

Tryout Process & Procedures

FLHA is looking for players with exceptional hockey sense that are instinctive, creative, and have a team first mentality. Players should be confident with the puck, know where to be on the ice during different situations, focus on puck movement, and be aware and able to perform their responsibilities depending on their position. Players are also expected to demonstrate basic skating and puck handling skills.

What evaluators and coaches are looking for in players:

Skaters:

1. Composure – Not panicking with the puck or when under pressure from an opponent.
2. Vision – Head up, looking to make a play. Move the puck with purpose.
3. Faces play – Does not turn their back to the puck.
4. Puck support – Moving to open ice, giving teammates options. Correct spacing and positioning on breakouts and rushes.
5. Strength on stick – Players should not be easily separated from the puck and be able to win puck battles with good body positioning.
6. Aggressive – Players should not be tentative, with or without the puck. Players should readily engage in puck battles and instinctively move to loose pucks. Body contact must be legal for their age group and in a purposeful sportsman-like manner.
7. Skating and puck handling – Players are expected to demonstrate skating and puck handling skills. See the attached document for skater skills scoring guidelines.
8. Defending- Players should use good angles to defend, take away time and space, utilize good body position and contact when appropriate, as well as a good active stick in good position.

Goalies:

Goalies will be evaluated by experienced goalie evaluators. Goalie evaluation criteria will be determined by Lakes Area Goaltending. All goalies will be expected to demonstrate the following basic skills:

1. Physical skills – Basic stance, movement in stance, stick positioning.
2. Skating skills – Forward, backwards, lateral movement.
3. Technical characteristics – Use of stick, skates, catch glove, blocker, butterfly.
4. Mental skills – Positioning, angles, concentration, challenging shooters.

Tryout Schedule and Format

Tryouts consist of three (3) phases:

1. Phase 1 –
 - a. Skills Day- Players ranked for groupings (excludes Bantams)
 - b. Battle day- Consist of cross ice 3v3 and 2v2 (Bantams ranked and grouped after battle day)
 - c. 5v5 days- Full ice scrimmage.
2. Phase 2 –
 - a. AA/A pool coach practices and scrimmages, additional 5 v 5 scrimmages for players advancing to the B pool
3. Phase 3 –
 - a. AA/A, B and C teams determined.

Tryout plans, drills for the skills session, and scoring criteria will be approved by the Board of Directors prior to the start of tryouts.

Each level will be evaluated until all evaluations have been completed based on the number of players and scrimmages needed for each level.

Goalie evaluations are determined by Lakes Area Goaltending with approval from the Board of Directors

Phase 1:

The tryout process will use the skills session (excludes bantams) to initially rank and split players. After each session, player scores will be tallied. They will be scored on skating, puck handling, and shooting drills. Evaluations are scored on a scale of 1-7, with 7 being the highest possible score for each category.

Battle day will consist of 3v3 and 2v2 cross ice scrimmage. Players will be ranked on 5 categories with scores of 1-7, with 7 being the highest possible score for each category. Bantams will be grouped after the Battle Day.

1. Hockey Sense
2. Compete and Character
3. Playmaking
4. Shooting/Scoring
5. Defending

At the start of 5 v 5 sessions, players will be in the group they were placed as a result of the skills day. Players will have 1 min shifts and change on the buzzer. The 5v5 sessions will be scored by an overall score of 1-7 based on play, 7 being the highest possible score. There will be two 5 v 5 sessions in Phase 1. Except for Bantams who will have 3 5v5 days and will not participate in the skills session.

- ❖ Each evaluator will have the opportunity to provide 1 bonus point per 5v5 session for one player they deemed performed the intangibles during the session. Effort, compete, character, and desire that goes above and beyond the standard of the group.

Cumulative scores over the course of Phase 1 will be used to determine what groups players are placed in and locks for each level if applicable.

At the end of Phase 1, the goal is to find the top x amount of players for the A/AA pool at the designated level. The number is determined by the size of the team and where the natural drop is in the scoring.

Players who fail to score high enough to be considered for the B Pool 5v5 session will conclude their tryouts with the end of Phase 1.

Squirt / 10U / Pee-wee / 12U / Bantam / 15U

Tryout feedback will be available by request for individual scores

Phase 2:

Players will attend additional sessions defined by which group they are placed in. AA/A pool players will participate in practices and/or tryout scrimmages as determined by the head coach. B pool players will have an additional 5 v 5 session to determine B team placement (B1 & B2)

A. AA/A pool refers to the highest level of play offered for each age division (e.g. Pee wee AA, 12U A, Bantam AA

B. The skater number in the AA/A pool will be based on the anticipated number of skaters on the A/AA (Highest) team plus the natural drop off in scoring.

