



OMGHA

BANTAM HOCKEY

TRYOUT INFORMATION

WELCOME TO OMGHA BANTAM HOCKEY!

OMGHA MISSION

The members of OMGHA will strive to provide a positive environment that promotes the development of hockey skills, good sportsmanship, competitive play, and fun for all players.

OMGHA GOALS

Our goals as members of OMGHA are as follows:

- To provide a quality program at a reasonable cost
- Quality training for all players
Consistent skill development
- Positive community representation
Promote personal growth and positive attitudes
- Fun for all

WEBSITE

[OMGHA BANTAM](#)

Our hope is this document will answer major questions regarding the tryout process, team formation and travel player expectations.

There is a lot that goes into planning for a new travel season – both from an association and family standpoint. If your family has any questions, please do not hesitate to reach out to our OMGHA Board members who are here to help.

VP of Boys Traveling, Jason Rogowski- Vptraveling1@omgha.com

Bantam Travel Director, PJ Martin - Bantam1@omgha.com

Bantam Skills Director, Tyler Martin – Bantam2@omgha.com

Registrar, Deanna Henry - Registrar@omgha.com



OMGHA PLAYER EVALUATION

During each tryout session a panel of independent evaluators will score skaters on a preset scale, following a common scoring structure. Evaluators are chosen for their hockey knowledge and are trained on the process to consistently evaluate the participants. Evaluators look for complete hockey players with strengths balanced across: Skills, Hockey Sense, and positive contribution to team play.

Scores from each evaluator are recorded, averaged and used for subsequent tier assignment and final team selection. Keep in mind that scores from each session are added together to create a final score for final team selection. In addition, each player can move up or down based on each night's performance. Therefore – each session matters.

Goalies will participate in individual skill and drill sessions the first two days of evaluations and participate in the scheduled scrimmage sessions with skaters. Goalies will rotate on and off the ice in a pre-determined rotation schedule. Evaluators are looking for core fundamentals including quickness, ability to track the puck, overall positioning and angling, rebound control, footwork, and ability to use both stick and glove and recover for the next shot. For more information on individual drills, visit the [Goalie Tryout page](#).

Scoring

Skaters will be scored on a scale of 1 through 7 during each drill and scrimmage session. The higher number equates to a better score. For example, a player receiving a score of 5 completed the drill more proficiently with what the evaluators are looking for compared to a player who scored a 2. Daily scores will be weighted equally.

In general, evaluators will be looking for a combination of skill proficiency during individual sessions to appropriately group skaters for scrimmages days. During the scrimmages evaluators are looking for overall hockey knowledge, quickness, understanding of open ice, hustle, teamwork and ability to move the puck. Goalie evaluators are looking for quickness, ability to track the puck, overall positioning, rebound control, footwork, and ability to use both stick and glove while never giving up on the play.

Player Tryout Absence

If you are too sick or injured to participate in tryouts, a parent is responsible for contacting the Level Director (PJ Martin-Bantam1@omgha.com) *BEFORE* tryouts begin. See [OMGHA handbook](#) for Injury and Sickness policy.



OMGHA TRYOUT FORMAT

- Day 1 Focus
 - Pass and Shooting Drills – 35 min
 - 3v3 (split zone)– 25 min
- Day 2 Focus
 - 4v4 – 25 min
 - 5v5 – 30 min
- Day 3 Focus
 - 1v1 (FWD & D) Compete – 8 min
 - 2v1 (FWD & D) Compete – 8 min
 - 2v2 Small Area Compete (split zone) – 8 min
 - 5v5 – 30 min
- Day 4 – Scrimmage
 - A – External
 - B1 – Intrasquad
 - B2 & C - Intrasquad
- Day 5 – Scrimmage
 - A – External
 - B1 – External
 - B1 – External
 - B2 & C – Intrasquad



OMGHA BANTAM PLAYER EVALUATION – DAY 1 DRILLS

Drill #1: Retrieval Agility 2 Shot

Drill start with the coach dumping puck in corner as player skates backwards, player turns forward and retrieves the puck. Player skates around the circle with the puck and takes a shot on the net. After the shot, the player gets a puck from the opposite corner and skates up the wall. At the hash mark, then player turns time to the wall and drives to the net and takes a shot on the net.

What Evaluators Are Looking For:

Evaluators are looking for a shoulder check when retrieving the puck, player shouldn't stop to pick the puck up. Tight turns while controlling the puck. Hard accurate shot without over stickhandling the puck.

Drill #2: Passing Progression/Agility

Progression # 1: Backward skating, transition while continuous passing with the coach..

Progression # 2: Forward skating around cones, getting head/eyes around to find target while continuous passing with the coach

What Evaluators Are Looking For:

Evaluators are looking for players that have the ability to receive and make passes while moving. Passes both fore hand & back hand, hard crisp passes and flat on the ice.

