



# TRAVEL HOCKEY

## TRY-OUT GUIDE

**2019**

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# Oyster River Travel Hockey Team Selection Process 2019-2020

## Season

### Girls Only Tryout Schedule

- **U10 Girls; 2009 & 2010 Birth Years** - March 11 | 7:40-8:50 | Skills AND March 15 | 6:30-7:50 | Scrimmage
- **U12 Girls; 2007 & 2008 Birth Years** - March 11 | 7:40-8:50 | Skills AND March 15 | 6:30-7:50 | Scrimmage
- **U14 Girls; 2005 & 2006 Birth Years** - March 11 | 7:40-8:50 | Skills AND March 15 | 6:30-7:50 | Scrimmage

### Travel Tryouts Schedule

- **Squirts; 2009 & 2010 Birth Years** - March 12 | 6:00-7:10 | Skills AND March 14 | 5:30-6:45 | Scrimmage
- **PeeWee; 2007 & 2008 Birth Years** - March 13 | 5:30-6:40 | Skills AND March 14 | 7:00-8:30 | Scrimmage
- **Bantam; 2005 & 2006 Birth Years** - March 12 | 7:30-9:00 | Skills AND March 13 | 7:00-8:30 | Scrimmage

## Payment & Tuition Information

### Tryout Registration/Payment

\*This is non-refundable & shall be put towards the season cost if a player accepts a team placement. This will NOT be refunded if the player does not join a team.

#### Girls Only Travel Hockey

\$25 U10 Girls Tryout Registration [HERE](#)

\$25 U12 Girls Tryout Registration [HERE](#)

\$50 U14 Girls Tryout Registration [HERE](#)

#### Travel Hockey

\$25 Squirts Tryout Registration [HERE](#)

\$50 PeeWee Tryout Registration [HERE](#)

\$50 Bantam Tryout Registration [HERE](#)

### Post Team-Selection Player Tuition/Payment

***Final player fees for each team will be determined by August 1<sup>st</sup>.*** Historically, total player fees have ranged from \$1200-\$1600 per player. Full time goalies have, historically, been offered a reduced rate to off-set individual equipment costs.

Based on expected number of registrations, the tuition for this program accounts for insurance (medical & liability), referees, ice time (\$225 per hour), USA Hockey registration fees, USA Hockey Coach certification requirements, equipment stipend, ORYA Admin & Capital Fund allocation, online payment processing & merchant account fees, league fees, Team Snap, 1 tournament per team, surplus/extra uniform(s) per team, skills coach stipend and a small general needs stipend. Your player tuition was developed with input from, and approved by, your volunteer Hockey Advisory Group.

All ORYA player fees are created with the goal of each sport breaking even considering each sports' own expenses and revenue. Fees are adjusted each season to ensure the program is as close to break-even as possible considering numbers, expenses, current year estimates & known expenses.

ORYA Admin | This encompasses all expenses of which most are non-sport specific and allow the organization to operate. The admin portion of player fees go toward ORYA employee salaries, workers compensation & Board liability insurance, bookkeeping & accounting services, temporary/intern staff stipends, office equipment & supplies, employer paid taxes, payroll service fees, employee benefits, postage, printing & reproduction, advertising, IT support & computer services, service subscriptions & annual dues, telephone, internet, web hosting, web support, bank charges, business travel & meals, charitable contributions, mileage/toll/parking reimbursements and other items from year to year.

ORYA Capital Fund | ORYA's Capital Fund supports new initiatives, large scale programs, and/or facility improvements. The Capital Fund is sustained by donations, grants, and program registration fees. The Capital Fund ensures ORYA's steady growth and, over time, investment in larger projects. All of ORYA's

programs benefit from the Capital Fund. Expenditures from ORYA's Capital Fund must support the organization's mission and be approved by the Board of Directors.

### **Player Payment Information and Dates**

**By March 8<sup>th</sup>** | Tryout Registration

**March 22<sup>nd</sup>** | Non-Refundable Deposit Deadline

\$300 - Lee & Madbury residents

\$318 - Durham Residents

\$343 - Other Residents

**March 27<sup>th</sup>** | Financial Aid Application Deadline; Deposits must already be submitted

**March 27<sup>th</sup> – July 31<sup>st</sup>** | \$700

\*A payment plan option will be offered at time of registration; ability to register with deposit and request an alternative payment plan available.

**August 1<sup>st</sup>** | Final Tuition Costs Announced

**August 2<sup>nd</sup> - November 1<sup>st</sup>** | All players paid in full

### **Other Considerations**

- If jerseys are needed, they will be an additional \$70 per jersey. If needed, orders and payments will be directly to the uniform supplier.
- In the event a family requests twins or siblings to be on the same team they will be placed where the lower sibling scores.
- An ORYA Financial Aid Application can be found on the ORYA Hockey website located at [www.oryarec.org](http://www.oryarec.org).

### **Other Important Dates**

**March 20<sup>nd</sup>** | Placement Notification

**March 22<sup>nd</sup>** | Non-Refundable Deposits Due

## **Selection Process**

All current ORYA players will be evaluated via the 3 criteria outlined below. Each players' total score from each criterion will be added together to generate their total score.

