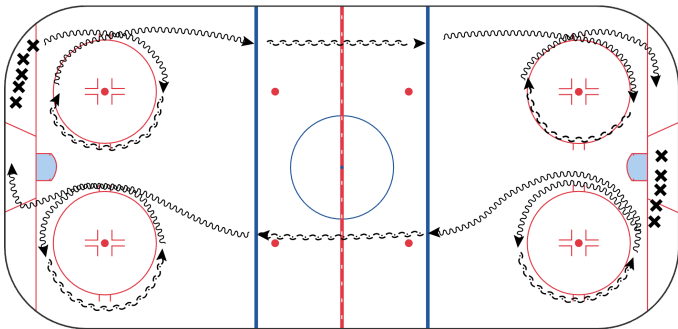




# 2025\_PW\_BTM\_Tryouts

## PW/Bantam Tryout - Skill 1 - Puck Control w/Transitions

10 mins



### DESCRIPTION

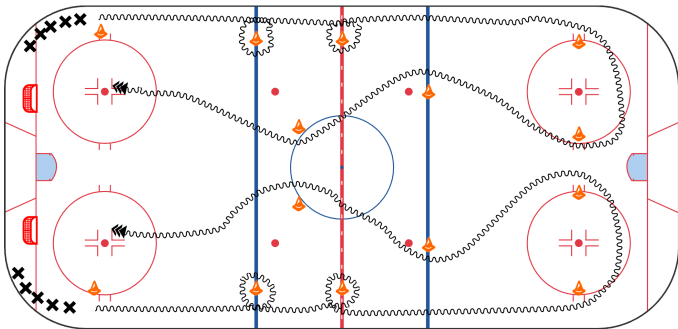
- Skate Forwards to top of circle, transition to backwards back to bottom of circle, transition to forwards
- Transition to backwards at near blue line, skate backwards through neutral zone
- Transition to forward at far blue line
- Skate Forwards to top of circle, transition to backwards back to bottom of circle, transition to forwards
- Drill will be repeated going opposite direction lined up on dot in far side

### EVALUATORS LOOK FOR

- Good puck control, head up
- Overall foot speed between transitions
- Ability to transition efficiently in both directions while handling a puck
- Smooth forward and backward and backward to forward transitions
- Backwards skating ability
- Speed down the ice with good knee bend and full leg extension during the stride

## PW/Bantam Tryout - Drill 2 - Turns, Crossovers, Weave w/Shot

10 mins

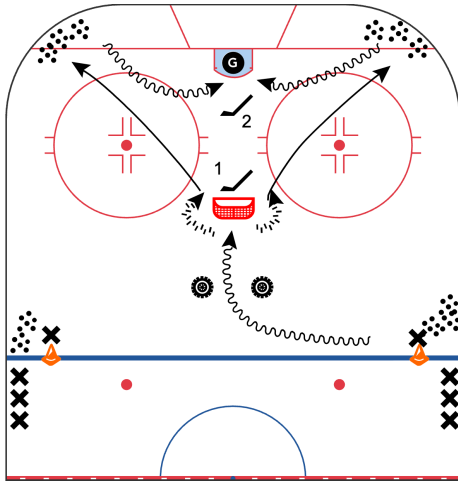


### DESCRIPTION

- Skate forward with tight turns around the cones at the neutral zone and hard crossovers around the far cones
- On return path, weave through neutral zone cones with speed and take shot before reaching the dot
- Stop and retrieve puck if lost anytime during drill
- Once complete, get in line for other lane

### EVALUATORS LOOK FOR

- A strong powerful start, good balance, chest and head up
- Overall quick foot speed with good knee bend and full leg extensions during the cross-unders to create speed coming out of the turns
- Ability to keep body between puck and cones
- Good hard crossovers at end circle while keeping puck in front of body
- Speed through the neutral zone while demonstrating puck control
- Hard and accurate shot



## DESCRIPTION

- Goalie starts on near post closest to the side skater is lined up to start drill.
- Player will start with a puck at blue line. Skate between the tires and then towards the net at the top of the circle. Skate around either side of the net and take a wrist shot on goalie. (1)
- Skate to either corner, pick up a puck and rush the net to take a sharp angle shot. (2) If puck is loose near the crease, you may attempt to tap in rebound. On-ice coach will whistle the play dead.
- Once finished, skate back to blue line to repeat the drill from opposite side.

## EVALUATORS LOOK FOR

- Speed and puck control around net/defender
- Shot strength and accuracy
- Quick movement after initial shot to pick up the second puck and speed/control out of corner driving to net