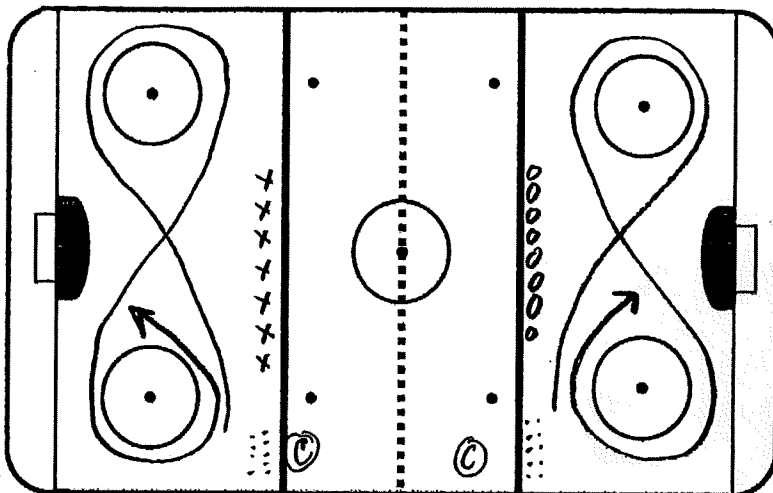


BYHA TRYOUT: Day 1

****5 minute goalie warm-up/15 minute drills****

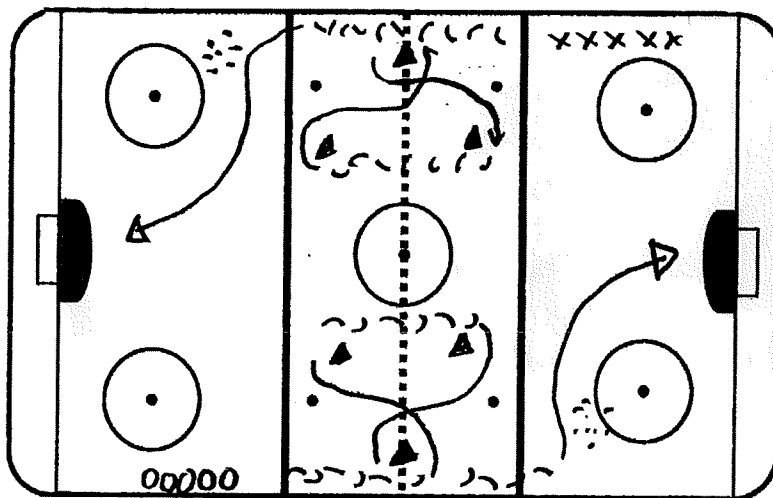
Drill #1: Forward and Backward Stride/Crossovers

- 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



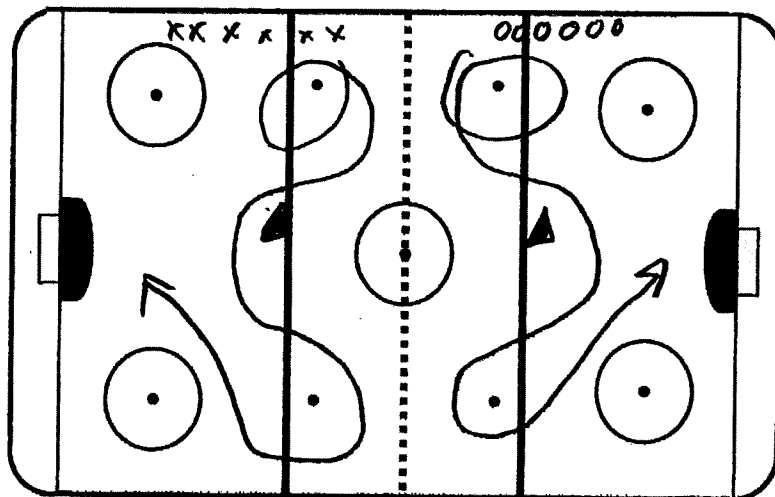
Drill #2: Transitions and Backwards Skating

- 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.