



BDMHA 2023 U13AAA Tryout - Forwards Session

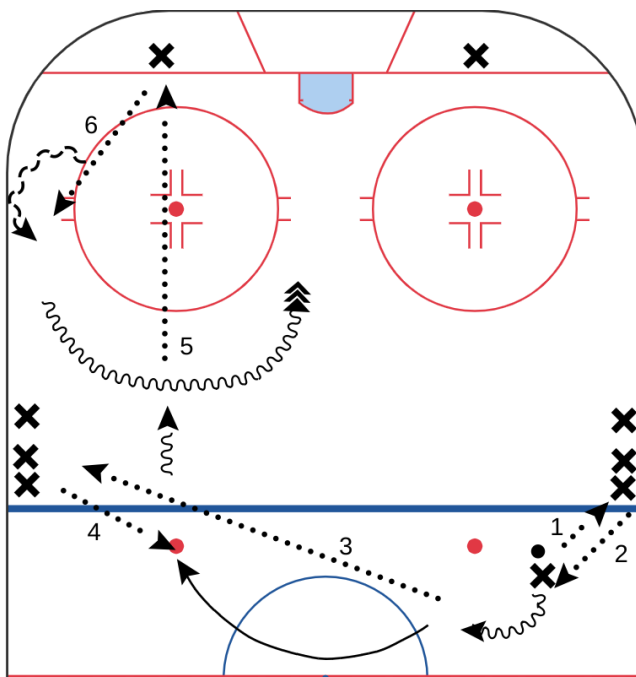
Date: Sep 11 2023

Time: 11:58 pm

Duration: 40 mins

BDMHA Tryout Passing Drill 1 - Passing on the move.

10 mins



Description

Players will make 6 passes in this drill.

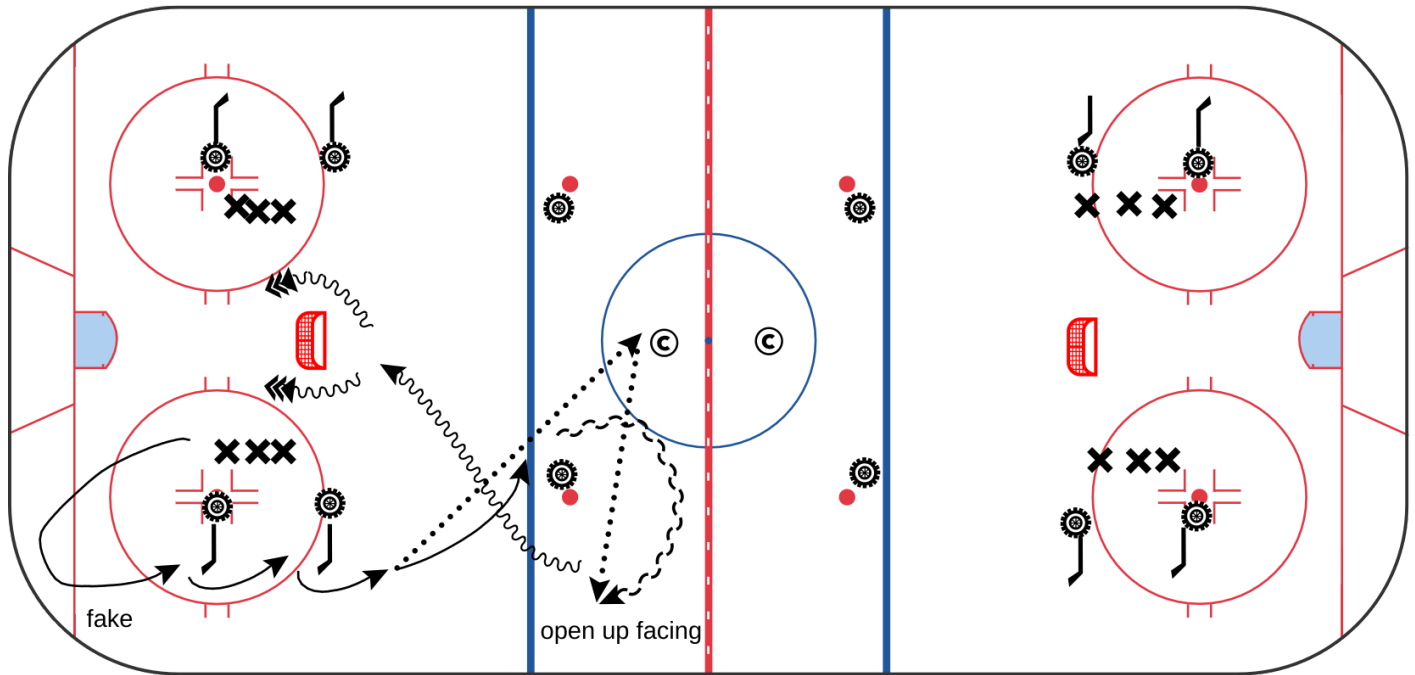
After the shot, shooters will become the LOW passer under the circle and LOW passer gets back into line.

