



MWHA Travel Tryout Plan

2026 / 2027 Season



Tryout Schedule | Peewees & Bantams

- Goalies – Sunday, Sept. 27, 2026
 - Thaler (60 min., 2 sessions)
 - See Appendix for goalie skills
- Day 1 – Tuesday, Sept. 29, 2026
 - Internal Scrimmage; unweighted scores (60 min., 2 sessions for each level)
- Day 2 – Thursday, October 1, 2026
 - Internal Scrimmage; weighted scores (60 min., 2 sessions for each level)
- Day 3 – Saturday, October 3, 2026
 - Internal Scrimmage; weighted scores (60 min., 2 sessions for each level)
- Day 4 – Sunday, October 4, 2026
 - External Scrimmage; weighted scores
 - Waconia hosting this year (60 min., 3 sessions for each level)



Tryout Schedule | Squirts

- Goalies – Monday, October 5, 2026
 - Thaler (60 min. session)
 - See Appendix for goalie skills
- Day 1 – Tuesday, October 6, 2026
 - Internal Scrimmage; unweighted scores (60 min., 2 sessions)
- Day 2 – Thursday, October 8, 2026
 - Internal Scrimmage; weighted scores (60 min., 2 sessions)
- Day 3 – Saturday, October 10, 2025
 - Internal Scrimmage; weighted scores (60 min., 3 sessions)
- Day 4 – Sunday, October 11, 2025
 - External Scrimmage; weighted scores
 - Waconia hosting this year (60 min., 4 sessions)



Tryout Schedule All Levels - Day 1

- Day 1
 - Tryout Selection Committee will establish four balanced teams
 - Goalies will rotate at their assigned session
 - 5 v 5
 - Horn Every Minute
 - Bench volunteer will shuffle lines and positions
 - Scores will be unweighted



Tryout Schedule All Levels - Day 2

- Day 2
 - Day one scores will establish two balanced top teams and two balanced lower teams, which will play against one another
 - Snake draft based on prior days' evaluation scores will be utilized for team creation
 - Goalies will rotate at their assigned session
 - 5 v 5
 - Horn Every Minute
 - Bench volunteer will shuffle lines and positions
 - Scores will be weighted



Tryout Schedule All Levels - Day 3

- Day 3
 - Day one and two scores will establish balanced top teams and balanced lower teams, which will play against one another
 - Snake draft based on prior days' evaluation scores will be utilized for team creation
 - Goalies will rotate at their assigned session
 - 5 v 5
 - Horn Every Minute
 - Bench volunteer will shuffle lines and positions
 - Scores will be weighted



Tryout Schedule All Levels - Day 4

- Day 4
 - External scrimmage hosted by Waconia
 - Prior day scores will establish teams to play against Waconia in an external scrimmage
 - Goalies will rotate at their assigned session
 - 5 v 5
 - Horn Every Minute
 - Bench volunteer will shuffle lines and positions
 - Scores will be weighted
 - Depending on evaluator feedback, certain players may not skate in all or some of day 4



Evaluators

Skaters:

- Jeff DeGree – High School Varsity Coach
- Pete McGovern – High School Junior Varsity Coach
- Trent Bowe – Westonka grad; second year evaluating for the Association
- Andrew Caldwell - Chaska H.S. (4 yrs Varsity player); Mankato Youth Hockey Association Coach and Evaluator (3 yrs); HS Chaska Boys Hockey Varsity/JV Coach (2005-2010); Chaska/Chan Youth Hockey Association Evaluator (5 years)
- Drew Nichols – Chaska H.S. (4 yrs Varsity player); ChaskaChan youth coach (10 years) & Hockey Development Committee (9 years); many years experience evaluating
- Jack Brandstetter - Westonka grad (Varsity Captain 2013); Hockey Instructor (15 years); STP w/ Charlie Curti
- Non-conflicted HOC members – will not evaluate levels if they have a player at that level

Goalies: Derek Bishop, Nick Graves, Chris Esposito

- Long-term trust and creditability as goalie evaluators for MWWHA
- Bishop & Esposito work for GoalCrease and have direct knowledge of goalies



Session Weighting & Evaluators

<u>Skater Sessions</u>	<u>Weight %</u>
Day 1 Scrimmage	20%
Day 2 Scrimmage	24%
Day 3 Scrimmage	28%
Day 4 Scrimmage	28%

