



2023 BDMHA U11 Tryout Session #1 - Skating and Puck Skills

Date: Sep 20 2022

Time: 2:15 pm

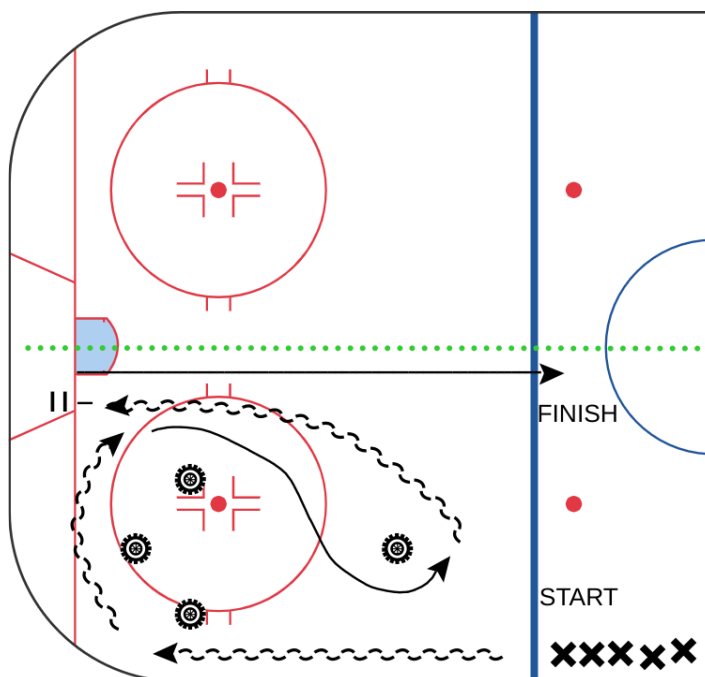
Duration: 40 mins

ALL DRILLS WILL BE IN STATIONS

0 mins

BDMHA U11 Tryout Station A - Backwards Skating

10 mins



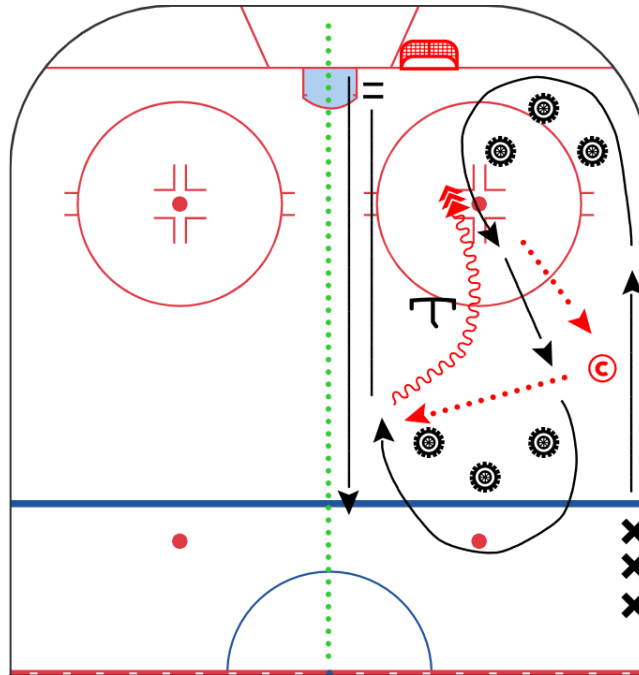
Description

- On the Whistle, Players leave skating backwards and go around tires, then pivot to forwards skating to high tire.
- Players then pivot to backwards skating to goal line. Players full stop and sprint to blue-line skating forward
- ****PROGRESSION**** - Players will repeat the drill carrying a puck with them.

Key Points

EVALUATION KEYS

- Backwards Skating Skill and Speed
- Body Position (hockey position)
- Stick position and control



Description

Each Player goes through the course 2x without puck to start, then 2x with pucks, passing to the coach and finishing with a shot on net.

- **(BLACK)** Player leaves without puck and goes around bottom tires gaining speed with crossovers, edges.
- Player continues around top tires and sprints to goalline.
- Player **STOPS FULL**, then sprint back to blueline

