



2023 BDMHA U11 Tryout Session #3 Skills and Battles

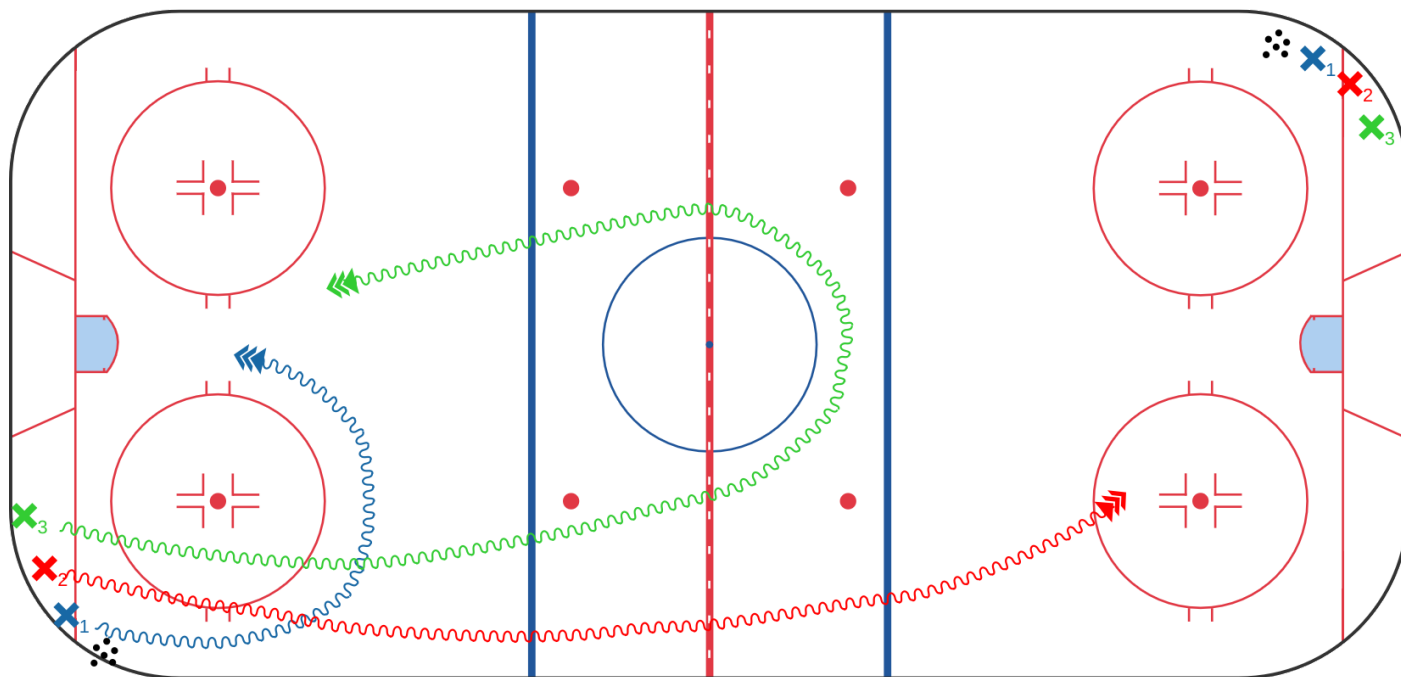
Date: Sep 10 2023

Time: 11:58 pm

Duration: 40 mins

BDMHA 3 Man Shooting Lanes Warm-up

5 mins

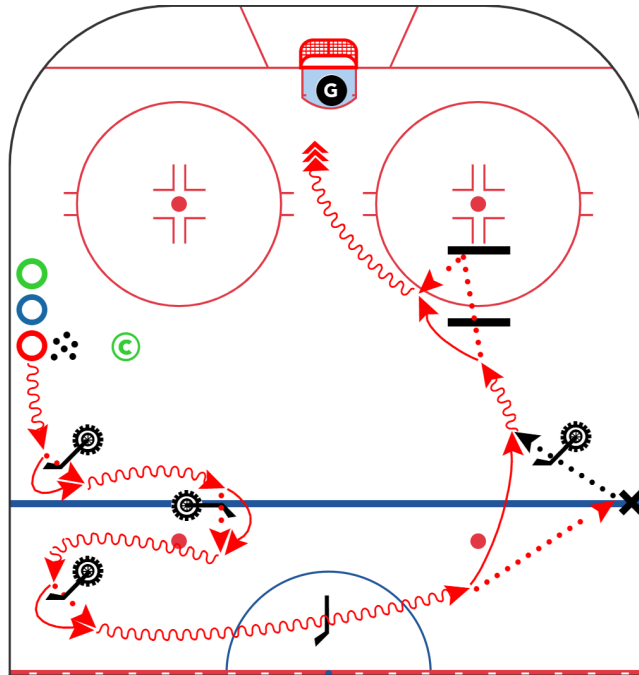


Description

****NO EVALUATION IN THIS DRILL. IT IS ONLY TO WARMUP PLAYERS****

3 Players from EACH END go on whistle

- X1 (BLUE) goes around the TOP of the Circle and shoots on net
- X2 (RED) skates to the other end WIDE and shoots on net
