



Guide to a Successful Try Out

This paper is meant to provide some insight into the intangibles that players need to be aware of beyond the ratings for on ice performance and skills.

1. SKILL Puck control, passing and receiving, shooting as well as offensive and defensive positioning & tactics are the fundamentals of the game that our coaches will be evaluating when selecting players for their team. The primary skill coaches look at is skating. If you excel at starting with acceleration, quick turns and crossovers, the rest of the game comes easier. Good skaters will consistently win races to pucks, win battles in the corner and put themselves in better positions. There isn't a single hockey skill more important than skating.

2. ATTITUDE Just because you were successful in making the team last year doesn't guarantee your spot for the upcoming season. Nothing is secured and you need to earn your way onto the team all over again. There are new faces competing for spots on the team who might want it more than what you are showing. Simply going through the motions won't be enough. Show us why you'll be a contributor and a good teammate. Take feedback and use it to improve, this shows you're coachable and eager to learn.

3. PREPAREDNESS Did you come to the rink ready to go, or did your skates need to be sharpened...or did you forget your jerseys...or are you missing a piece of equipment? Those distractions before a tryout will be enough to drive any coach crazy. Missing a portion of a tryout because of something that you weren't prepared for is frustrating for everyone. Make sure you're ready to go when you get to the rink anytime – not just at tryouts.

4. CHARACTER This tells more about you than any skill you may demonstrate on the ice. Are you continuously pushing yourself and giving it your best effort? If you make a mistake, how do you react to it? When you make a mistake, do you give up and slam your stick on the ice? When you make a mistake, brush yourself off, learn from it, and keep going! Realize you will make mistakes, don't hold yourself to the impossible standard of being perfect, or you'll never live up to your own expectations and you'll always be frustrated! Frustrated players seldom perform well! Coaches understand that players will make mistakes in game situations or when first learning new skills or concepts.

5. LEADERSHIP Show your leadership skills. There are many ways to be a leader. If you're a talker – talk. If you're a worker – work. If you're enthusiastic – be enthusiastic. If someone makes a mistake, find a way to pick your team mates up. Great leaders lead by example!

6. FOLLOW THE DRILL Pay attention when coaches are explaining drills. There's nothing more frustrating than a player who is fourth in line and messes the drill up after the first three executed it without problem. That's a lack of focus! Give a full effort in the drill whether you are first in the line or last.

7. SKATE HARD THE ENTIRE SHIFT During scrimmages, don't slowly wander your way to the bench. Skate hard from the time you set foot on the ice until you're back on the bench. The vast majority of players don't do this...so if you're one of the few that does, the coaches will notice! Not only does this make line changes easier, it shows that you're always giving a maximum effort.

8. GET BACK ON DEFENSE During try out scrimmages and in game situations help your team by going all out on a back check. Don't let the other team get easy offensive opportunities. If you're lazy getting back on defense, coaches will notice (and it also leaves your teammates out to dry). If you're in a good defensive position, you've got a much better chance at making the proper play or decision that can lead to quick offensive transition opportunities.

9. TREAT TRYOUTS LIKE A CHAMPIONSHIP GAME This is your opportunity to show what kind of player you are and where you will make the most impact in game situations. The coaches will be looking for all around team players who play at both ends of the ice. Pay attention to positioning, fore-check with a purpose, separate the defender from the puck and use your teammates!

10. RELAX AND ENJOY THE EXPERIENCE Try outs can be stressful – for players, parents, & coaches. Relax, work hard, and leave it all on the ice. Tryouts are three days. If you have a bad shift – shake it off, regroup and get back out there with your best effort.