



KING PHILIP WALPOLE YOUTH HOCKEY

2020-21 TRYOUT DRILLS

King Philip Walpole Youth Hockey has a thorough tryout process to ensure all players can be properly evaluated and placed on the team most appropriate for their skills, experience and competitiveness.

All divisions will have three sessions in their tryout series, including a skills session and two scrimmages. In some cases, the skills evaluation and first scrimmage might be combined into one session. Players will be divided based on experience and skill and then randomly assigned numbers for the duration of the tryout process.

Skills Session

Time: Approximately 40-60 minutes, depending on age and number of players

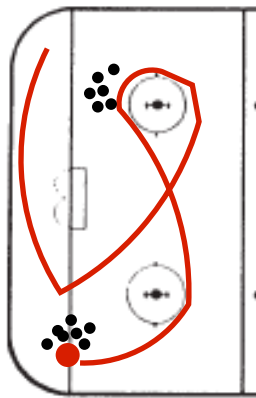
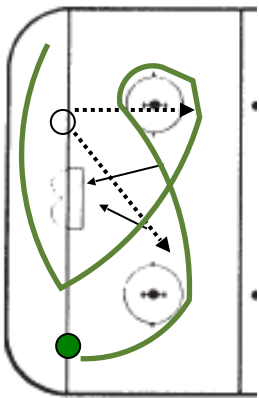
The skills session has three drills through which all players will rotate:

- Circle and shoot
- 'W' skating drill
- Agility drill (Peanut or Cloverleaf)

Circle and Shoot

Objectives: Skating (including crossovers); puck control; receiving a pass; shooting

What to look for: Body position and balance; foot speed; crossover ability; puck handling on forehand and backhand; hand speed; ability to recover.



Process:

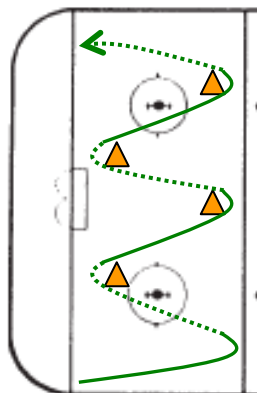
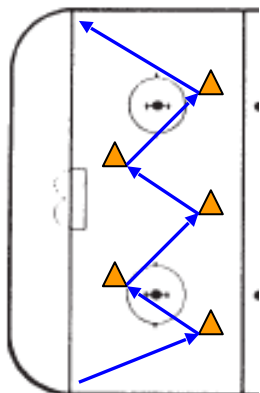
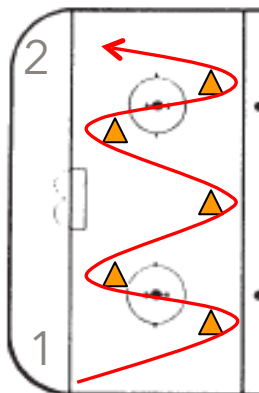
1. Start at corner without a puck
2. Skate over the top of the near circle, receive a pass and take a shot
3. Skate a full circle around other circle, receive a pass and take a shot
4. Finish in the other corner, and then repeat in the opposite direction

1. Start at corner with a puck
2. Skate over the top of the near circle and take a shot from the slot
3. Skate to the bottom of the other circle, pick up a puck and take a shot
4. Finish in the other corner, and then repeat in the opposite direction

'W' skating drill

Objectives: Skating skill; foot speed; stopping ability to both sides; pivots and turning.

What to look for: Body position and balance; two-edge turns and stops; ability to cross over, skate with head up and do power turns; no backward 'butt wiggle'



1. Tight turns without puck (corner 1-corner 2)
2. Tight turns with puck (2-1)
3. Stops with puck, then leave pucks in corner
4. Stops without puck
5. Transitions without pucks
6. Transition without pucks

If time permits: Tight turns or transitions with puck

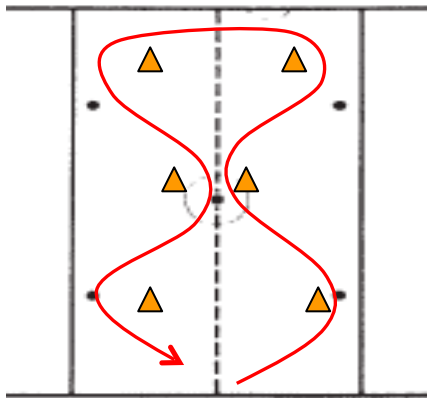
– Adjustment for mites: Add pucks last

Note: Start player when previous player gets to fifth cone

Peanut agility drill

Objectives: Skating agility; forward and backward crossover ability; puck handling

What to look for: Body position and balance; two-edge turns; ability to cross over, skate with head up and do tight turns; ability to transition between edges



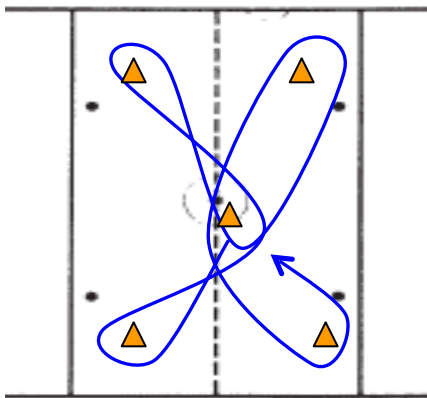
Note: This station should be used for mite, squirt, pee wee, U10, U12 and U14

1. Forward clockwise
 2. Forward counterclockwise
 3. Forward with puck clockwise
 4. Forward with puck counterclockwise
 5. Backward clockwise
 6. Backward counterclockwise
- If time permits: Forward with pucks
 - Mites: Do forward with pucks as the last two rotations, after skating backward

Cloverleaf agility drill (neutral zone)

Objectives: Skating agility; forward and backward crossover ability; puck handling

What to look for: Body position and balance; two-edge turns; ability to cross over, skate with head up and do tight turns; ability to transition between edges



Note: This station might be used only for 14U or 18U players as a replacement for the Peanut drill

1. Start from center and skate around each of the perimeter cones, returning around center cone each time
 2. Proceed in clockwise direction around all cones, then after last cone, make pass to coach (bold circle).
 3. Skate the same pattern backward
- If time permits: Skate with pucks

Scrimmages

1. Skate 4 v 4 first half of each scrimmage

2. Skate 5 v 5 final half of each scrimmage

– Adjustment for 8U players: Only half-ice for first scrimmage; full-ice for second scrimmage

Notes and recommendations

For skills session

1. Players must stay in numerical order
2. One coach controls the start of each player through the station
3. Second coach controls the cones and pucks, shifting cones when the ice gets rough
4. Demonstrate each drill before the first player begins; don't just describe it

For scrimmages

1. Players must stay in numerical order
2. Rotate players through positions
3. Do not coach players while on the bench