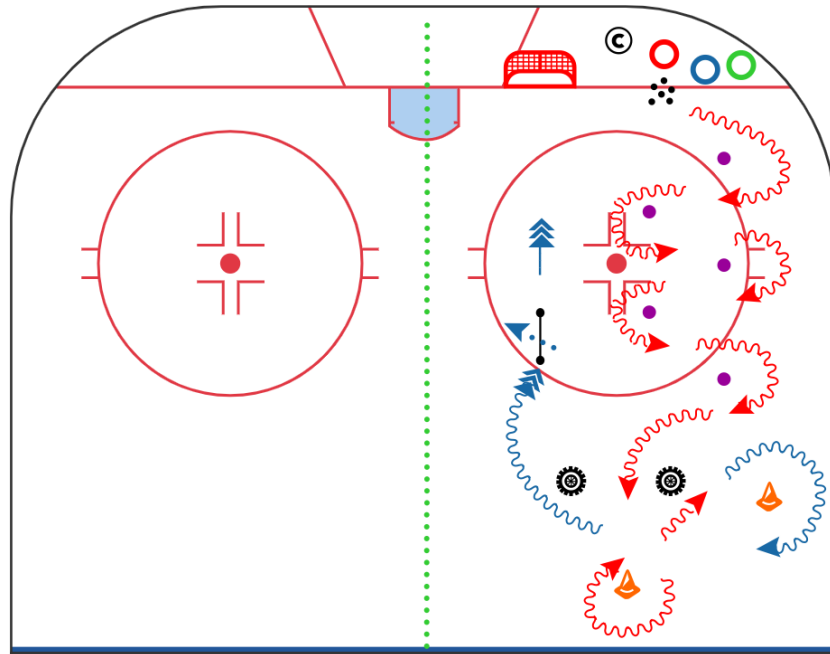
PROGRESSION(RED)

- Player leave with puck and goes around bottom tires gaining speed with crossovers, edges.
- Player passes to Coach and continues around top tires, and gets pass back from Coach.
- Players dekes Triangle and finishes with shot on Net.

Key Points

EVALUATION KEYS

- Skating Speed
- Stick position while skating
- Cross-over power



Description

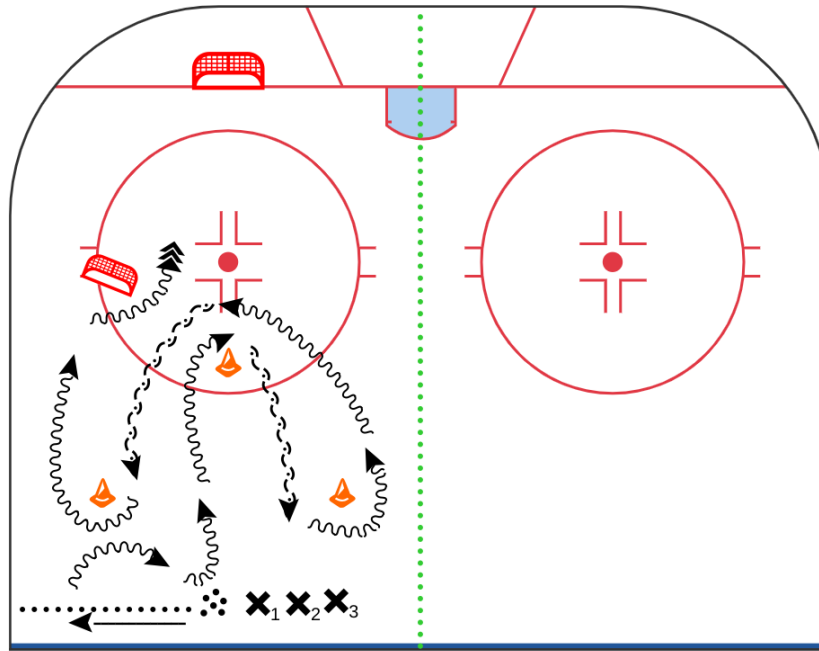
BOTH ENDS AT SAME TIME

- On 🕒 's whistle 🚩 skates with a puck from the goal line through the pucks.
- 🚩 skates around the 🔥 takes a jam turn then skates towards the net through the deviator and takes a shot.
- Next player leaves when 1st player reaches the tires

Key Points

EVALUATION KEYS:

- Skating Abilities (are players smooth or not, do they go around objects effectively and how much power do they show)
- Skating Cutbacks (can players cutback quick and smooth or not)
- Puckhandling (are players smooth with puck or not, do they over stickhandle or not, is head down or head up)



Description

- On Whistle, Coach passes a puck off the boards and player goes and picks it up
- Player skates forward to bottom pylon and pivots to backwards. They skate backwards to top outside pylon and pivot to forward and skate to bottom pylon again and repeat to opposite top pylon.
- Player then attacks to mini net and dekes to either side and shoots on net.

Key Points

EVALUATION KEYS:

- **Skating Abilities** - Are players smooth or not, do they go around objects effectively and how much power do they show, do they crossover well, do they use their edges
- **Skating Transitions** - Do players transition forward to backward smooth, do players handle puck well forward or backward skating
- **Puckhandling** - Are players smooth with puck or not, do they over stickhandle or not, is head down or head up
- **Shooting** - How well does player shoot the puck or not