

Tryout Skill Worksheet:

This guide is used for the evaluation on determining whether a player's ability will be appropriate for travel hockey. If a player cannot do **50% of each of the four categories below** they will be deemed ineligible to participate in travel hockey. Example: If a player is not capable of doing 3 of the 6 skating skills they would be ineligible for travel hockey.

Skating

Turning (Forward)	<i>Can this player turn to both their left and their right?</i>
Turning (Backward)	<i>Can this player turn to both their left and their right?</i>
Crossovers (Forward)	<i>Can this player do crossovers to both their left and their right?</i>
Crossovers (Backward)	<i>Can this player do crossovers to both their left and their right?</i>
Pivoting	<i>Can this player pivot from forward to backward?</i>
Stopping	<i>Can this player stop on both feet?</i>

Playing the Game of Hockey

Pace of Play	<i>Can this player keep up with the players around them going north and south?</i>
Offensive Zone	<i>Do they know where to be in relative to their position in the zone?</i>
Defensive Zone	<i>Do they know where to be in relative to their position in the zone?</i>
Neutral Zone	<i>Do they know where to be in relative to their position in the zone?</i>

Puck Control

Puck Push	<i>Can this player push the puck with both hands?</i>
Puck Push	<i>Can this player push the puck with one hand?</i>
Carrying the Puck (Forward)	<i>Can this player carry the puck while moving forward?</i>
Carrying the Puck (Backward)	<i>Can this player carry the back while skating backwards?</i>

Passing and Shooting

Making a pass	<i>Can this player make a flat pass on their forehand?</i>
Making a pass	<i>Can this player make a flat pass on their backhand?</i>
Receiving a pass	<i>Can this player receive a pass on their forehand?</i>
Receiving a pass	<i>Can this player receive a pass on their backhand?</i>
Shooting	<i>Can this player shoot on their backhand?</i>
Shooting	<i>Can this player shoot on their forehand?</i>