### **Coach Evaluation**

The coaches that players are currently playing for are given a specific set of criteria to evaluate. These include areas such as, aggressiveness, attitude, skating ability, hockey awareness and knowledge, coach-ability and participation in practice. They will rate how well the player performs in games, how well the player fits in a team environment, and the player's behavior in the locker room. Coaching evaluations will also take into consideration the tier/level of competition (i.e. a player's performance in a Tier 2 division compared to a Tier 5 division).

### **Skills Night at Tryouts**

Players are expected to demonstrate specific skills in a practice type setting. This will include but not limited to skating (backwards and forwards), edge work, passing and shooting. They will be judged, wherever possible, by independent evaluators that aren't familiar with the kids. This is to take out any preconceived bias. Please note that we potentially may be required to use evaluators who may be familiar with the players if we cannot obtain enough independent evaluators.

### **Scrimmage Night at Tryouts**

Players will play a simulated game against other age appropriate players. They are judged on how they perform in a game situation. Players will play both forward and defensive positions. This evaluation is judged by independent evaluators as described above.

## Team Creation

Teams will be created based on selecting the appropriate number of players for each team based on the highest overall scores (1st team, 2nd team, etc.). The players with the highest scores will be selected for the top team at the respective age group. The next highest tryout scores will be offered placement on the 2nd team for that respective age group. The process continues to the 3rd team if necessary.

The exact number of players chosen in each team is based on keeping each team as close in ability as possible from the one that scored the highest to the one that scored the lowest per team.

If there is space in a higher team roster, a player may move from a 2nd to a 1st or 3rd to a 2nd team during the season if they consistently play above the level of their original team. This recommendation must come from their coach with agreement of the higher team coach and ORYA hockey AG.

## Other Tryout and Team Creation Considerations

ORYA hockey makes every attempt to schedule volunteers or professionals in hockey to act as skills & scrimmage evaluators. We attempt to schedule individuals who currently do not have children in the program and currently do not coach or act as an AG member to preserve impartiality. However, finding individuals that fit that criteria, and are available on the days and times needed is often a difficult task. In the event we are short evaluators we will rely on current ORYA coaches to offer evaluation support as long as they are not evaluating players that will be selected within the age group they will be coaching.

- Players wanting to play up an age group must first tryout within their appropriate birth year group. Only after first trying out at their appropriate age and showcasing an ability above and beyond his/her peers will a player be able to be evaluated with and against an older group. Evaluators and ORYA hockey AG must agree to allow said player to move up for the second tryout. This is rare with ORYA hockey.
- If special circumstances prevent a player from trying out in their own age group, they may be invited to another age group. In this event, the player is still only being considered for their appropriate age group. They are simply on the ice with another age group to allow evaluators to get a score to utilize for their age-appropriate level.
- Any player can join after tryouts if there is available roster space but will be put on the lowest tier team with roster space.
- Based on available ice time, ORYA hockey can offer up to 8 teams. Typically, there are two teams at each level but if ice availability allows, it could be 3. The 2018-1 season offered 2 Bantams, 2 PeeWee, 2 Squirts and 1 Girls U14 team.
- We are offering U10 and U12 girl's options for 2019-2020 but do not yet know if enough players will be interested to make them successful.
- Estimated Roster size is 12-15 skaters, 2 goalies
- All Durham, Lee & Madbury residents will make a team. However, if any player is clearly out of their league (too experienced or too inexperienced) for the age group they are trying out for,

ORYA Hockey or ORYA Staff will speak individually with the family to determine a more appropriate placement.

- Final rosters and placements can vary depending on who accepts or rejects placement offers. If enough players reject their offer to create a situation where ORYA Hockey no longer has enough players for a 2nd or 3rd team, we will work with coaches and players to provide a competitive playing environment for all players that have accepted their placements.

### **Durham, Lee or Madbury Residents Not Currently Playing for ORYA Hockey**

All Durham, Lee & Madbury players will be placed on a team as long as their participation doesn't pose a safety issue for that team or age group. However, if any player is clearly out of their league (too experienced or too inexperienced) for the age group they are trying out for, ORYA Hockey or ORYA Staff will speak individually with the family to determine a more appropriate placement.

Residents joining ORYA Hockey for the 1<sup>st</sup> time will not have a coach evaluation. To determine their total tryout score, each local player will be given the average coach evaluation score from their age group.

### **NON-Durham, Lee, Madbury Resident**

Oyster River Travel Hockey welcomes out-of-town players. However, out-of-town players will not have coach evaluations. To determine their total tryout score, each player will be given the average coach evaluation score from their respective age group. We do not guarantee all non-residents will be selected for a team and in the event of a tie with any resident, the resident will be given preferential selection.

Once a non-resident has played within ORYA hockey for a season they will be considered as a resident in most future tryout scenarios. As soon as a non-resident leaves for a season and returns they will, again, be considered a non-resident for their returning tryout.

### **Injured/ Sick Players**

An injured/sick player that has played for Oyster River during the current season and cannot attend tryouts will not have an injury/illness held against them. We will revert back to the season coach's evaluations to place the player or utilize an average coach evaluation score from that age group.

