

PCYH TRYOUT DRILLS



DAY 1

15 min – Goalies only Drill #1, #2, & #3 (Skaters not on ice yet)

5 min – Skaters only Warm ups (Goalies rest)

20-30 min – Drill #1

30 min – 3 on 2 Down Low

30 min – 4 on 4 Full Ice

DAY 2

15 min – Goalies only Drill #1, #2, #3 (Skaters not on ice yet)

5 min – Skaters only Warm ups (Goalies rest)

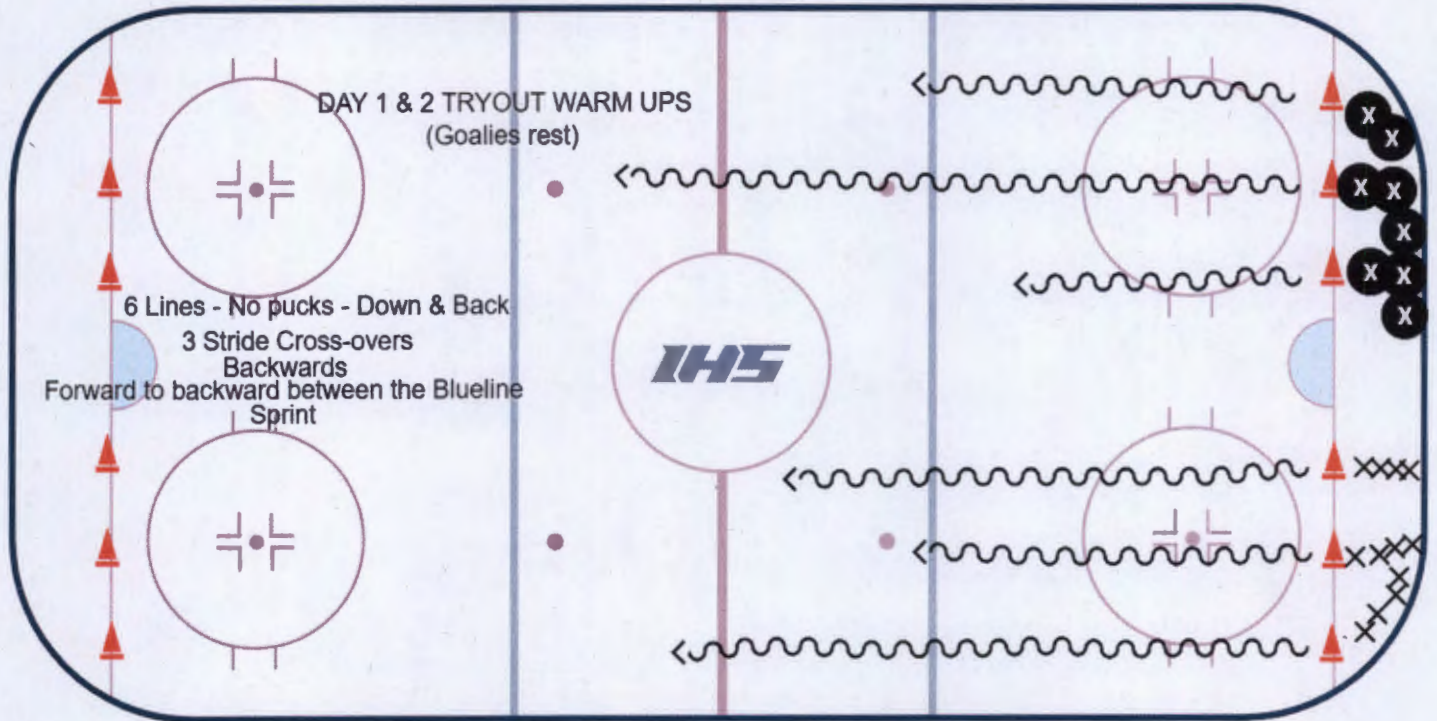
30 min – Drill #2

15 – 20 min – 4 on 4 Full Ice

40 min – 5 on 5 Full Ice Game

Time:
Appro:

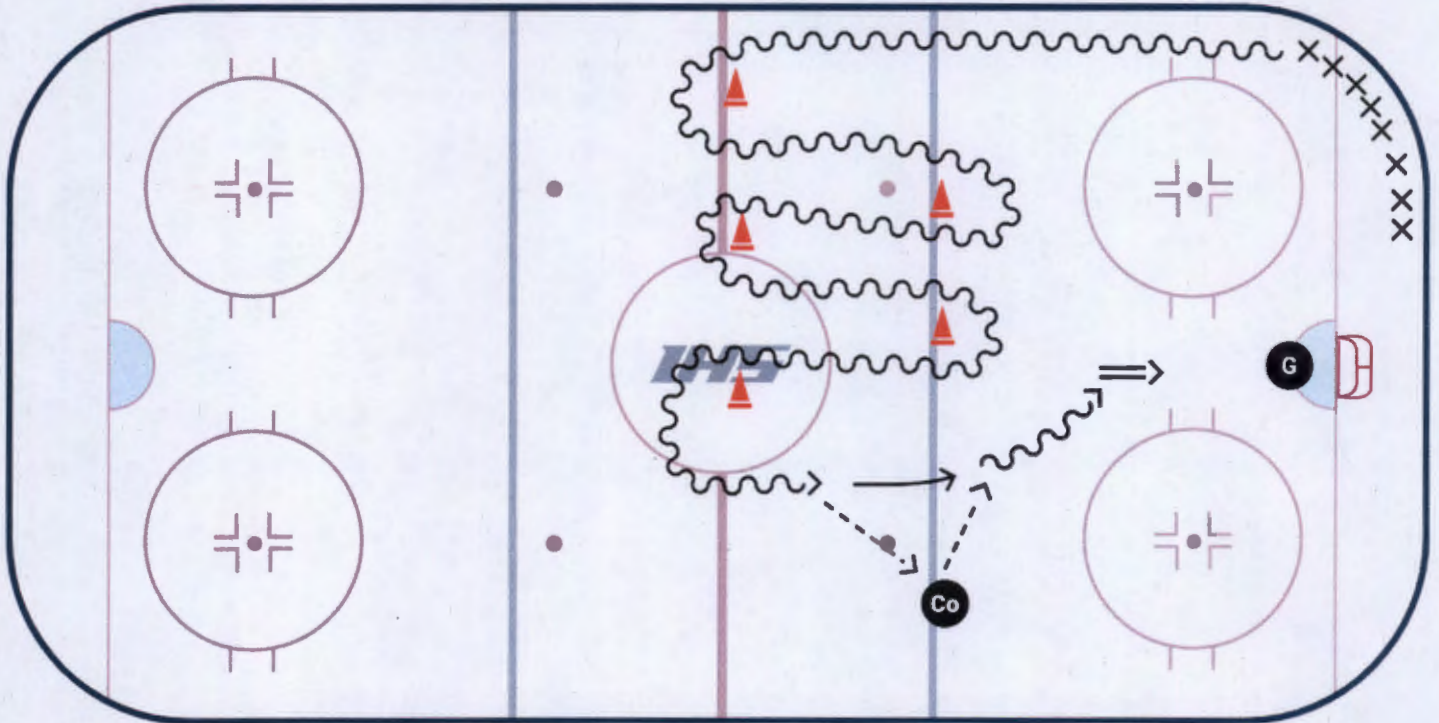
TRYOUT DRILL DAY 1 & 2 WARM UPS



Evaluators Looking for...

Skating, Backwards skating, Transitions, Straight line speed, Attitude while in line

Drill #1 (Day #1)



