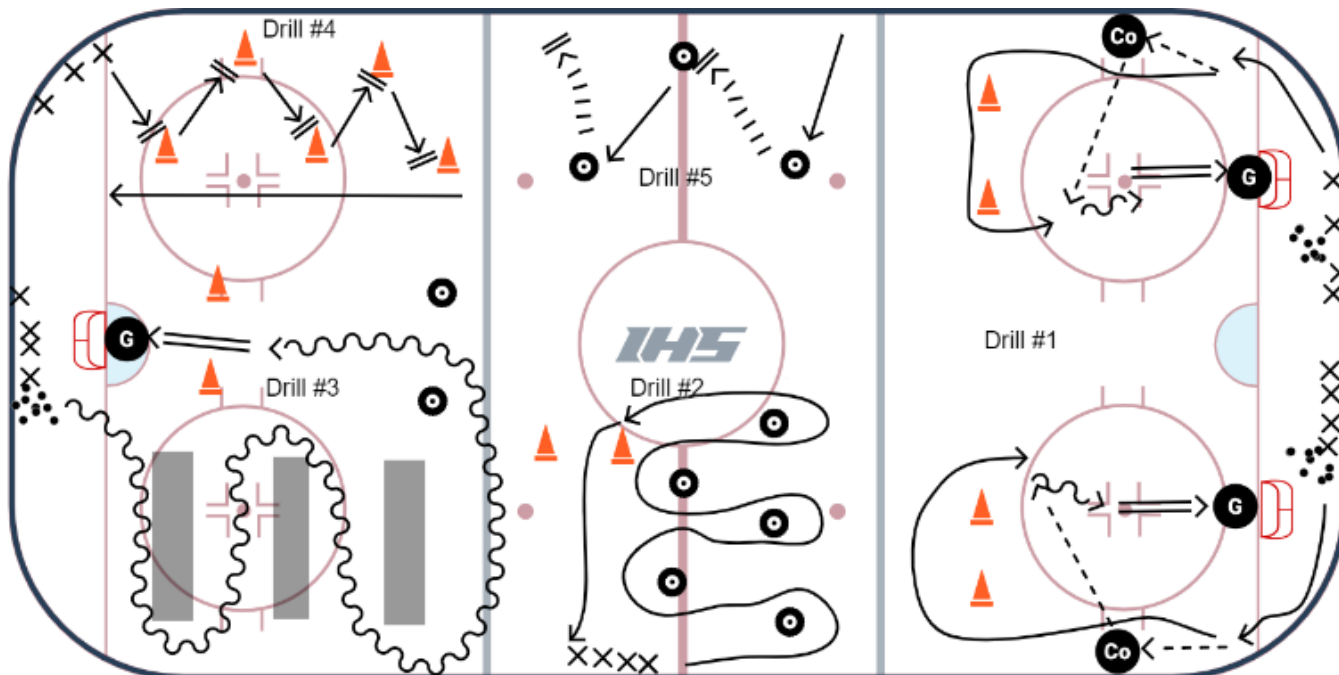


# MITE TRYOUTS - 2022



Time:

Station:



**Drill #1 - Passing & Crossovers:** Grading their pass and receipt of pass as well as crossovers in this drill.  
1-5 points for each drill

Two stations in this drill. Lineup behind the goals with pucks. Skate the puck out to the goal line and make a pass to the coach stationed at the hashmarks.

Player then skates past the coach, without a puck. The player should demonstrate their ability to do crossovers around the cones.

Coach will then make a pass to the player after they come around the second cone. Player will skate it in and take a shot on goal.

**Drill #2 - Power turns:** Grading their power turns. 1- 5 scale

Player will skate around the tires and should demonstrate their ability to turn without coming to a stop or slowing down.

After the last turn they will sprint through the cones and back to the line.

**Drill #3 - Puck Weave:** Grading for stick handling and a shot. 2 scores for this drill 1-5 scale. Looking to see their control with the puck as they weave and the type of shot they have.

Player will skate with the puck and weave through the pads. They should take their shot from the slot.

**Drill #4 - Starts and Stops:** Grading them on their ability to stop with both feet. 1 - 5 scale.

Players should be facing the south end of the rink on all their stops.

**Drill #5 - M - Drill:** Grading them on backwards skating and transitions. 1 score on a 1-5 scale.

Players should be facing the bleachers for this drill.