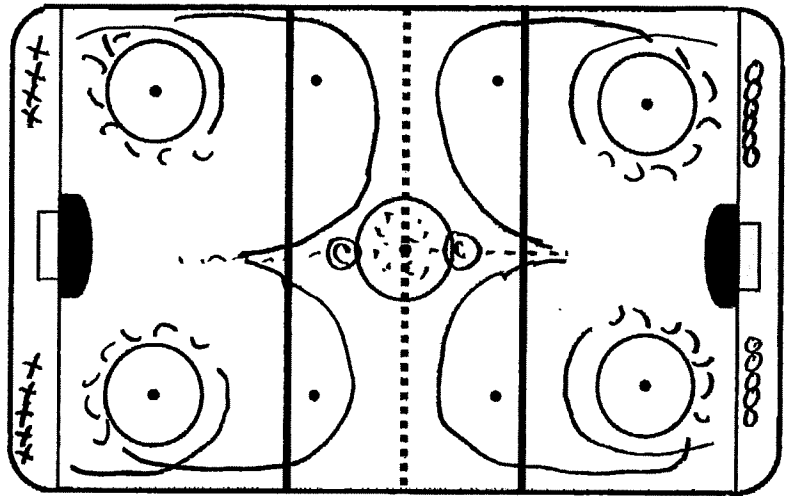


BYHA TRYOUT: Day 3

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

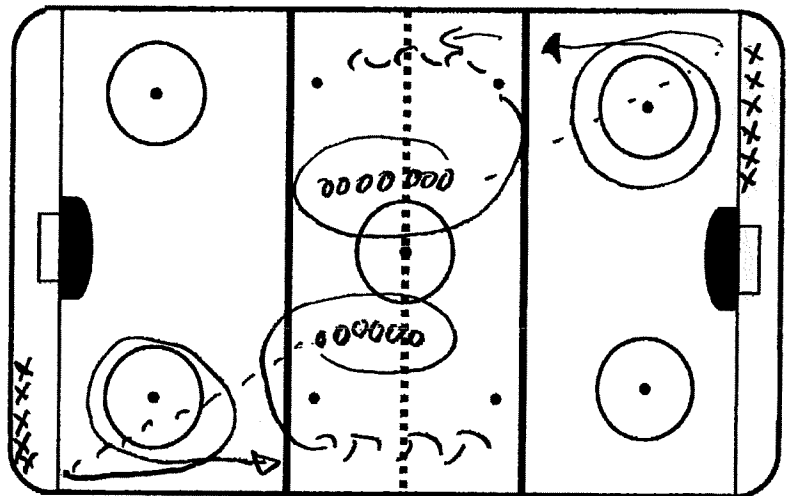
Drill #1: Crossover Transition Race

- White vs. White and Black vs. Black
- Start on goal line. On-ice coaches whistle, go around circle half way and transition to backwards for half a circle then forward around dot to puck.
- Winner gets to shoot, loser battles to stop shot.
- Random/equal line format (switch match ups)



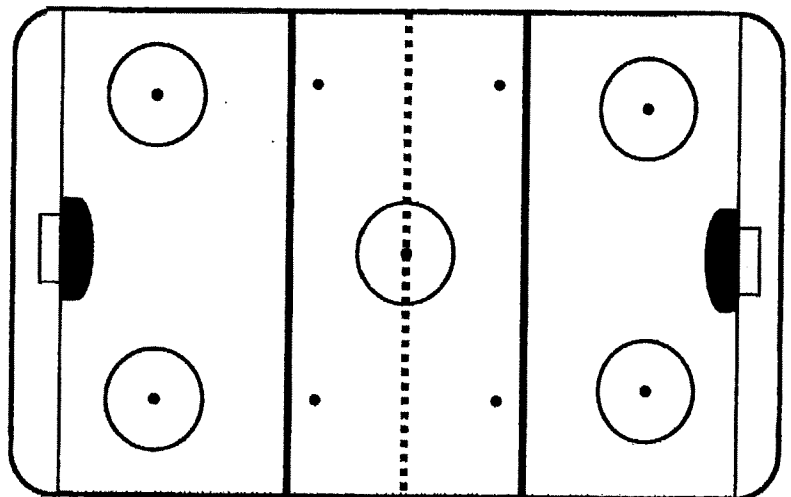
Drill #2: Defense Gap 1v1

- Grading only the defensive line
- Defense passes to Forward and follows the pass then transitions and maintains proper gap to force the Forward off the puck to the outside or pinch them off.
- After receiving the pass the Forward goes around the dot and up the rink.



Scrimmage: Head Coach Choice

- Live hockey, not a drill.



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.