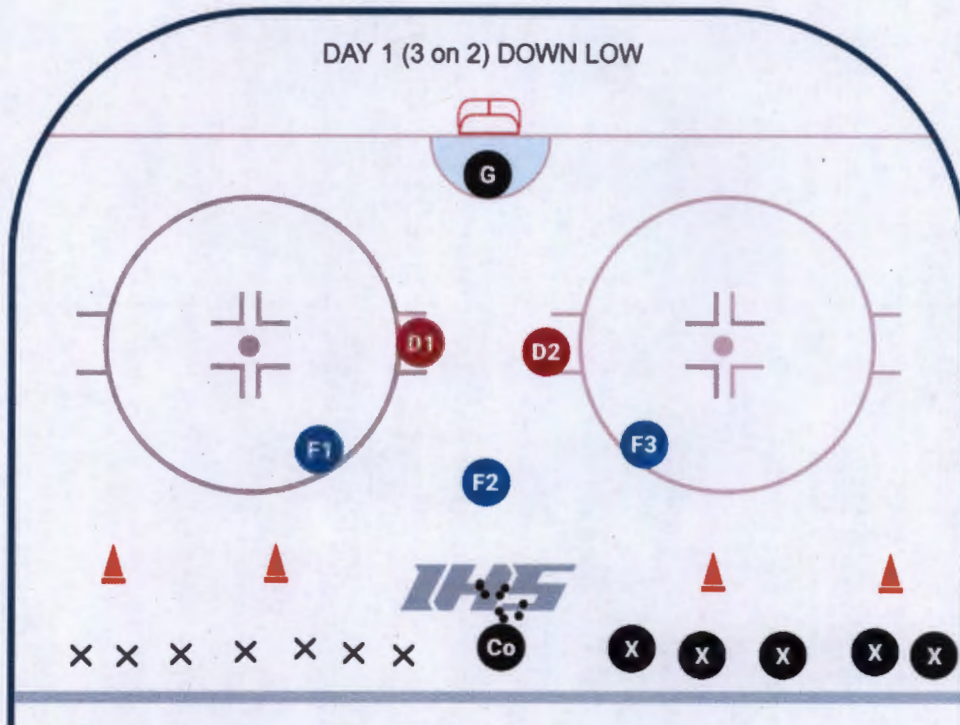
Day 1 Drill #1

Start with a puck. Sprint up the wall. Weave through the cones. Pass to the coach. Receive a pass and then shoot. NO dekes. Once from each side.

Evaluators Looking for...

Skating, Puck Control, Passing, Heads up, Shooting

Day 1 (3 on 2) Down low



3 on 2 Down Low

Extra Black and White skaters along the blueline

Coach in center with pucks

Forwards try to score by making hockey plays

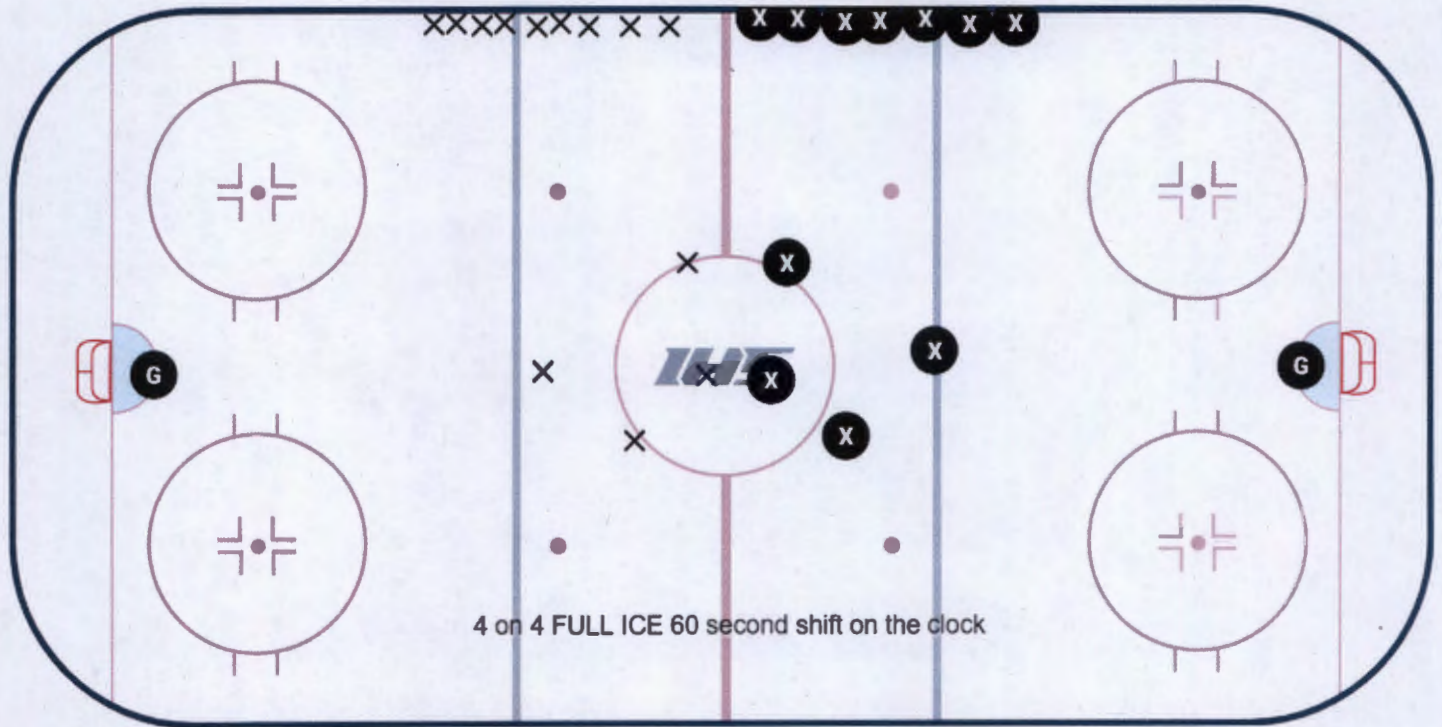
Defense try to make a direct pass to the coach, or skate through the cones