Skater Evaluators: Jeff DeGree, Pete McGovern, Trent Bowe, Andrew Caldwell, Drew Nichols, Jack Brandstetter + Non-conflicted HOC members

<u>Goalie Sessions</u>	<u>Weight %</u>
Goalie Skills	16%
Day 1 Scrimmage	21%
Day 2 Scrimmage	21%
Day 3 Scrimmage	21%
Day 4 Scrimmage	21%

Goalie Evaluators: Derek Bishop, Nick Graves, Chris Esposito

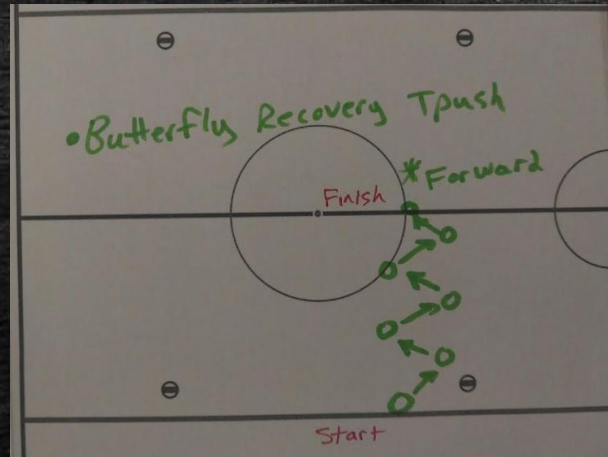
Appendix – Goalie Skills



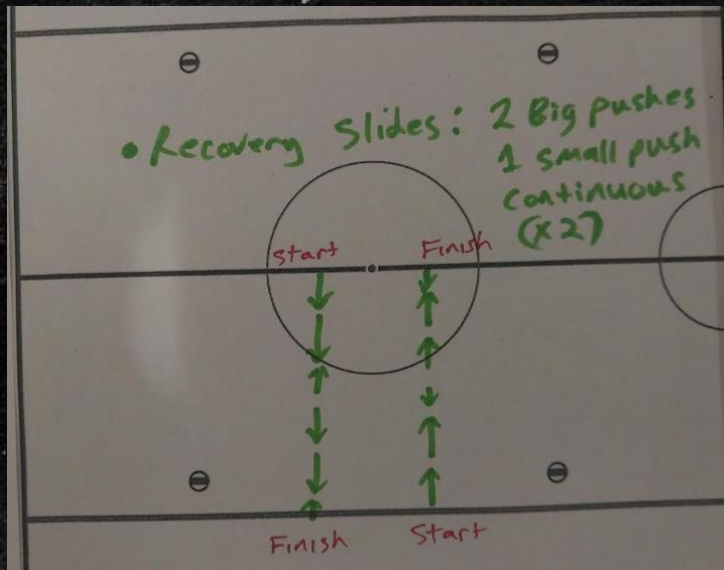
Goalie Skills 1-2



- 60 mins. sessions for BA / PW / SQ



- **Skill 1 - Recovery T-Push Forward/ Backward Skating**
 - The Goaltender will start on the blueline and start the skating pattern with a butterfly followed by a recovery T-push moving forward. They will continue this movement in a zig zag pattern until they reach the redline. Once every goalie has gone, they will repeat the drill again but moving backwards in the opposite direction.