- Player starts with a puck facing their line, pass to the line and gets the pass back right away.
- Player turns and skates towards the opposite line and passes to the 1st player in line and gets a pass back right away.
- Player continues into offensive zone and passes to the LOW player and opens up facing the play.
- LOW player waits until player has opened up, and passes puck.
- Player continues to net for shot and becomes the LOW player for next repetition.

Key Points

EVALUATION KEYS

- Good passes
- Sticks and Hands away from the body
- Good Stick targets to pass to
- Communication
- Ready in line



Description

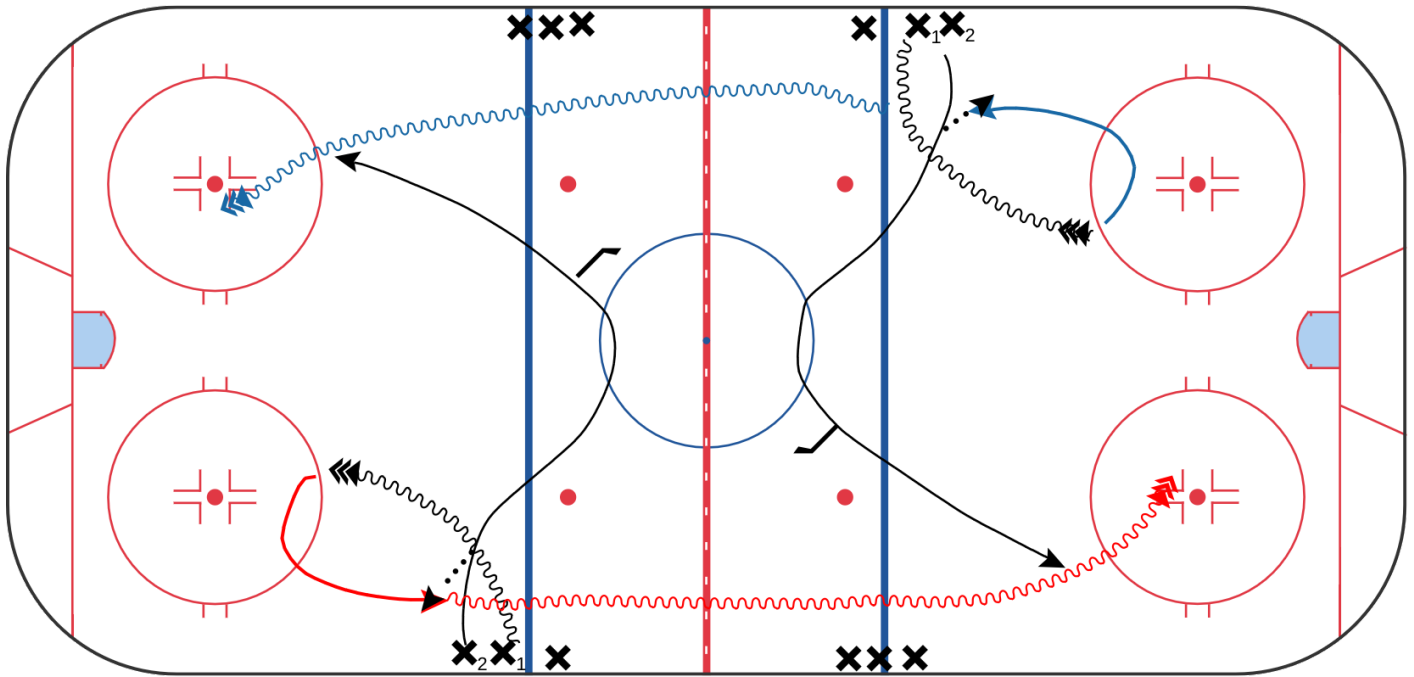
BOTH ENDS AT THE SAME TIME

- On whistle 1 player puts puck into corner and retrieves it with a fake and then attacks the "defenders" (tires) using puck protection maneuvers. They pass to Coach, open up around the tires wide and get the pass back. Players attack into the scoring area and make a quick move for a quick shot.
- Players can use "Mohawks" or Shield with their inside legs and make sure to place the puck WIDE in order to create distance for the defender to have to reach