### **Season**

- The ORYA hockey season typically begins the third week in October and ends in mid-March.
- Teams play in the Granite State League and/or the Seacoast League.
- Each team will have one tournament included in their player tuition.
- Which Tier each team plays in is determined by the league it participates in and is based on how many teams apply for that age group and how competitive the program was the previous season.
- Games are scheduled by each league and how many are based on number of teams in each league/tier, available ice, and teams' scheduling compatibility. As a result, not every team will have the same number of games.



## Coach Selection

The coach selection process will be performed AFTER final rosters are set. All of our coaches are volunteer parents so to avoid any placement bias coaches cannot be chosen until after the teams have been selected and players have registered with deposit.

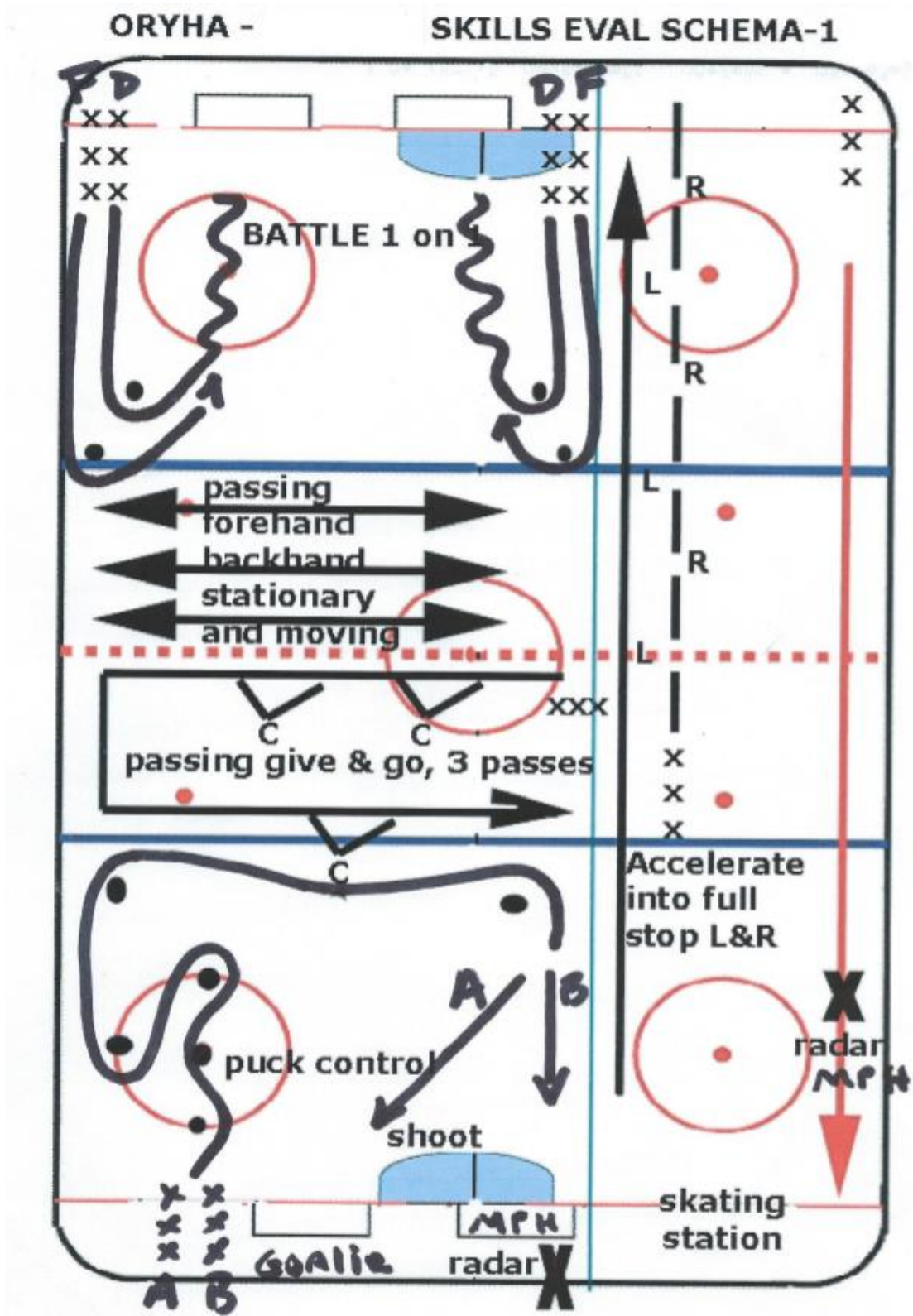
### ORYA Hockey Advisory Group Statement

We are all volunteers. The tryout process has been created to place players in the most appropriate spot for them to develop and have an enjoyable hockey experience. We do our best to remove bias from the team selection process and be fair to all. This is a difficult process and we do our best and have the best interest of each player in mind. We understand every party involved may have a different opinion on where their child should be placed. All players develop at a different rate, so placing them on a team they are not ready for can be detrimental to their longer-term development.