- X3 (GREEN) skates around the MIDDLE Circle and comes back to the end they started in and shoots on net.



Description

BOTH ENDS AT SAME TIME

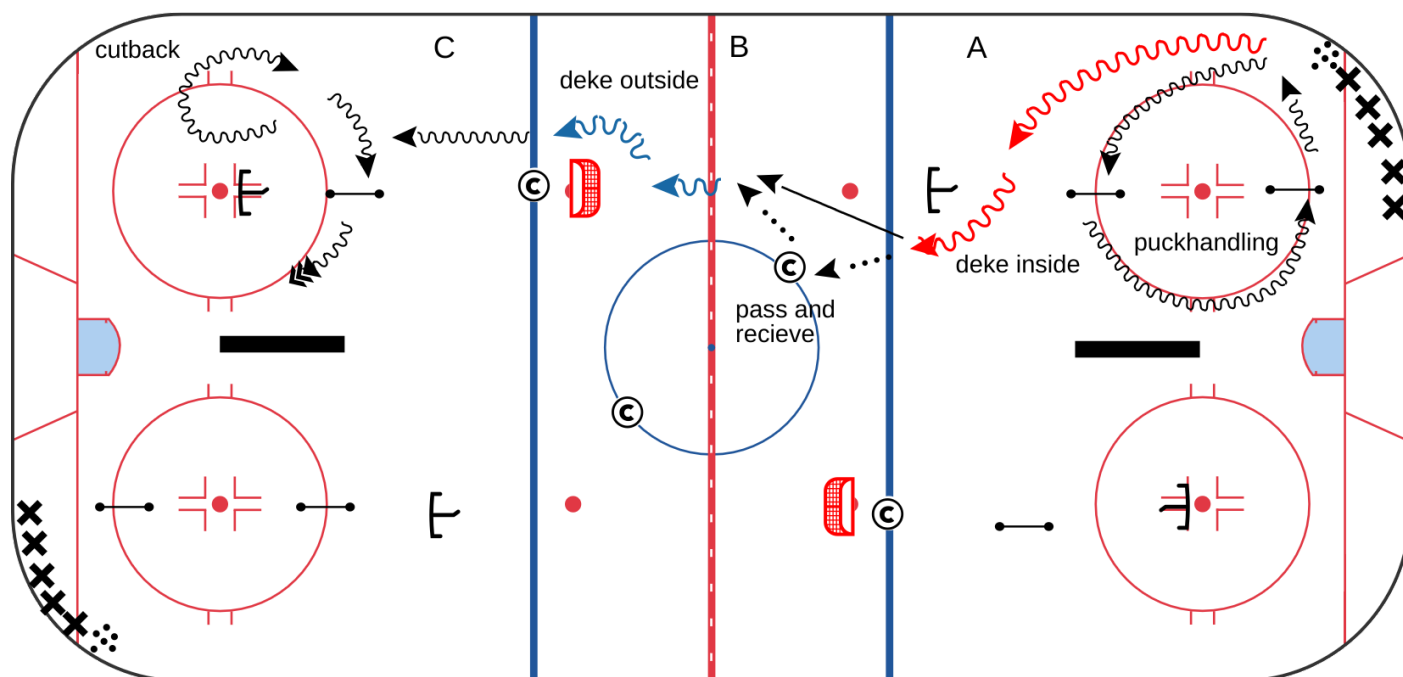
- On Coach's whistle Player skates through the obstacles, jump over the stick and passes a puck to Coach.
- Player collects the return pass from Coach through the obstacle, passes at the bumper and collects the puck off the bumper.
- Player then skates towards the net and takes a shot (no dekes).