30 second buzzer, alternate black and white with forwards and defense

Evaluators looking for

Hockey sense, compete level, communication, players movement with and without the puck, body positioning with and without the puck

DAY 1 & 2 (4 on 4) Full Ice

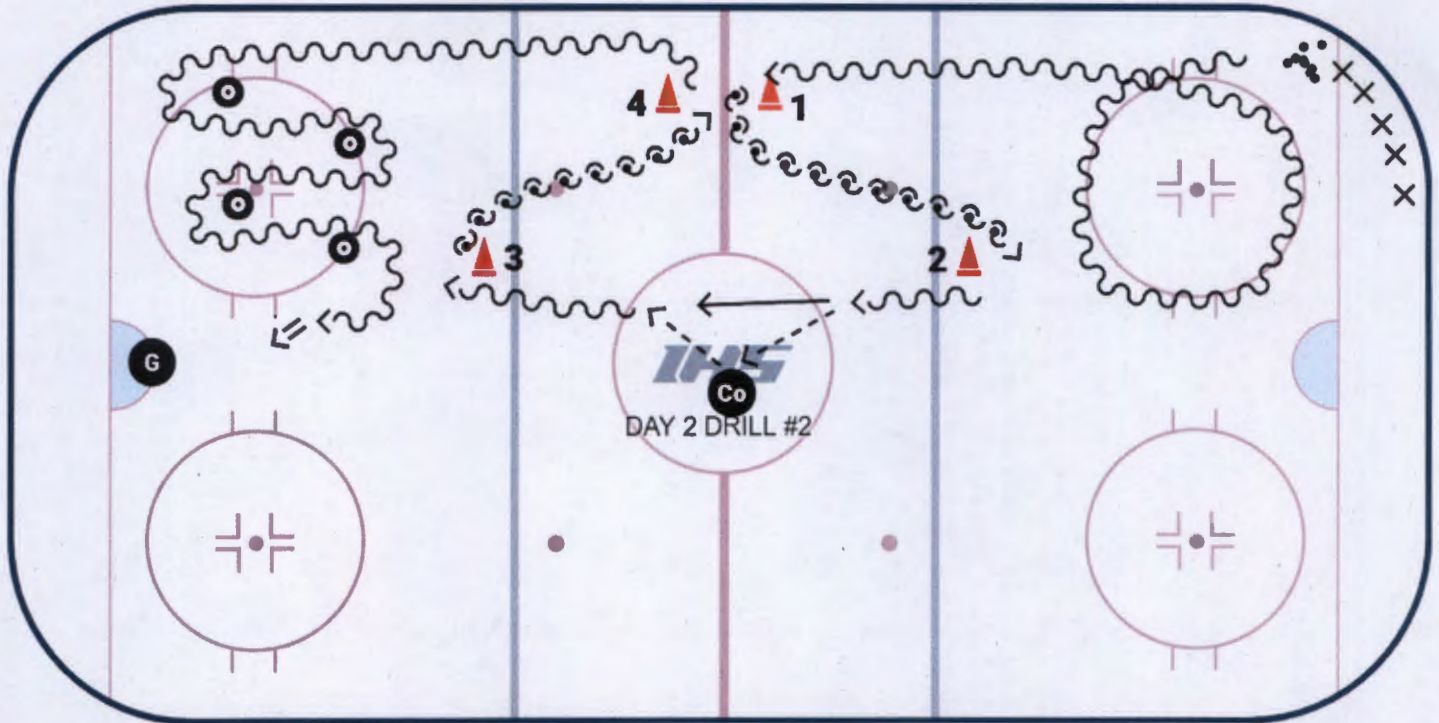


Full ice. 60 second shifts. No face-offs. Pull puck from the net after goals. Goalies rotate. Must check up.