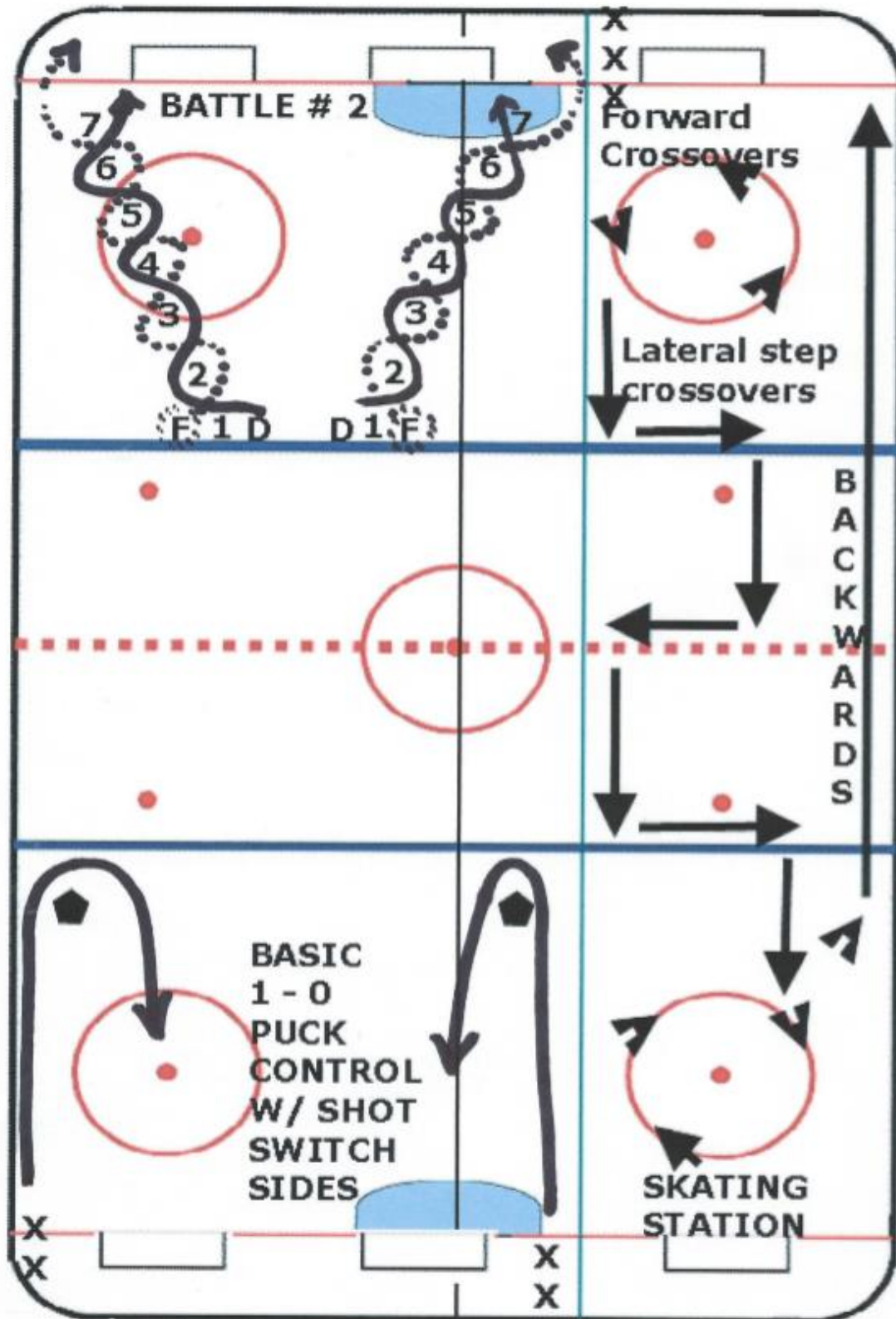
### Additional AG Comments:

- Selections will not be announced while any ORYA hockey team is still playing.
- The AG recognizes that there is no perfect way to select teams and we believe this format appropriately recognizes the most common dilemma faced during the selection process – those players in the grey area between the 1<sup>st</sup> and 2<sup>nd</sup> teams or between 2<sup>nd</sup> and 3<sup>rd</sup> teams.
- Following the selection announcement, parents shall wait a minimum of 24 hours to contact the AG or ORYA with concerns, questions or selection related issues. Any attempts to contact prior to the 24 period will not be acknowledged.
- Parents are NOT to contact the evaluators during or after the tryout to discuss specific players and/or evaluations. If the AG is made aware of parents attempting to gather information from evaluators on their own any player placement may be rescinded with no refund.
- The AG and ORYA coaches are volunteers. Any abusive or unprofessional contact will not be tolerated. If any families engage in abusive, threatening or inappropriate communications with volunteers or coaches their player placement may be rescinded with no refund.
- NO evaluation scores will not be shared publicly or individually. This is consistent with the overall practice of the ORYA – coaching and tryout evaluations are not shared or published in any other ORYA sport. This protects our volunteers from social scorn as well as increases the programs ability to be unbiased during this process. If evaluators or coaches fear retribution when offering their honest opinions on a player's ability they will be less inclined to volunteer or be honest in the process.
- Following tryouts, if you request feedback on why your child was selected for a specific team you can request to meet with ORYA Staff. ORYA staff will look over the scores reported from the tryout process and provide a general synopsis of those scores in a face to face meeting. No specific scores will be shared or discussed. No other players will be discussed during this time.