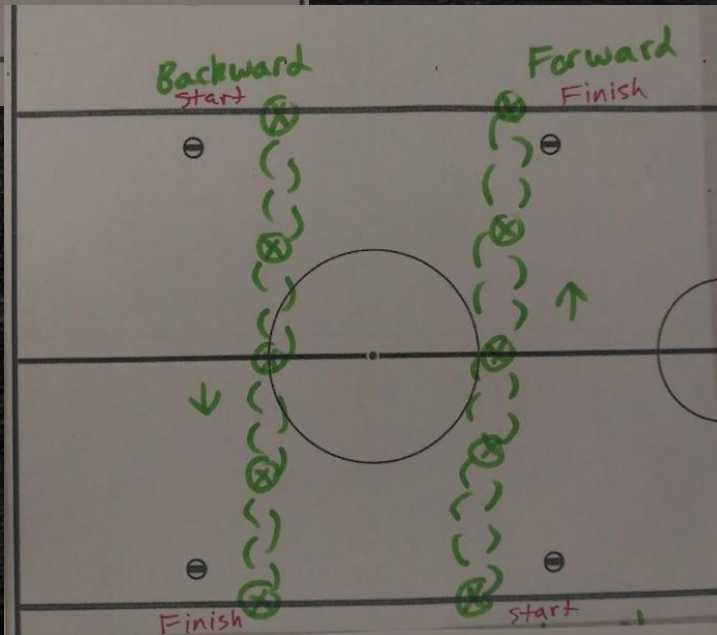
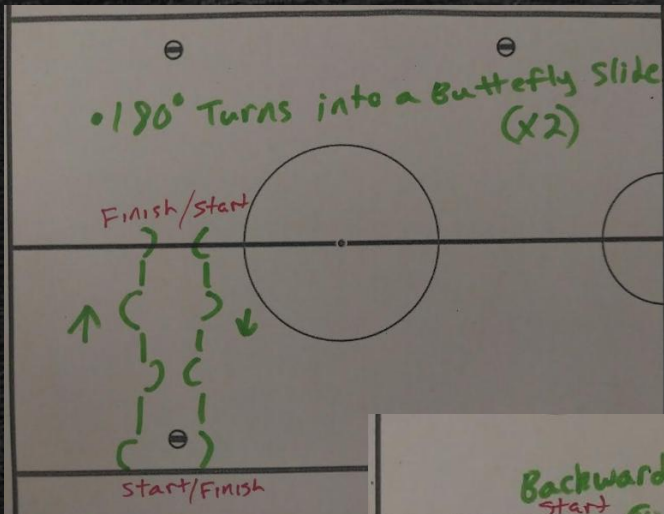


- **Skill 2 – Recovery Slides**
 - The goaltender will start on their knees on the blueline facing the bleachers. They will stay down during the drill, performing recovery slides and repeating the pattern of two long slides in a row (to their right) followed by a shorter slide in the opposite direction (to their left) until they reach the redline. Once each goalie has gone through, they will repeat the drill going back in the opposite direction.

Goalie Skills 3-4



- 60 mins. sessions for BA / PW / SQ



▪ Skill 3 – 180 Spin Butterfly Slide Skating

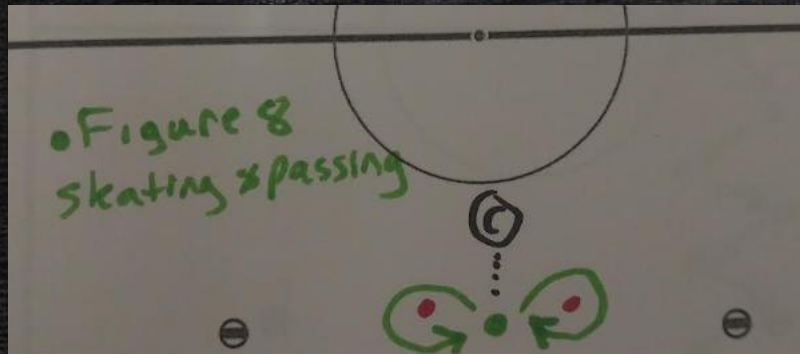
- The Goaltender will start on the blue line facing the bleachers. They will start the drill by performing a butterfly slide (starting on their feet, sliding down onto their knees and recovering back up to their stance) followed by a complete turn (180 degrees) facing the other side. They will repeat this pattern continuously until they reach the redline. Once every goalie has gone, they will repeat the drill back in the other direction from the red line to the blue line.

▪ Skill 4 – C-Cuts w/ Butterfly FB Skating

- Goaltenders will start on the blue line facing up ice. They will start the skating drill by butterflying and recovering back up to their feet. They will then perform forward C-Cuts in their stance down to the opposite blue line while butterflying and recovering to their feet on each blue line, center redline, AND in between each line in the neutral zone. Once each goalie has gone, they will repeat the drill while skating backwards.
- *Squirt adjustment: A butterfly will only be performed on the 2 blue lines and center red line