Evaluators looking for

Skating, work ethic, effort, character, passing, open ice play, team play

Day 2 Drill #2



Day #2 Drill #2

Start with a puck. Power skating around the circle. Transition from forward to backward on cone #1. Skate backwards to cone #2. Transition to forward and make a pass to the coach. Receive a pass back from the coach. Transition to backwards on cone #3. Transition to forward on cone #4. Weave through tires and shoot. NO dekes.

EVALUATORS looking for...

Skating, Puck Control, Transitions, Passing, Heads up, Shooting, Attitude and Effort in line

DAY 2 (5 on 5) Full Ice Game

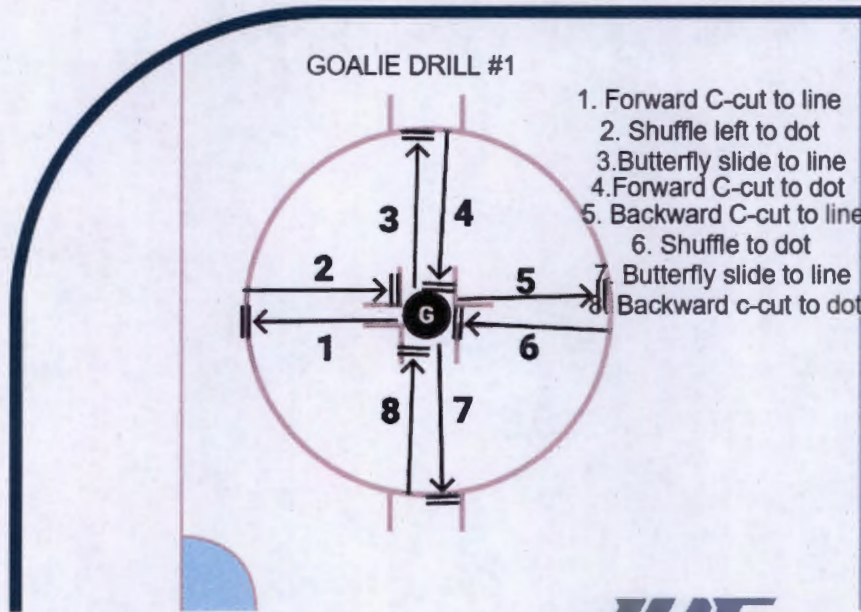


Full Ice. Switch on the fly. Whistles with face-offs. Game settings. Goalies rotate.

Evaluators

Skating, work ethic, effort, character, passing, open ice play, team play, shift length, hockey skills, hockey smarts