## Example Tryout Rink Set-up #1



## Example Tryout Rink Set-up #2



# What to Expect

## Skills Evaluation

- 60 minutes
- 4 min warm up
- 4 min station set up & break into even groups
- 12 min per station

Allow 1 minute each time to swap out and set group into a new station environment

- 4 stations
- Skating
- Passing
- Puck Control with Shooting & Goalie
- Battle with Shooting & Goalie

<b>On-Ice Lead:</b>	1
<b>On-Ice Coaches:</b>	6-8
<b>Off-Ice Evaluators:</b>	4
<b>Goaltenders:</b>	2 or more & can swap out
<b>Tires:</b>	10
<b>Cones:</b>	As needed or are available
<b>Radars:</b>	2 (1 radar stand, 1 chair to hold second radar)
<b>Pucks:</b>	As needed or are available - A bucket of pucks or about 100

## Skating Station

There will be 4 skating drills run during each allocation of 12 minutes. The station will split the 4 drills into 2 groups, where 2 drills will be run simultaneously for a total of 6 minutes and the last 2 for the total time remaining

- Overall Speed in MPH
- Acceleration & Stop
- Forward Crossovers
- Backwards C-Cuts

**1st 6 minutes: Execute two drills** - Set up: using 1 radar & stand. Place stand on top of end zone face-off circle

### **1. Overall Speed in MPH**

Have all skaters line up at the goal line, skate the length of the ice pass so MPH may be recorded by RADAR

- Release one at a time
- Release immediately after previous skater passes far blue line

- Each skater should be allowed at least three runs to allow a mean average to be collected
- After skater passes radar turn and head immediately into line for 2nd drill

## 2. Acceleration & Stops

On way back execute a 2nd skill-set for evaluator (High speed acceleration with a hard Stop)

- Opposite the radar track skaters should start at blue line from a standstill
- Full acceleration into a two-foot-high speed hockey stop
- Skaters should alternate the direction of every stop R & L to display abilities of each

**2nd 6 minutes: Execute two drills** - Remove Radar & Stand by pushing off to the side out of harm's way

### 1. Forward Crossovers

Have all skaters line up at the goal line, start by skating forward up and into the end zone face-off circle staying on or near the 2-inch red line. Skaters are to complete 2 circles executing a forward crossover skating style. Upon completion of the 2nd time around skater will.

- skate forward in a straight path towards the blue line and crossover left laterally 5 steps,
- skate forward in a straight path towards the red line and crossover right laterally 5 steps,
- skate forward in a straight path towards the blue line and crossover left laterally 5 steps,
- skate forward in a straight path towards the end zone face-off circle and repeat circle 2X.

Upon completion of the final crossover circle lap skater moves immediately up to blue line

### 2. Backwards Skaters

should start at blue line nearest the boards  
Execute backwards C-Cut the entire length of the rink finishing at the goal line

These drills are to be repeated as long as time allows

## **SKATING STATION EVALUATOR CUE CARD**

### **Overall Speed in MPH**

- Record the speed displayed
- Look for acceleration at the start with rapid stride
- Look for skater to change stride length and move into the long stride
- Look for reach length of arm and leg allowing continual gain of forward momentum
- Look for leg drive through the finish line as opposed to gliding

### **Acceleration and Stops**

#### ACCELERATION

- Look for skater's knee bend at the start which significantly enhances a burst of power.
- Is skater standing upright? this reduces optimal power on the initial thrust.
- Look for a rapid stride and burst of speed in the first 3-5 steps.
- Look for an overall rhythm to the series of starts performed. Are they the same?
- Does arm swing deliver short powerful strokes generating forward momentum?
- Does stick swing wildly, or is stick held in front just to the side of the skating lane?

#### STOPS

- Does skater produce an even scrape on both blades when facing Right side?
  - When facing Left side?
  - What side does the skater favor when stopping?
- Do any of the stops appear to chop or stammer on the ice? *Ankle strength*
- Does skater hesitate and instead roll into a turn as opposed to stopping? *Indecision*
- Does skater bend at the knees to generate downward pressure? *Best stop*
- Does skater stop using 60% pressure front skate 40% rear skate? *Best stop*

### **Forward Crossovers**

#### CIRCLES

- Look for skater to start to lean slightly into the turn
- Look for a comfortable rhythm of one foot over the bridge of the opposite skate
- Look for minimal balance loss during crossover
- Look for slight yet constant knee bend ensuring balance and stability
- Look for skater to stay constantly on edges and not wavier off the intended line of travel
- Where is stick? Held in front as if in a game to collect pass, or off to the side without concern.

#### LATERALLY

- Look for skate blades to maintain North South positioning while moving East West.
- Look for crossover skate to lift up and over bridge of opposite skate
- Look for overall agility of skater Does skater execute lateral crossover with poise, balance and control

### **Backwards**

#### C-CUTS

- Look for skaters to have decent bend at knees. This establishes balance and leg extension on thrust
- Look for skaters to create the letter C in their thrusts or pushes
- Look for depth of cut during each push. This equates directly to power behind the push
- Look for full extension once skater gets up to speed
- Look for a straight back versus a folding one. This centers the weight over the midline of the body
  - Does skater appear to lean far forward? Pitching, weight is up front. Needs correction?
  - Does skater look at feet? This causes more pitching.
- Look for skater to keep head up for good peripheral field of vision. Shows confidence of ability
- Look for skater to check behind them, peek over their shoulder, see what's coming. Good habit
- Look for skater to start quickly with Rapid pushes and move into Longer striding sequence