Key Points

EVALUATION KEYS:

PUCKHANDLING

- Does player handle puck smooth or rough
- Does player make a good pass and set a good stick target to receive the pass back
- Does player over stickhandle the puck or not
- Does player perform the drill properly, and do they handle the puck well going around the objects
- Does player hit the net when they shoot, do they score.



Description

**DRILL WILL GO ON BOTH SIDES.
PLAYERS WILL LEAVE ON THE WHISTLE.**

Drill will Focus on Puckhandling and Skating in (3) areas on the ice (A, B, C).

- On whistle, Player leaves with puck and goes around the circle stickhandling through OR around dividers, and continues up ice.
- Players will then deke to the INSIDE of the Triangle and pass to the Coach. Player will get the pass back immediately and continue up ice.
- Players will then deke to the OUTSIDE of the Mini-net and go into the offensive zone. They will then perform a "Cutback" away from the triangle and attack to the net over the top of the circle, stickhandle through OR around the divider and SHOOT on net (no dekes on Goalies).
- Players will then go to the back of the opposite line.

Key Points

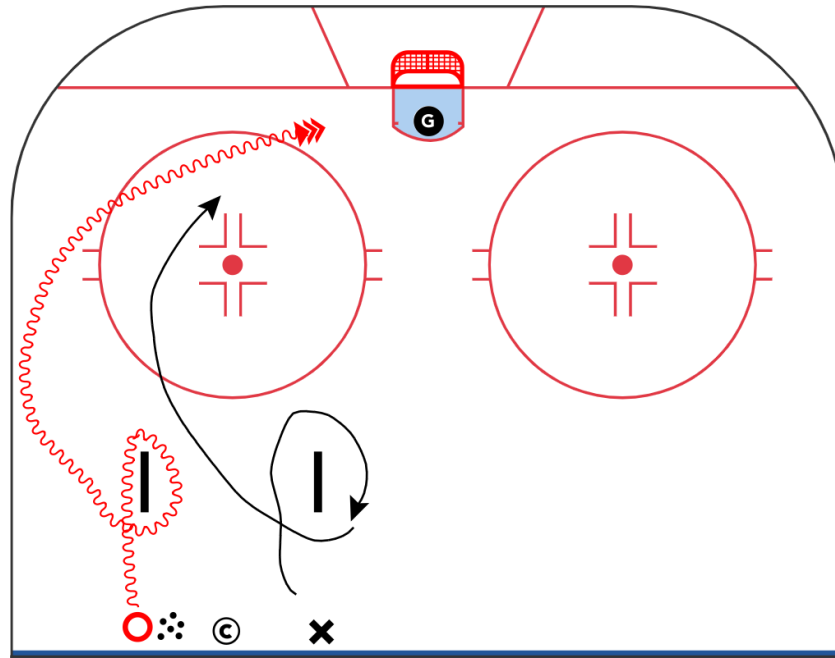
EVALUATION KEYS:

SKATING

- Does player skate well with the puck, do they slow down, speed up.
- Does player take enough space on the cutback or do they jam themselves against the boards.
- Do they use their edges, do they have power with crossovers.

PUCKHANDLING

- Does player handle puck smooth or rough
- Does player make a good pass and set a good stick target to receive the pass back
- Does player over stickhandle the puck or not
- Does player perform the dekes with deception or not, and do they handle the puck well on the deke.



Description

BOTH ENDS AT THE SAME TIME

- BOTH ENDS WILL GO ON THE SAME WHISTLE FOR EVERYONE
- PLAYERS SWITCH LINES AND ROLES AFTER EVERY TURN

- Players line up in 2 lines: Offensive players on OUTSIDE, Defensive players on INSIDE.
- On Whistle, Offensive player leaves with a puck and goes all the way around the divider (outside to inside) and heads to the net. Defensive does the exact same thing around their divider
- Offensive player tries to score, Defensive player tries to defend against them.

Key Points

EVALUATION KEYS:

Offensive Player

- Skating - does player speed up or slow down to fool defender. Does player have power to get to net for scoring chance
- Puckhandling - does player protect the puck, does player make too many moves
- Scoring ability - can player create a scoring chance, can player score.

Defensive Player

- Skating - does player position themselves in a good spot or a good GAP with skating. Can player recover if they get beat.
- Defence - how does player defend, do they use stick, do they puck watch, are they aggressive or do they sit back.