**Menomonie Youth Hockey Association Tryout Procedure & Drills – Skaters & Goalies**

**Tryout Procedure**

* Tryouts will occur over a 2 day consecutive (back to back days) period. The same evaluators will be used for both days of evaluations.
* There will be between 4 & 6 evaluators, with at least 2 external evaluators with no previous (or limited) knowledge of players. Coaches with players on the ice for tryouts will not be allowed to be an evaluator.
* There will be at least 2 coaches on the ice, preferably 3, to run the drills and scrimmages. Coaches with players on the ice for tryouts will not be allowed to be on the ice.
* The Tryout will consist of a 5 minute warm up followed by the drills and scrimmage format outlined below. (Supervised by Coaching Committee Member (or alternate, if parent))
* Players and goalies will be assigned a tryout jersey with a number. Jersey numbers should be different from day 1 to day 2 of tryouts if possible.
* The same drills and scrimmage format will be used for both tryout days.
* While skaters are performing Skater Drills #1 & #2, the goalies will be performing Goalie Drills #1, #2, & #3. Evaluators will take turns watching Skater Drills and Goalie Drills, as each Drill will be performed at least 2 times to ensure that all evaluators see all skaters and goalies.
* Skater & Goalie Drills #3 & #4 will be performed with all skaters and goalies. Goalies will remain in the net for all skaters to run the drill, before the next goalie enters the net for the drill to be run again with all skaters.
* Evaluators will be instructed to not discuss their evaluations or rankings with each other.
* Evaluations
  + Each Evaluator will rank the skaters
  + At the end of second day of tryouts, the evaluators will examine all evaluations collectively.
  + Scores will then be collected and accumulated by Coaching Committee Member.
  + Coaching Committee will make final decision on team splits based on accumulated player rankings from the evaluators.

The MYHA Coaching Committee reserves the right to make the final decisions on team alignment as necessary.  Reasons for this may include players missing tryouts for a valid reason (sick, injured, school related function, etc.), lack or abundance of skaters or goalies at a particular level, lack of coaches at a particular level, etc.

***NOTE:*** *Drills and scrimmage formats are subject to change during the try out process due to time limitations.*

**Skater Drill # 1** - Full ice pivot drill

Player will skate forward to top of circle then transition to skating backwards to the bottom of next circle, then transition to forward skating out to center circle, transitioning again at the top of circle to backwards skating to bottom, and transition to forward skating to bottom of next circle, transitioning again to backwards skating to top of the last circle, where they transition to forward skating to finish the drill.

Evaluators: Evaluator will be looking for stride, forward crossovers, transitions from forward to backwards skating, backwards crossovers, and transition from backwards to forward skating, balance, edge work, balance and control.



**Skater Drill #2** - Tight turns, start and stop drill

Player will start with a puck skating forward to first cone and complete a tight turn around it and continue on through the next four cones executing tight turns around all four. When they reach the fifth cone they will shoot on the empty net, and continue skating forward to cone on the red line where they will stop facing the bleachers, skate forward to next cone on blue line stopping again facing the same way, skate forward again to next cone on far blue line again stopping in same direction, skate forward to next cone on red line stop again facing the bleachers and then skate forward to goal line.

Evaluators: Evaluator will be looking for proper tight turns, puck control, hard accurate shot while moving, correct hockey stop in both directions.



**Skater & Goalie Drill #3** - Skating circle, cones and shot

 Skate forward with puck around circle, power turn around cones and take a hard shot before hash marks on circles.

Evaluators: Evaluators are looking for strong edges, good puck possession with head up, good strong power turns and hard accurate shot.

**Goalies:** Quickness, ability to track the puck, overall positioning, footwork, and ability to use both stick and glove while controlling rebounds or deflecting the puck into the corner.



**Skater & Goalie Drill #4** - Face the flag drill

Player starts skating forward at the bottom of the circle, he or she transitions to backward at top and then transitions to forward at the bottom. Player skates forward to first cone and performs a transition to backward, continues backwards to second cone and transitions to forward, continues forward and finishes with a shot from top of hash marks.

Evaluator: Evaluators are looking for hockey start, forward and backward transitions, overall foot speed-both forward and backward, body position, backward skating, and puck control.

**Goalies:** Quickness, ability to track the puck, overall positioning, footwork, and ability to use both stick and glove while controlling rebounds or deflecting the puck into the corner.



**Goalie Drills**

**Goalie Drill #1**

Goalie will start at top of crease and shuffle to left post and power stride to top again shuffle to right post and power stride to top and be ready for a shot, the coach will then shoot.

Evaluators: Evaluators will be looking for foot work, stride, glove and blocker control while skating, net and crease awareness.

**Goalie Drill #2**

Goalie will start out at right post with shooter on opposite dot in circle, shooter will tap stick and goalie will move to opposite side with a slide and shooter will take the shot, repeat on other side with 2cnd shooter.

Evaluators: Evaluators will be looking for movement and slide, first shot control, net and crease awareness.

**Goalie Drill #3**

Skating drill goalie starts on goal line, goalie executes three shuffles, goalie executes slide, goalie executes a push off slide back, repeat progression through blue line, repeat sequence back to goal line.

Evaluators: Evaluators will be looking at skating, up and down movement, body control and hand position.

Game play goalies will be watched during drills when youth skaters are shooting and in scrimmage for overall net play and rebound control.

**Cross Ice Scrimmage:**

3 on 3 scrimmaging will take place on one third of the ice with two goalies. Both skaters and goalies will be evaluated. Players will rotate in and out based on a pre-determined rotation schedule. Shifts will last for one minute with no stoppage between shifts. Goalies will switch nets half way through scrimmage.

**Skaters**: Evaluators are looking for overall hockey knowledge, quickness of feet and hands, understanding of open ice, hustle, passing and receiving, shooting and the ability to move the puck.

**Goalies:** Evaluators are looking for quickness, ability to track the puck, overall positioning, rebound control, footwork, and ability to use both stick and glove.

**Full Ice Scrimmage:**

5 on 5 scrimmagingwill take place on full sheet of ice with two goalies. Both skaters and goalies will be evaluated. Players will rotate in and out based on a pre-determined rotation schedule. Shifts will last for one minute with no stoppage between shifts. Goalies will switch nets half way through scrimmage.

**Skaters**: Evaluators are looking for overall hockey knowledge, quickness of feet and hands, understanding of open ice, hustle, passing and receiving, shooting and the ability to move the puck.

**Goalies:** Evaluators are looking for quickness, ability to track the puck, overall positioning, rebound control, footwork, and ability to use both stick and glove.