

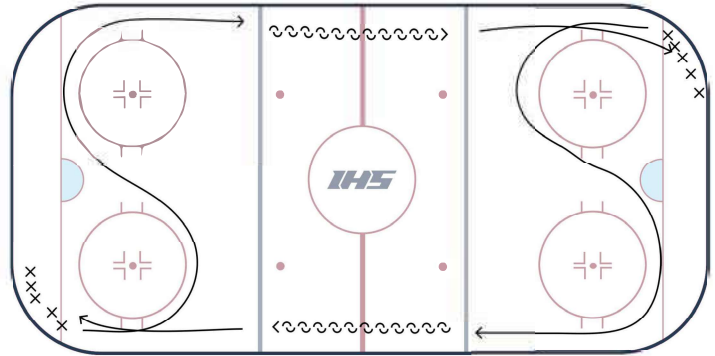
Tryout plan



Tryout Warm Up

Details:

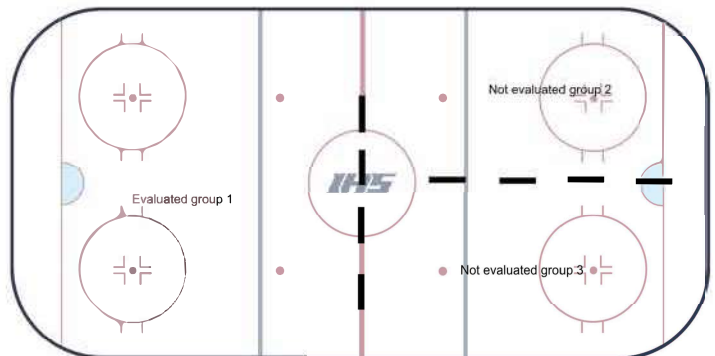
Quick warm up, not evaluated. Opposite corners leave same time. Top bottom crossovers, backwards between blues. 2 times each way. Next player goes when first skater rounds top of first circle. Quick whistles. Warm up length 5 min.



Tryout Group Split Layout

Details:

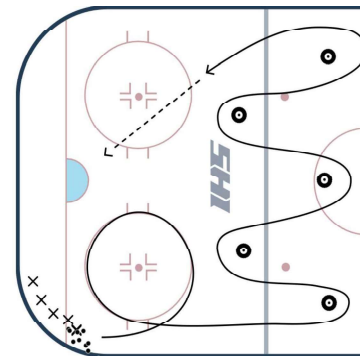
After warm up split players into 3 equal groups by numbers lowest to highest. Group 1 gets evaluated. Group 2&3 do non evaluated drills. After group 1 finishes switch to group 2. Half way through group 2 switch non evaluated drill up. After group 2 finishes switch to group 3. Any remaining time can be used for non evaluated scrimmage.



Tryout Drill 1 - Evaluated

Details:

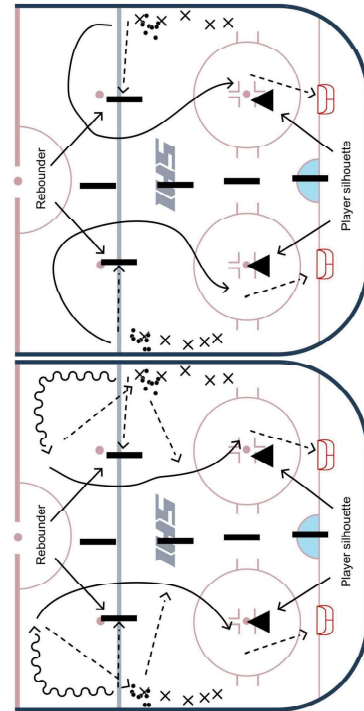
Full circle crossover into power turns with puck, finish with shot on net. Finish in opposite corner to run same drill back opposite direction after each player completes first side.



Tryout Not Evaluated Drill 1

Details:

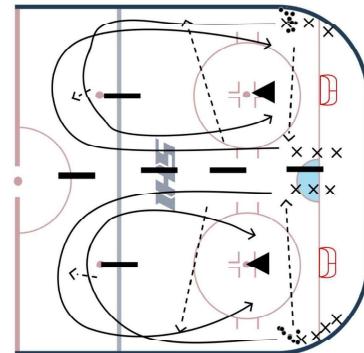
Pass off rebounder, catch pass back. Puck protect around the rebounder attacking the zone coming in for a screen/ move/ angle change shot. Progression from that is to pass off rebounder open up skate backwards toward redline move towards middle making pass to next in line for a give and go out around rebounder attacking player silhouette for a screen/ angle change shot.



Tryout Not Evaluated Drill 2

Details:

Same layout as drill one. Pass behind player silhouette, return pass back in front of silhouette, scissor pass around rebounder and attack 2 on O.



Tryout Drill 2 - Evaluated

Details:

Transition drill forward to backward. Leave the corner forward transitioning around top tire skating backwards around outside tire transitioning back to forward around top tire backwards around other tire finishing with hard crossovers around to top to opposite corner. Add pucks for peewee/ bantam boys groups only. Finish in opposite corner, repeat drill opposite direction.

