

10 mins

Description

TRANSITION FIGURE 8 (20% of daily score)

- DESCRIPTION
 - 2 skaters at a time w/o pucks (one each side)
 - Forward from blue line to bottom of circle, transition to backward
 - Backwards across ice to top of opposite circle, transition to forward
 - Forward around circle to bottom, transition to backward
 - Backwards across ice to top of opposite circle, transition to forward
 - Forward around bottom of both circles and back out to blue line
 - Switch lines each repetition
- EVALUATORS LOOK FOR...
 - Overall foot speed between transitions
 - Ability to transition efficiently in both directions
 - Backwards skating ability
 - Good knee bend and full leg extension during the stride



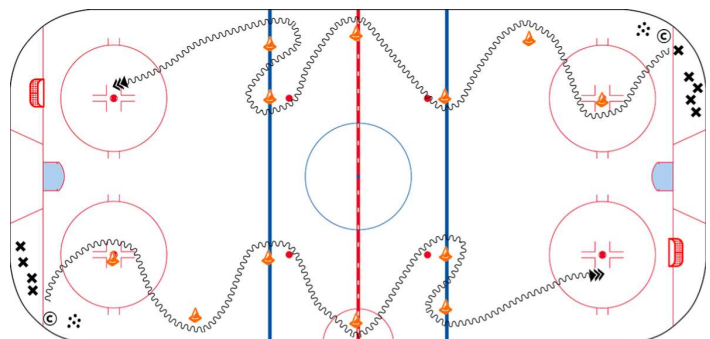
Squirt /10U - Skill 5 - Puck Control w/ Shot

10 mins

Description

PUCK CONTROL W/ SHOT (20% of daily score)

- DESCRIPTION
 - 2 skaters at a time w/ pucks (one each side)
 - Forward through the course
 - Finish with wrist shot before the dot
- EVALUATORS LOOK FOR...
 - Good puck control, head up
 - Overall foot speed between turns
 - Ability to stickhandle using forehand and backhand
 - Strength and accuracy of shot





Squirt (10U) Tryouts

Practice No: Scrimmages (Day 2)

Duration: 60 min

5 min warmup

25 min for each scrimmage type (allow 5 min to move boards)

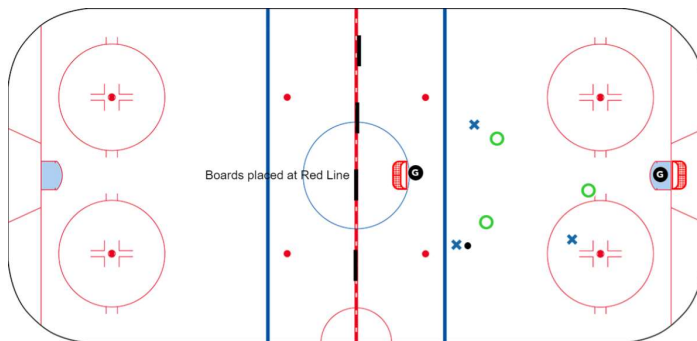
Tryout Game - 3 on 3

25 mins

Description

3ON3 GAME (50% of daily score)

- **EXPLANATION**
 - 3 on 3 scrimmaging will take place in a half ice format with goalies in each teams net
 - Both skaters and goalies will be evaluated throughout the 3 on 3 scrimmage
 - Skaters will rotate in and out based on a pre-determined rotation schedule
 - Goalies will rotate on and off the ice in a pre-determined rotation schedule
 - Buzzer at 60 seconds to change players
- **WHAT EVALUATORS ARE LOOKING FOR (SKATERS)...**
 - Skaters who can handle the puck in small areas, using quickness and hockey sense to find open teammates while making good passing decisions (i.e., give-and-go, getting to the front of the net) all while playing good two way hockey and trying to get into good inside position.
 - Players that are willing to work hard at both ends of the ice (offensive and defensive).
- **WHAT EVALUATORS ARE LOOKING FOR (GOALIES)...**
 - Quickness, ability to track the puck, overall positioning and angles, rebound control, footwork
 - Ability to use both stick and glove while never giving up on a play



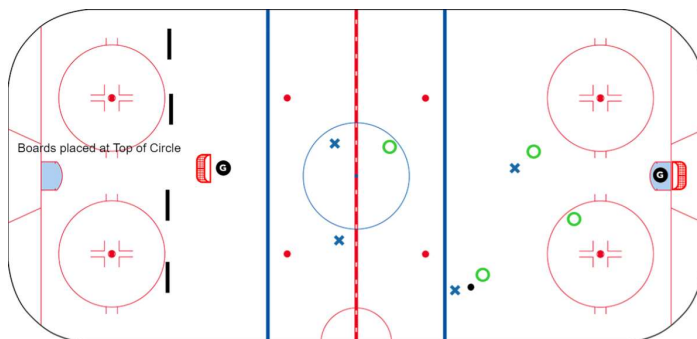
Tryout Game - 4 on 4 (3/4 ice)

