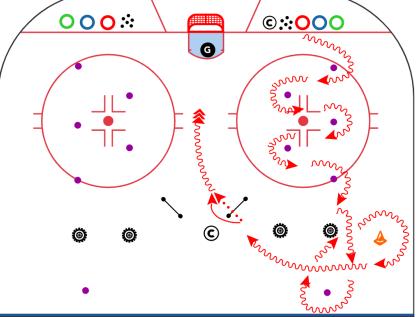
# BDMHA 2023 U13/U15 Tryout Session #1 - Skating and Puck Skills

 Date: Sep 17 2023
 Time: 2:15 pm
 Duration: 50 mins

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



# Description

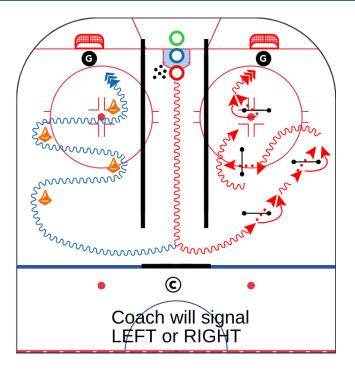
BOTH ENDS AT SAME TIME

- On © 's whistle 🔾 skates with a puck from the goal line through the pucks.
- O 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)

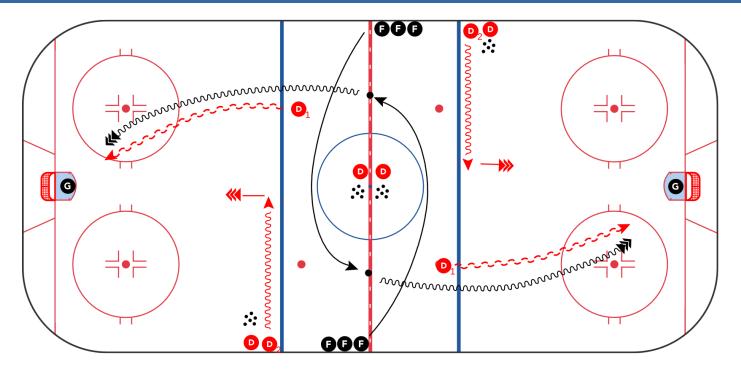


## Description

- On © 's whistle, O skates with a puck to the blueline at a hard pace.
- At the LAST minute,  $\ensuremath{\mathfrak{C}}$  on the blue line signals the player to go left or right.
- O 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

BOTH SIDES AT THE SAME TIME

- D1 starts with one foot on the NZ dot, facing the boards, Puck is on the red line in front of the D1.
- On the whistle, both F's go through the circle and must touch the line
- When F's touches the puck, the D can move and they play 1 vs 1
- After the 1 vs 1, the F tries to get the net and the D1 boxes out as the D2 on the boards walks the blue line for a wrist shot on net
- D2 then becomes new D1 for next repetition.

#### **Key Points**

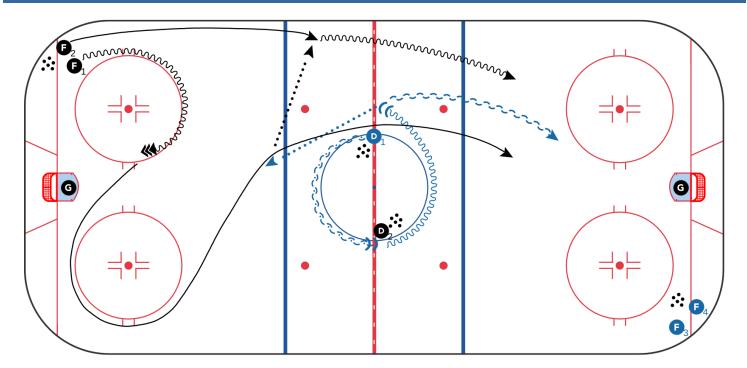
**EVALUATION KEYS:** 

#### FORWARDS

- Attack Speed (does FWD speed up or slow down, do they make it easy or hard to defend)
- Creating offence (how does FWD create a scoring chance)
- Puckhandling and Decision making (does FWD over-stickhandle or do they shoot)

#### DEFENCE

- GAP and Skating (do DEF get their feet moving enough to play the 1v1 properly)
- Defending the 1v1 (using stick, proper angles)
- Competition and Aggressiveness (making the 1v1 easy or hard for the FWD)



#### Description

- F1 & D1 start at the same time. F1 carries the puck around the top of the circle and shoots on net. After shooting, F1 skates around the far circle.
- F2 starts when F1 reaches the hash marks after going around the far circle.
- D1 carries the puck backwards around the center circle and passes to F1.
- F1 passes to F2, and they go on a 2 vs 1 against D1 full ice.
- Same thing happens on both sides of the ice.

#### **Key Points**

**Evaluation Keys:** 

Forwards:

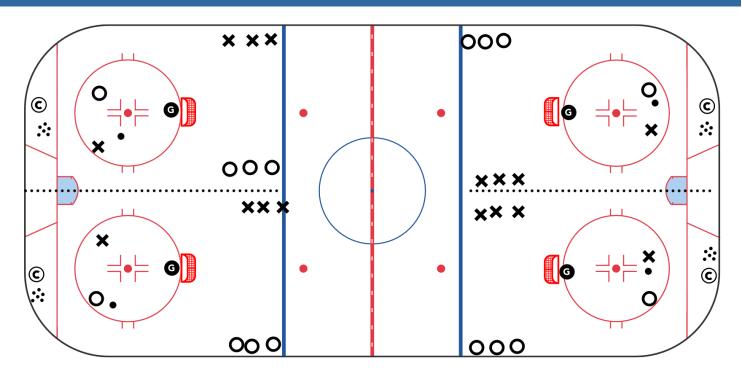
- Quick release on the first shot.
- Attack speed and Timing
- Creating offence and scoring abilities

#### Defense:

- Puck control around the circle.
- Tight GAP or too much space
- How does the DEF defend the 2v1 (take away pass, go after puck carrier)

# BDMHA Tryout Battle Drill 1 - 1v1 for 20 Seconds Circle Battles

# 10 mins



## 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).