Example: 12U A - If player roster is 13 skaters and there is a large drop in scoring from 15 to 16 then the top 15 will go into the A pool. However, if the drop is at 21 then 20 skaters will move onto the A pool. In a case where the drop is at 22 the top 20 players will move into the A/AA pool.

C. Coaches are allowed up to two tryout scrimmages to evaluate the AA/A pool

D. The number of AA/A pool goalies will be determined on a year to year basis. The following criteria may be considered when determining the goalie AA/A pool.

- a. Recommendations of the goalie evaluators and Lakes Area Goaltending
- b. The number of registered goalies relative to the number of teams
- c. Head coach preference for number of goalies

E. In the event a B1 (or next lowest level) head coach, contingent or noncontingent, is named prior to the start of tryouts a B1 pool may be added if requested by the head coach. The B1 pool tryout will follow the format of the AA/A pool.

At the end of Phase 2, the AA/A and the C teams will be determined.

Phase 3:

Players who participated in the AA/A pool but were not selected will be placed on the next lower team.

B teams (B1 & B2) will be determined based on the ranking of cumulative scores of all remaining players over the course of Phase 1 and Phase 2.

FLHA Tryouts (Skills) Practice Plan

Generated on Sep 14, 2020 by Hockey ClipPad.

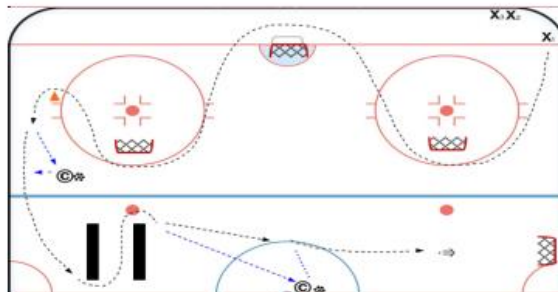
Duration:

Puck Weave

Tryouts*

Puck Weave

Player works through net obstacles with possession and control of the puck to a power turn around cone on hash mark. A pass will then be made to a Coach and the puck will be redirected out for the player to pick up. The player will then weave through the bumpers and pass to Coach to receive a touch pass back and a shot in stride. Drill to be done at game speed and both directions.



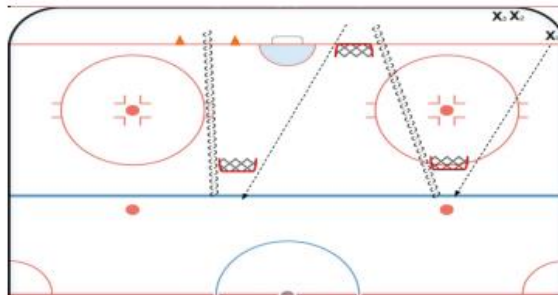
Duration:

Transitions

Tryouts*

Transitions

Player starts on goal line and transitions Fwd-Bkwd around net1. Transition Bkwd-Fwd around net 2. Transition Fwd-Bkwd around net 3 and continue Bkwd through goal line with a stop. Drill to be done at game speed and both ways.



Duration:

Stride/Crossovers

Tryouts*

Skating/Crossovers
(FWD)

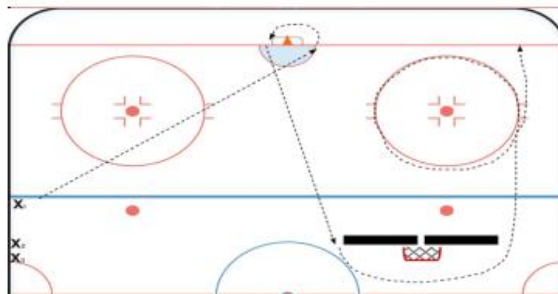
Player starts on blue line to power turn around cone on goal line. Proceeds around bumpers with cross-overs and around circle one full revolution to stop at goal line.

(BKWD)

Player starts fwd on blue line with transition to backwards around cone on goal line.

Proceeds backwards around bumpers with cross-unders and around circle one full revolution to stop at goal line.

Drill to be done at game speed and both ways Fwd & Bkwd.



FLHA Tryouts (Skills) Practice Plan

Generated on Sep 14, 2020 by Hockey ClipPad.

Duration:

Bkwd Crossovers

See description above