Goalie Drill #1



Evaluators looking at Goalies

Footwork

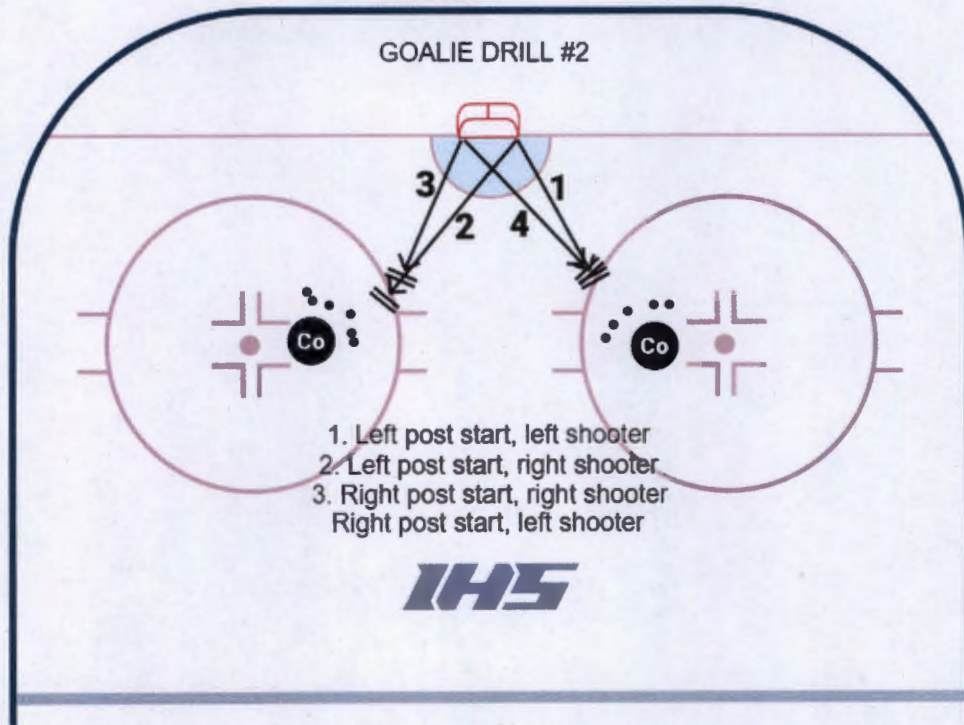
Movement

Balance

Edges

Recovery

Goalie Drill #2



Evaluators looking at Goalies

Push off

Square up

Rebound control

Posture

Recovery

Save ability

Goalie Drill #3

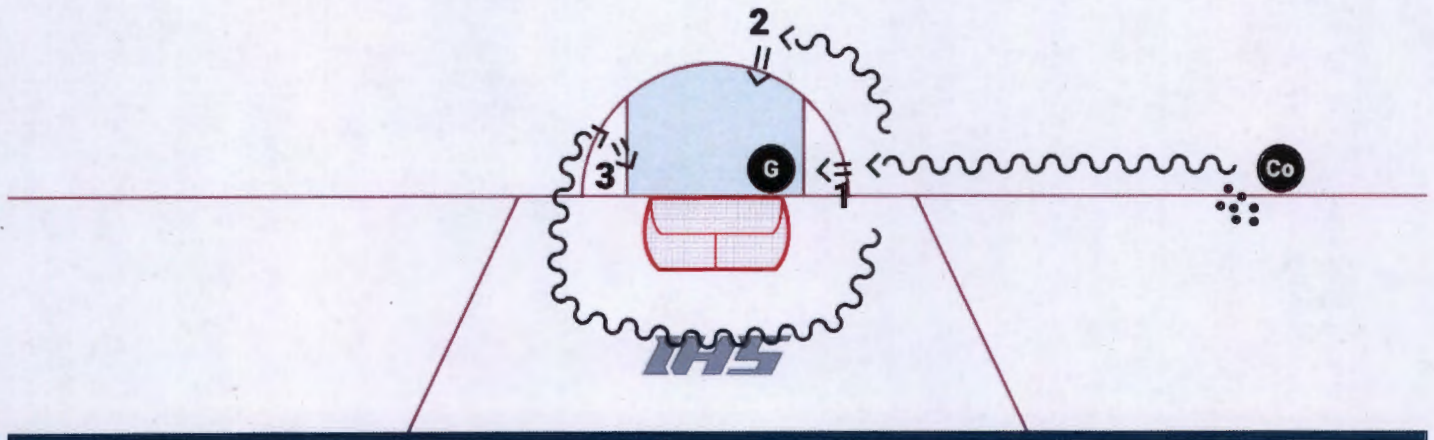


Coach goes 3 times from each side

Coach can do any of the 3 options

1. Near-side Jam
2. Near-side Step Out
3. Wrap Around

GOALIE DRILL #3



Evaluators

1. Angle/Position - Are they playing more true if puck is above goaline? Are they hugging post if below?
2. Movement - Do they have the footwork to keep up with the wrap or subtle angle adjustment on a step out?
3. Play Recognition - Are they holding feet till within a stick length? Are they dropping early? Are they adjusting angles if a step out?
4. Battle - What's their compete level on rebouds?

Drill:

- Shooter starts aligned with faceoff dot
 - Can start above or below goaline
 - Keep the starting depth until close to net
- Once within a stick length, shooter decides between:
 - Shoot on approach (do this if cheating - hugging post on approach when above goaline)
 - Near-side Jam
 - Near-side step out
 - Wrap Around
- After the shot - play rebound out until:
 - Goal
 - Covered puck
 - cleared puck