



# BDMHA 2023 U13/U15 Tryout Session #1 - Skating and Puck Skills

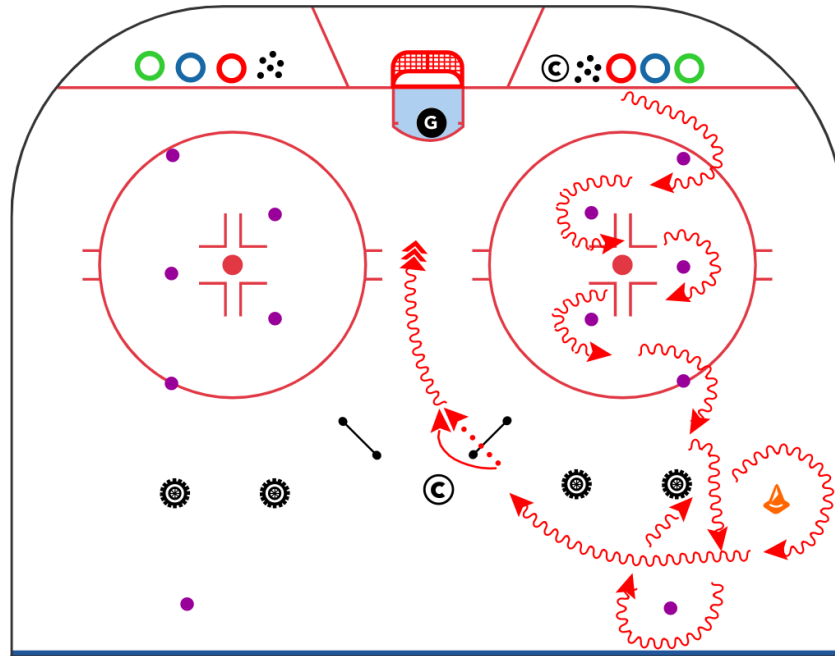
Date: Sep 17 2023

Time: 2:15 pm

Duration: 50 mins

BDMHA Tryouts (U13/U15) - Skill Session - Skating and Puckhandling

10 mins



## Description

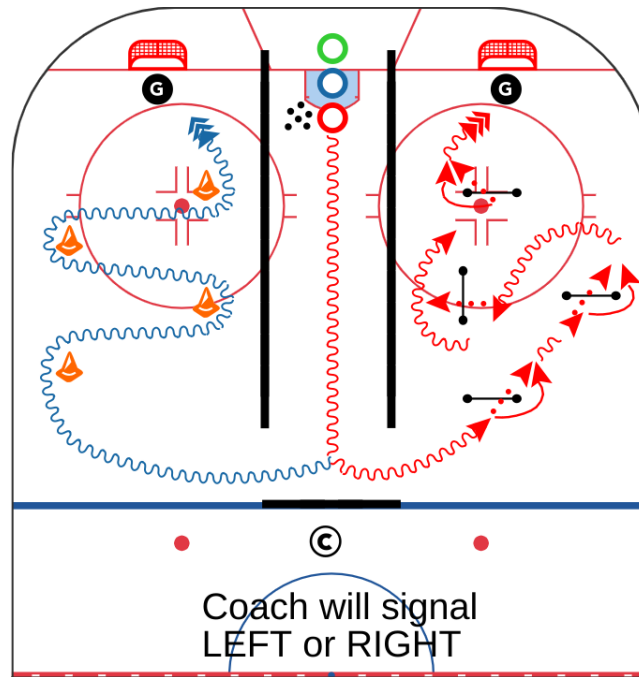
BOTH ENDS AT SAME TIME

- 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 on opposite side leaves when 1st player reaches the tires
- Have players switch sides halfway through drill (5 mins)

## 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 © 's whistle, ○ skates with a puck to the blueline at a hard pace.
- At the LAST minute, © on the blue line signals the player to go left or right.
- ○ then takes a turn left or right then skates through the obstacle and takes a shot at the net.

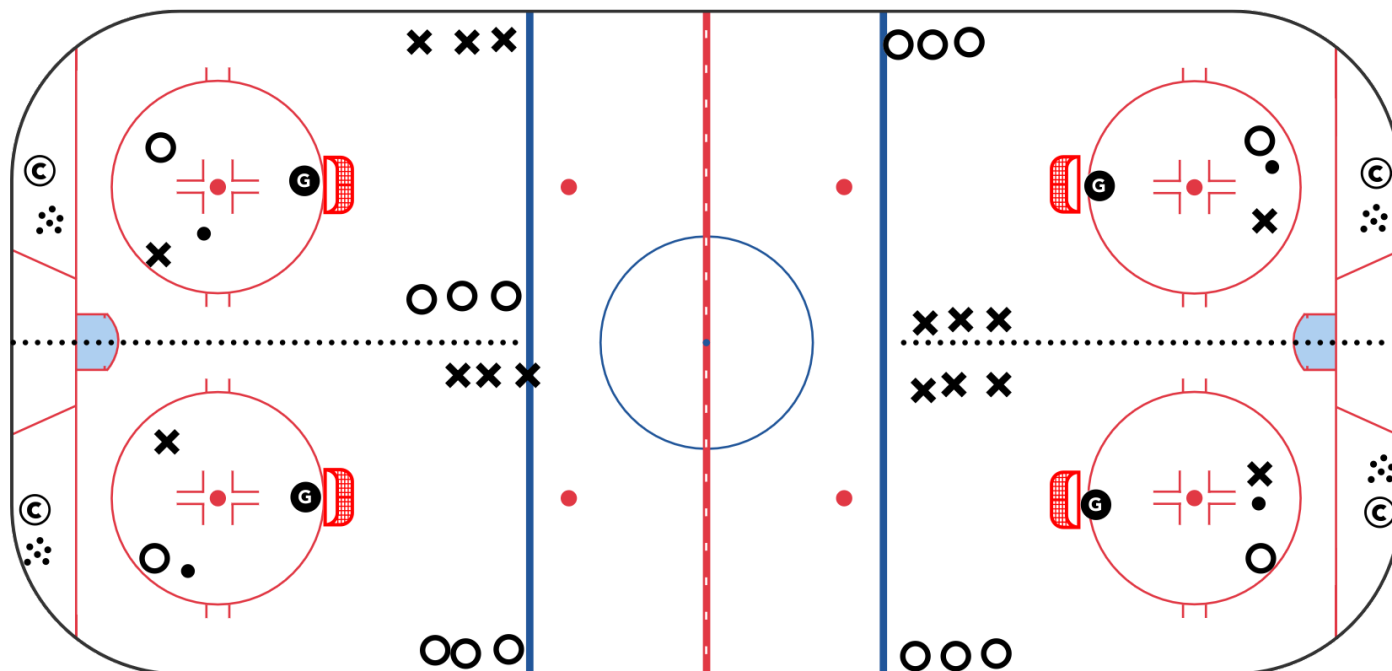
### Key Points

#### EVALUATION KEYS:

- Does player react quickly under control
- Does player have their head up and see the direction
- What are player's individual skills like (puck handling, skating)







### Description

Players will go Approx. 3/4 times.

Players must stay inside the Circle and Coach will put new pucks into circle if initial pucks go out.

- Players battle 1v1 INSIDE the circle for 20 secs vs. another player and try to score as many goals as they can.
- Players must defend within the rules.
- One whistle will start the entire drill and one whistle will stop the entire drill.

### Key Points

#### EVALUATION KEYS:

- Individual player Competition and Intensity (how much and how little)
- Defending - within the rules and how well and intense a player defends.
- Individual player skill and desire to score (looking for goal scoring, not 100 moves).