### Passing Station

There will be 4 passing drills run during each allocation of 12 minutes

1. Moving Give-n-Go passing
2. Stationary forehand passing
3. Moving forehand passing
4. Stationary backhand passing

This neutral zone station will be split into two distinct sides allocating the red line as the dividing median. The station will split skaters into 2 groups, evenly, proportionately. Moving **Give-n-Go passing** on one side, and **passing lanes** on the other side \* see diagram Each group will perform skills for 6 minutes then switch to the other side of the station

### Moving Give-n-Go passing

Requirements

- A cache of pucks near skaters start area
- 3 coaches to feed passes to skaters
- 2 cones for course markers identifying where skaters turn

The Skill

- Starting as close to the skating station dividing line (see diagram) as possible skaters line up, take puck on stick, skate forward and quickly pass puck to coach, skater must continue to skate forward to receive it right back (Give-n-Go).
- There shall be three passes and three catches per run.
- Passes and catches may be made on the forehand or the backhand it does not matter.

### Stationary forehand Passing

Requirements

- A cache of pucks should be kept close by
- Skaters should be paired with comparable partner
- 1 puck per pair allotted

- Skaters should stand approximately 20 feet apart and face each other
- Stick blades should be kept on the ice at all times
- Passes are made from the forehand of the stick blade
- Passes are received on the forehand of the stick blade

### **Moving forehand Passing**

#### Requirements

- Same pair now skates across neutral zone and back & repeats passing routine
- Keep 20" distance
- Skate slowly, facing each other, skating at the same rate as partner
- Same basic requirements as stationary forehand passing drill applies

### **Stationary backhand Passing**

#### Requirements

- A cache of pucks should be kept close by
- Skaters should be paired with comparable partner
- 1 puck per pair allotted
- Skaters should stand approximately 20 feet apart
- Stick blades should be kept on the ice at all times
- Passes are made from the backhand of the stick blade
- Passes are received on the backhand of the stick blade

### **Passing station - Evaluator Cue Card**

#### **Moving Give-n-Go passing**

- Skater should display good look and feel with puck as they skate; control and possession obvious
- Skater should not constantly look down, but more so look forward; good field of vision on ice
- Puck should not move into feet of skater; head will go down, loss of field of vision, loss of puck control
- Puck should be kept out in front of body comfortably at arm's length; good mechanics and technique
- Passes made should be kept flat on the ice; no saucer, wobbling, rolling pucks
- Passes made should be in control and made at a reasonable speed for receiver to handle
- Passes should be hitting the target stick blade consistently with minimal wide receivable movement
- Catches made should be in control and allow skater to move and flow continuously
- Stick handling while skating should cause little or no disruption to intended line of travel
- Does skater appear athletically at ease during skill

#### **Stationary forehand Passing**

- Look for presentation of target by the receiver/passers; Body in the hockey ready position, or off balance?
- Look for presentation of target off to one side of the body, arms somewhat outstretched
- Check top hand on stick to see if it is resting on the hip; this is not good, eliminates overall mobility



- Look for skater to provide a clear stick blade target; stick blade presentation, open faced blade on ice
- Look for quality stick angle to cup and hold puck on the stick blade
- Upon receiving puck, it should not deflect bounce up & over; tense on stick
- Look for puck to absorb into blade upon receiving; puck should not bang off a solid object
- Look for active wrist action during pass attempts; this movement is consistent with proper mechanics
- Look for negative wrist action during pass attempts; pushing the puck shuffle board or golfing
- Look for consistency and accuracy in hitting the target area; every pass the same? miss ½ the time?
- Look for speed of passing to be acceptable for distance traveled; too slow? too fast to effectively handle
- Look for athletic abilities above and beyond such as ability to quickly read and adjust, or catch bad passes

### **Stationary backhand Passing**

- Similar to stationary forehand passing; (see above)
  - Revise forehand to backhand to fit these backhand criteria
- Backhand passing/catching is harder and perfection in this area shall not be expected by youngest

### **Moving forehand Passing**

- Similar to stationary forehand passing; (see above)
- Skaters display a reasonable athletic ability to skate forward while making/receiving passes
- Skaters display a reasonable athletic ability to skate backward while making/receiving passes
- Look for skater to show athleticism with puck control, maybe stick handling once or twice before sending a pass or stick handling immediately after receiving a pass to jockey puck into - favored position; shows good control and possession of puck

## **Puck Control Station**

There will be 2 puck control drills during each allocation of 12 minutes

- 1) Control through course
- 2) Basic 1 on 0

This end zone station will need 2 goal cages centered appropriately along the goal line \* see diagram

- The station will split skaters into 2 groups, evenly, proportionately for the first drill only
- Each group will perform 1st drill for 6 minutes, then quickly switch to 2nd drill

This end zone station will require

- Goaltender(s)
- 2 Goal cages
- 6 cones
- Cache of pucks
- 1 coach

## **Control through Course**

Requirements

- A cache of pucks near skaters start area at edge of station nearest boards and goal line
- 1 coach to conduct, gather pucks, reset cones
- 6 cones for course markers identifying where skaters turn \*see diagram for placement
- 1st cage No goaltender place Radar Detector behind goal on a chair
- 2nd cage goalie
- 1 line of players at edge of station nearest boards \* see diagram