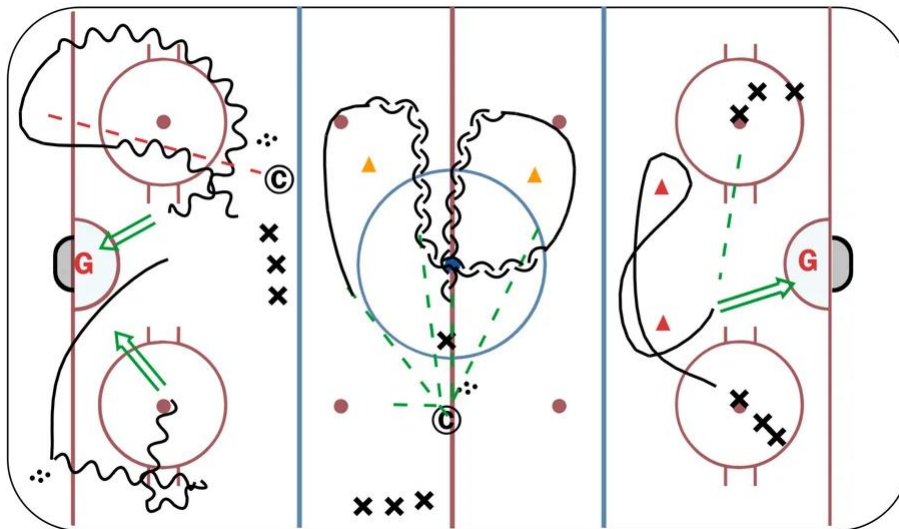
Drill #3: BSU Beavers

PW/U12: Player carries puck around cones and takes a shot on net.

Ban/U15: Player starts without puck and skates around cones and receives pass from opposite line and takes shot on net.

What Evaluators Are Looking For:

Evaluators are looking for players with good balance, chest up, overall quick foot speed in turns, ability to transition efficiently in both directions while handling a puck, hard accurate passes, receiving and making passes on both fore hand & backhand, shot velocity and accuracy.



Note: Players will get multiple reps at each drill station. If a player loses the puck or falls during a drill do not panic just retrieve the puck and complete the drill as outlined.



OMGHA BANTAM PLAYER EVALUATION

Day 1 – 3v3 Scrimmage

3v3 scrimmaging will take place on split sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Players 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.

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.

Goalies: Evaluators are looking for 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.



OMGHA BANTAM PLAYER EVALUATION

Day 2 – 4v4 and 5v5 Scrimmage – Full Ice

4 on 4 and 5 on 5 scrimmaging will take place on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Players 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.

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.

Goalies: Evaluators are looking for 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.



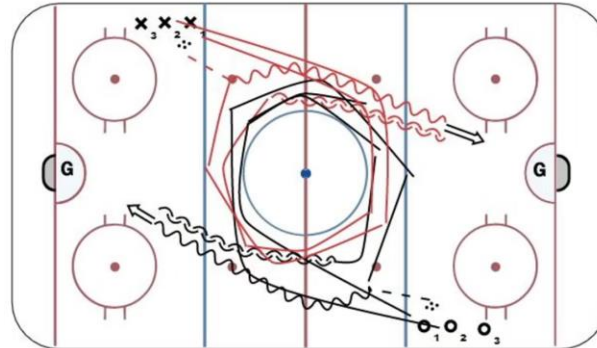
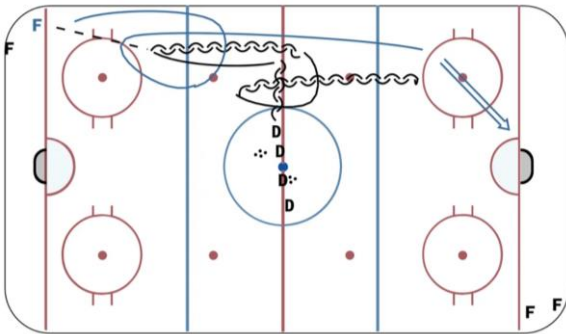
OMGHA BANTAM PLAYER EVALUATION – DAY 3 DRILLS

Drill #1: 1 on 1 Gap Control – D at center ice starts the drill, skates backwards along the red with puck, performs give and go pass with D line then opens up and skates toward the F line in corner. D gives pass to F just after the blue line and F takes off as soon as the pass is received. F then attacks D in full ice 1 on 1. If coach blows whistle, the F must circle back and skate a full loop before reattacking the D. D should transition to forward to mirror the forward and then pivot to backward after reestablishing gap to play out 1 on 1 to the far end. Both sides will go simultaneously.

Drill #2: Hurricane 2 on 1 – 2 players leave and skate around the circle without a puck. The 2nd player receives a pass from the 3rd player in line and joins the rush. The 1st player transitions backwards and plays as the “D”. The 2nd and 3rd player are the forwards to play out the 2 on 1.

Drill #3: 2v2 Down Low – Play 2 on 2 below the dots. The coach dump the pucks in the corner and the players compete.

What are evaluators looking for: Players that demonstrate good hockey habits; communicate, puck protection and strong compete.



Note: Players will get multiple reps at each drill station. If a player loses the puck or falls during a drill do not panic just retrieve the puck and complete the drill as outlined.

OMGHA BANTAM PLAYER EVALUATION

Day 3 –5v5 Scrimmage – Full Ice

5 on 5 scrimmaging will take place on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Players 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.

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.

Goalies: Evaluators are looking for 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.



OMGHA BANTAM TRYOUT DRILLS

Day 3 –5v5 Scrimmage – Full Ice

5 on 5 scrimmaging will take place on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Players 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.

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.

Goalies: Evaluators are looking for 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.