Key Points

EVALUATION KEYS:

- Good body positioning (head up, hockey position, opening up facing the Coach)
- Puck protection (Getting their body between puck and defender, pushing pucks out wide)
- Making and receiving passes (quality of pass, having a good stick target to get pass back)
- Deception and quick shot (good fakes, quick plays or too much stickhandling)



Description

- X1 jumps from line for shot then turns up quickly
X2 jumps off the wall as 1 approaches, leaving a puck for X1
X1 attacks the far end full speed for a shot
X2 gets feet moving and angles oncoming X1 with speed in open ice.
- X2 is trying to force X1 into bad ice (Wide) and eliminating the scoring chance.

Key Points

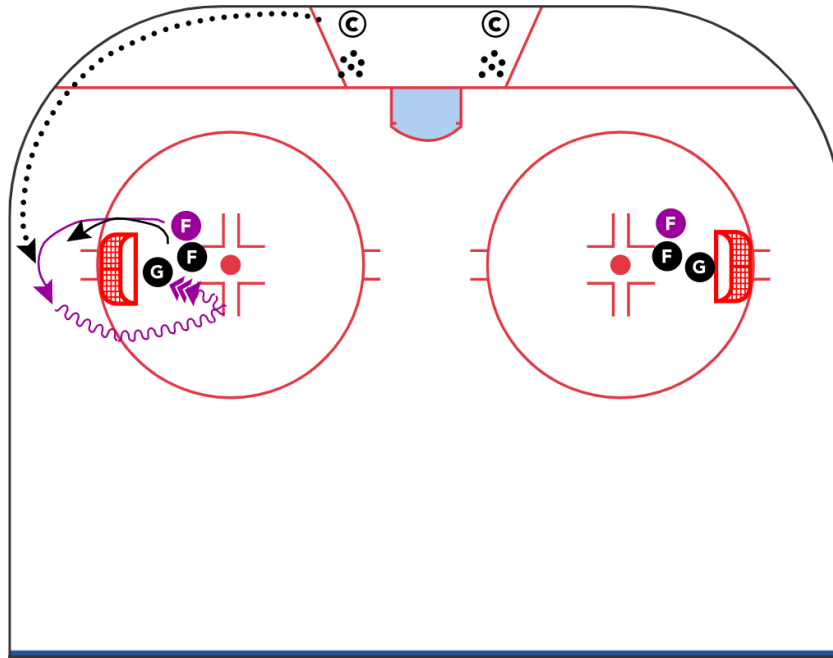
EVALUATION KEYS:

Offensive Players

- Ability to Change Speeds on Attack (slow down, speed up) to confuse Defender
- Skating Ability
- Puck protection from Defender (keeping pucks wide/away, using their body)
- Scoring Ability

Defensive Players

- Skating ability to close time and space on offensive player (GAP, standing too far back)
- Stick positioning (steering players into bad ice, stick on puck)
- Creating a turnover or causing offensive player to change their attack
- Defending with Intensity and Aggression



Description

CAN RUN IN ALL 4 CORNERS. SWITCH SIDES HALFWAY

- Forwards simulate picking up rim from D-men by releasing from net front to get puck.
- Defensive player has to make a DECISION: defend the offensive player or the puck
- Offensive player can Attack from EITHER side of net.
- Allow for 1 scoring chance and 1 rebound chance, no longer. Need quick plays
- Offensive players can use various tactics to create space - Box Outs, Stick Lift, Bait & Change

Key Points

EVALUATION KEYS:

OFFENSIVE PLAYERS

- Rim pick ups and puck control
- Creating space (staying close to post to hang up defender, Box outs, deception) and Quick attacks low
- Scoring Ability

DEFENSIVE PLAYERS

- Decision making (puck or player) and execution
- Positioning and battle level (stick on puck, good body positioning, GAP)