The Skill

- Every course run will end with shot attempt. However, there will be 1 net with radar and one net with a goalie. Skaters should alternate shot attempts at Radar, then next run a shot on goalie.
- Line should move quickly with next skater released as player hits blue line or midpoint of course
- Starting at the crease line, skaters will skate forward carry their own puck and weave through a predetermined course.
- At end shoot a wrist shot or a snap shot on net where the shot speed may be seen by an evaluator
- Player is advised to shoot the puck directly on goal for purposes of radar accuracy Immediately vacate the shooting area
- Move back into line
- Repeat performance as many times as allowed

## **Basic 1 on 0**

Requirements

- A cache of pucks near skaters start area at far edges of station
- 1 coach to conduct, gather pucks, reset cones

- 2 cones for course markers identifying where skaters turn \*see diagram for placement
- 2 goaltenders, 1 per cage, or if more they can swap out
- 2 lines of players, each line on opposite sides of cage at far edges of station \* see diagram

#### The Skill

- Starting at the goal line, skaters will skate forward carry their own puck up to the blue line area, round a cone, and move in on the goalie for a wrist shot or a snap shot on net.
- Player must shoot the puck on goal; the attempt must be to score past the goalkeeper
- No rebound, No deke
- Immediately vacate the shooting area
- Move into the next line & repeat performance as many times as allowed

## Puck Control station - Evaluator Cue Card

### Control through Course

This uses much of same Cue's from the Basic 1 on 0 description below, review both before session

- Does skater move puck in front of the body comfortably around cone?
- Does skater cup the puck so as not to lose control and possession?
- Does the skater maintain speed, look agile; show confidence and control puck in stride?
- Does puck move into feet and head go down, lose speed, and lose possession and control of puck?
- Skater should not constantly look down, but more so look forward; good field of vision on ice?
- Where is vision, does head stay up to calculate next situation?

### Shooting a wrist or snap shot

Look for skater to eye the net, produce a shift of weight from back to the 'front or power foot', release a spinning flat puck, with fluid follow through motion

- Does skater move puck behind body prior to shot to gather more power?
- Does skater deliver shot without a coil thus minimizing power?
- Does skater glide a long distance or hesitate during shot 'set up'?
- Does skater show obvious weight shift in an effort to produce harder shot?
- Does the skater follow through shot?
- Does skater golf, produce poor stick lie, or blade angle when shooting?
- Does shot leave the ice surface with speed power and accuracy?
- Record the speed of the shot; determine average.

### Basic 1 on 0

Skater should display good look and feel with puck as they skate; control and possession obvious. Look for puck to be held out in front of body at comfortable stick length. Look for degradation in skating performance moving with puck.

- Does the puck move into the feet of the skater?
- Does the skater look down at the puck and forfeit speed?
- Does the angle of the sticks blade cause puck to wander off the stick?
- Does the skater over handle the puck?
- Look for a balance of fluid skating and control and possession of the puck?

During the turn at the blue line

- Does skater move puck in front of the body comfortably around cone?
- Does skater cup the puck so as not to lose control and possession?
- Does the skater maintain speed, look agile; show confidence and control puck in stride?
- Does puck move into feet and head go down, lose speed, and lose possession and control of puck?
- Skater should not constantly look down, but more so look forward; good field of vision on ice.
- Where is vision, does head stay up to look toward net and calculate next situation?

Shooting a wrist or snap shot

Look for skater to eye the net and release a spinning flat puck off the front or power foot

- Does skater move puck behind body prior to shot to gather more power? good
  - Does skater deliver shot without coil thus minimal power?
- Does the skater follow through shot with rear leg extended off the ice? Good
  - Does skater maintain both skates on the ice minimizing shot speed?
- Does skater show obvious weight shift in an effort to produce harder shot?
  - Does skater golf, produce poor stick lie, or blade angle when shooting?
- Does shot leave the ice surface with speed power and accuracy?
- Does the shot beat the goaltender or make the goalie move quick to make the save?

## **Battle Station**

There will be 2 battle drills during each allocation of 12 minutes

- 1) Gap up and Battle 1 on 1
- 2) Zigzag and corner Battle 1 on 1

This end zone station will need 2 goal cages centered appropriately along the goal line \* see diagram

- The station will split skaters into 4 groups, evenly, proportionately
- Each group will perform 1st drill for 6 minutes, then quickly switch to 2nd drill

This end zone station will require

- 2 Goaltenders or more
- 2 Goal cages
- 14 cones
- Cache of pucks
- 1 coach

## **Gap up and Battle 1 on 1**

### Requirements

- A cache of pucks near both skaters start areas
- 1 coach to conduct, gather pucks, reset cones
- 2 cones
- Line 1 & 2 along goal line nearest boards with cache of pucks
  - Defensive cone is placed  $\frac{1}{2}$  way between top of circle and blue line
  - Offensive cone is placed 2 feet from blue line \* see diagram
- Line 3 & 4 along goal line nearest center ice with cache of pucks
  - Defensive cone is placed  $\frac{1}{2}$  way between top of circle and blue line
  - Offensive cone is placed 2 feet from blue line \* see diagram

### The Skill

- Starting at the goal line both Defense & Offense (with puck) leave together and skate to respective cones
- Defense reaches cone first, pivots facing the play into backwards skating
- Offense reaches cone and continues forward striding with the puck towards the net with the objective of scoring
- Defense attempts to disrupt play, take puck and in turn create his/her own goal, thus battling for the right of puck ownership, become offensive minded with the immediate objective to score a goal.
- Battle ends when goaltender ties up the puck, or a goal is scored. Until either one of those conditions are met skaters are to continue to battle for puck ownership. Coach may also determine play is over.

