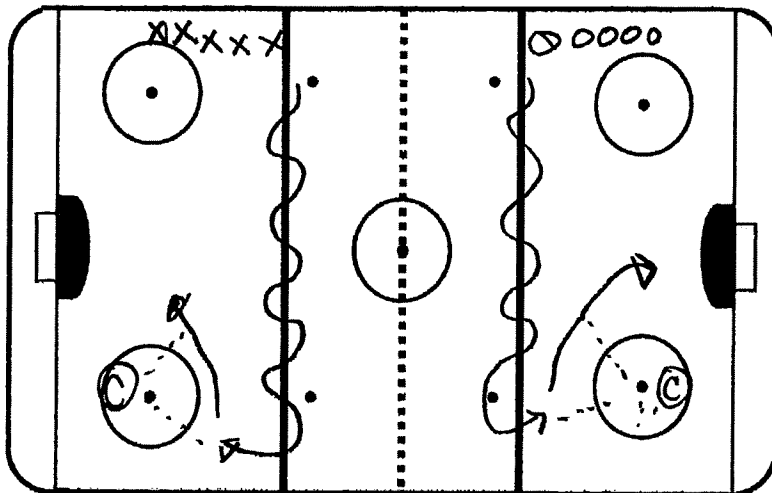


# BYHA TRYOUT: Day 2

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

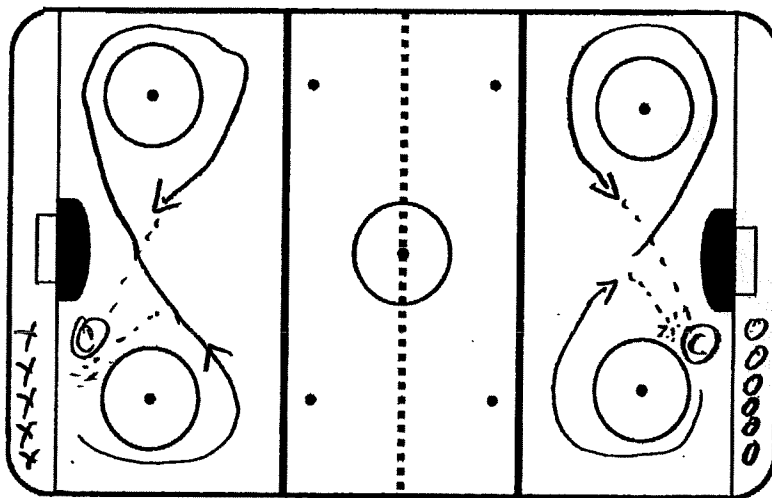
### Drill #1: Hands/Shooting

- Zig-zag pattern with crossovers and puck, line up at one side.
- Quick give and go with coach, drive with speed to slot past tire.
- Use forehand shot always, no dekes.
- Watch for soft hand, control and shot.
- 2 reps each then teams switch ends.



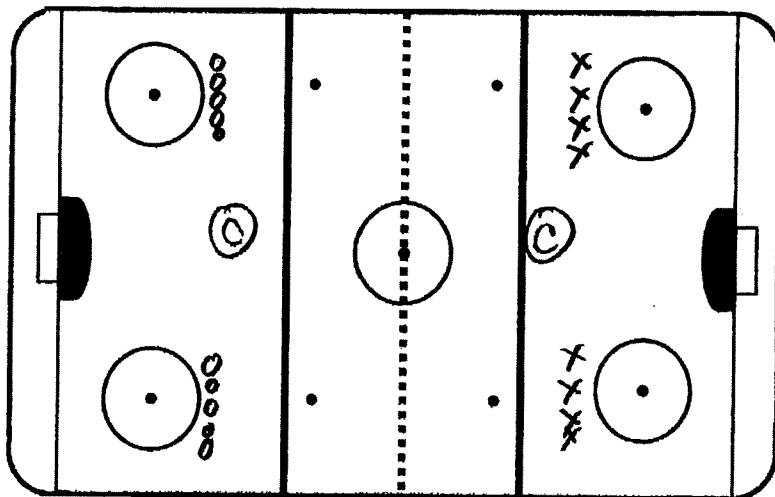
### Drill #2: Catching and Shooting

- Skate around first circle, catch and shoot, keeping going around second circle, catch and deke.
- 2 reps each then teams switch ends.



### Scrimmage: 2v2

- White vs. White and Black vs. Black
- 40 second shifts, players change on coaches whistle.
- On-ice coach to change up the player pairings so match ups vary.
- Confine area to below the top of the circles.
- Look for overall game skills.



**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.