25 mins

Description

4ON4 GAME (50% of daily score)

- **EXPLANATION**
 - 4 on 4 scrimmaging will take place in a 3/4 ice format with goalies in each teams net
 - Both skaters and goalies will be evaluated throughout the 4 on 4 scrimmage
 - Skaters will rotate in and out based on a pre-determined rotation schedule
 - Goalies will rotate on and off the ice in a pre-determined rotation schedule
 - Buzzer at 60 seconds to change players
- **WHAT EVALUATORS ARE LOOKING FOR (SKATERS)...**
 - Evaluators are looking for overall hockey IQ including skating to open areas, moving the puck to open players and getting to the high scoring areas on offense and keeping the other team away from the net on defense.
 - Evaluators will also be looking for players who communicate with their teammates and work hard on both ends of the ice (offensive and defensively) while giving maximum effort throughout the shift.
- **WHAT EVALUATORS ARE LOOKING FOR (GOALIES)...**
 - Quickness, ability to track the puck, overall positioning and angles, rebound control, footwork
 - Ability to use both stick and glove while never giving up on a play





Squirt (10U) Tryouts

Practice No: Scrimmages (Day 3)

Duration: 60 min

5 min warmup

25-30 min each scrimmage format

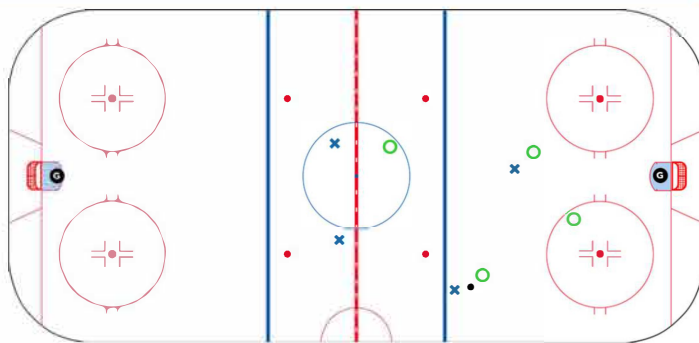
Tryout Game - 4 on 4 (full ice)

25 mins

Description

4ON4 GAME (50% of daily score)

- **EXPLANATION**
 - 4 on 4 scrimmaging will take place in a full ice format with goalies in each team's net
 - Both skaters and goalies will be evaluated throughout the 4 on 4 scrimmage
 - Skaters will rotate in and out based on a pre-determined rotation schedule
 - Goalies will rotate on and off the ice in a pre-determined rotation schedule
 - Buzzer at 60 seconds to change players
- **WHAT EVALUATORS ARE LOOKING FOR (SKATERS)...**
 - Evaluators are looking for overall hockey IQ including skating to open areas, moving the puck to open players and getting to the high scoring areas on offense and keeping the other team away from the net on defense.
 - Evaluators will also be looking for players who communicate with their teammates and work hard on both ends of the ice (offensive and defensively) while giving maximum effort throughout the shift.
- **WHAT EVALUATORS ARE LOOKING FOR (GOALIES)...**
 - Quickness, ability to track the puck, overall positioning and angles, rebound control, footwork
 - Ability to use both stick and glove while never giving up on a play



Tryout Game - 5 on 5

30 mins

Description

5ON5 GAME (50% of daily score)

- **EXPLANATION**
 - 5 on 5 scrimmaging will take place in a full ice format with goalies in each team's net
 - Both skaters and goalies will be evaluated throughout the 5 on 5 scrimmage
 - Skaters will rotate in and out based on a pre-determined rotation schedule
 - Goalies will rotate on and off the ice in a pre-determined rotation schedule
 - Buzzer at 90 seconds to change players
- **WHAT EVALUATORS ARE LOOKING FOR (SKATERS)...**
 - Evaluators are looking for overall hockey knowledge, quickness, understanding of open ice, hustle, teamwork and ability to move the puck.
- **WHAT EVALUATORS ARE LOOKING FOR (GOALIES)...**
 - Quickness, ability to track the puck, overall positioning and angles, rebound control, footwork
 - Ability to use both stick and glove while never giving up on a play