## **Zig Zag and corner Battle 1 on 1**

### Requirements

- A cache of pucks near both skaters start area
- 1 coach to conduct, gather pucks, reset cones

- 2 cones
- 4 even lines all gather on blue line at center with cache of pucks
- Diagonally place 7 cones, creating 2 lines, leading into opposite corners, last cone giving 15". \*see diagram

The skill

- Forwards line is outer most line, forwards carry the puck
- Defenseman is inner most line

## **Battle station - Evaluator Cue Card**

### **Gap up and Battle 1 on 1**

- Does the puck carrier move with speed and confidence?
- Does puck carrier execute dekes and fakes 1 on 1?
- Does the puck carrier maintain control and possession while being checked?
- Does the puck carrier shield puck effectively with stick, body, and limbs?
- Does puck carrier execute the right shot for the given situation, wrist, backhand, deke?
- Does defenseman move with confidence?
- Does defenseman quickly close the gap facing the offense Does defenseman angle off puck carrier, forcing play away from net?
- Does defenseman use the stick to poke check or disrupt play?
- Does defense show aggressive tenacity to disrupt offensive threat?

### **Zig Zag and Corner Battle 1 on 1**


- Does puck carrier show ability to handle puck in traffic in a tight space?
- Does puck carrier maintain possession and control while being checked?
- Does puck carrier execute the right shot for the given situation, wrist, backhand, deke?









## ORYA Coach Evaluation - Player

	Players Name:	Team:	Position most played:
	1 = Poor      2= Below Average      3= Average      4= Above Average      5= Outstanding		
Discipline	Description		Score
Skating	Acceleration, speed, mobility, agility, balance, stride, crossovers, pivots, acceleration out of turns, quick feet, controlled skating, change of pace.		
Comments:			
Passing	Passing, receiving, passing choices, on backhand, unselfish, presents a good target, receives and retains with control, touch passing.		
Comments:			
Puck Handling	Head up, smooth and quiet, good hands, protection in small places, protection in traffic.		
Comments:			
Shooting	Power, accuracy, quick release, can shoot in motion, goal scorer, rebounder, variety of shots.		
Comments:			
Checking Skills	Concept of angling, good body position and balance and control, defensive side position, aggressive checker, strength, taking checks.		
Comments:			
Thinking Skills	Ability to see the play developing both offensively and defensively and moves to support, judgment, anticipation, understands systems, discipline.		
Comments:			
1 vs 1 Defense	Gap Control, angling, finishing checks, positioning, play at offensive, defensive blue line, front of the net, in small spaces.		
Comments:			
1 vs 1 Offense	Deception, changes of pace, creativity, determination, going to the net.		
Comments:			
Fitness Level	Physically fit, tough, not prone to injuries, strong on skates.		
Comments:			
Determination / Drive / Intensity / Work Ethic	Constant desire to excel in all situations, constant work ethic in practices and games, never gives up.		
Comments:			
Coach ability	Listens to instructions and executes to the best of his ability, takes tips and advice, asks questions, admits errors, wants to learn.		
Comments:			
Mental Toughness	Not easily discouraged, rebounds from errors, performs well under pressure.		
Comments:			
Discipline	Controls temper, follows team rules, sticks to game plan		
Comments:			
Positive Team Player	Unselfishness, puts team before self, remains positive, will accept role		
Comments:			
Leadership	Leads by example, encourages others, respected by teammates		
Comments:			
Comments:			Aggregate Score
Completed by:	Name:	Signature:	

## ORYA Coach Evaluation - Goalie

	Players Name:	Team:	Position:			
	Poor	2= Below Average	3= Average	4= Above Average	5= Outstanding	
Discipline	Description				Score ( select from drop down)	
<b>Fitness Level</b>	Physically fit, tough, not prone to injuries, strong on skates.					
Comments:						
<b>Determination / Drive Intensity / Work ethic</b>	Constant desire to excel in all situations, constant work ethic in practices and games, never gives up.					
Comments:						
<b>Coach ability</b>	Listens to Instructions and executes to the best of his ability, takes tips and advice, asks questions, admits errors, wants to learn.					
Comments:						
<b>Concentration</b>	Ability to remain focused on the task at hand, not distracted by fans, referees, external circumstances.					
Comments:						
<b>Mental Toughness</b>	Not easily discouraged, rebounds from errors, performs well under pressure.					
Comments:						
<b>Discipline</b>	Controls temper, follows team rules, sticks to game plan					
Comments:						
<b>Positive Team Player</b>	Unselfishness, puts team before self, remains positive, will accept role					
Comments:						
<b>Leadership</b>	Leads by example, encourages others, respected by teammates					
Comments:						
Comments:					Aggregate Score	
Comments:						
Completed by:	Name:		Signature:			