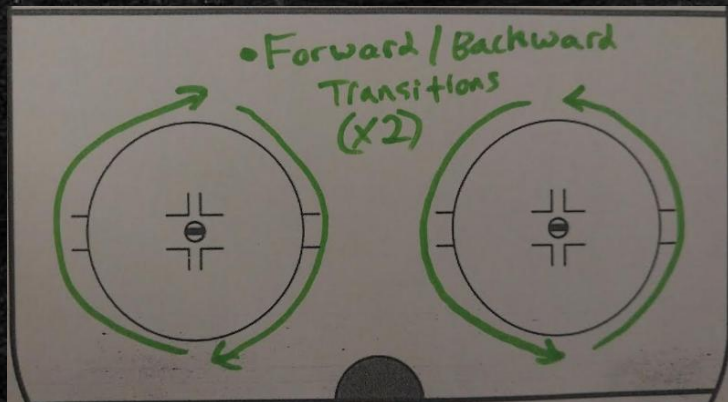
Goalie Skills 5-6

- 60 mins. sessions for BA / PW / SQ



▪ Skill 5 – Figure-8 Passing & Skating

- The goaltender will receive and make passes to a coach and skate with a puck around 2 cones in a figure 8 pattern (transitioning between forward and backward, keeping their chest up ice towards the coach).
- The goalie will start between 2 cones in a "Passing" position (2 hands on their stick). A coach will have the puck and start the drill by passing to the goaltender. When the goaltender receives the pass, they will skate with the puck to their right around the cone. Once they get back between the cones they will then stop and pass the puck to the coach. Once the coach receives the pass, they will pass the puck back to the goaltender who will then repeat the pattern to the cone on their left. They will continue to alternate skating around each cone for 3 total laps.
- *Squirt adjustment: Once the coach passes the puck to the goaltender, the goaltender will immediately pass the puck back to the coach. They will perform the same skating pattern around the cone, but without carrying the puck.



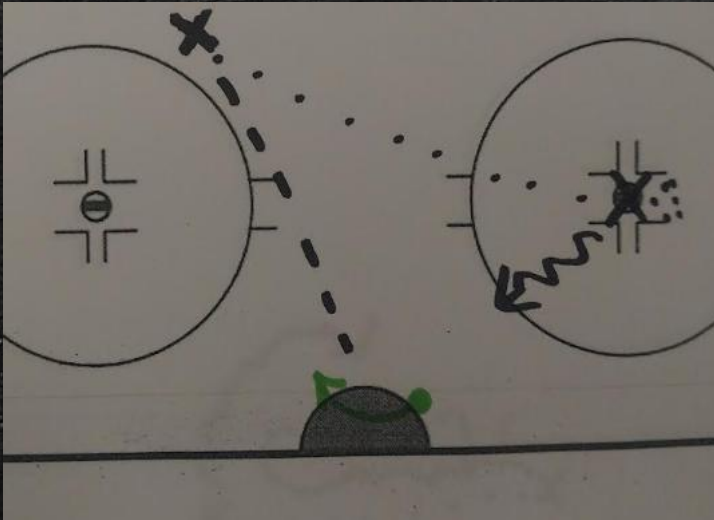
▪ Skill 6 – Crossover FB Transitional Skating

- Starting at the bottom of the circle on the goal line, goalies will perform forward crossovers around the outside of the circle and transition to backwards skating at the top of the circle and continue this pattern for 2 full laps. Once every goalie has gone, they will repeat the skating drill in the other direction.

Goalie Skills 7-8

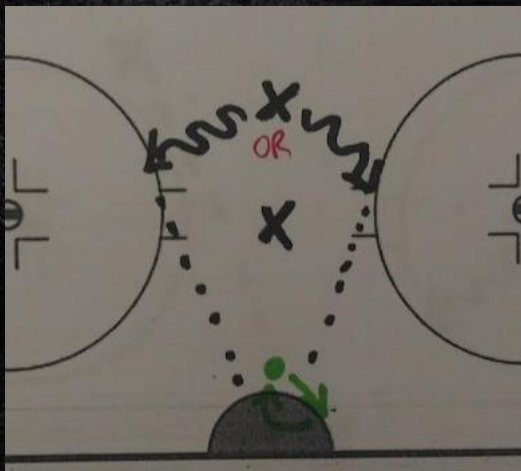


- 60 mins. sessions for BA / PW / SQ



▪ Skill 7 – T-Push Shooting Drill

- The goaltender will be in their butterfly, lined up on the face-off dot to their right, where the player passing will be located with the puck. They will then pass the puck across to the top of the opposite circle to the player that will be shooting. The player passing will then skate towards the net in case of any rebounds given up by the goaltender. When the puck is passed, the goaltender will then try to recover across, up to their feet in position for the shot, with a recovery T-push. After 5 repetitions, the goaltenders will switch. When every goalie has gone, the drill will then be repeated on the other side, with the shooters switching passing/ shooting positions.



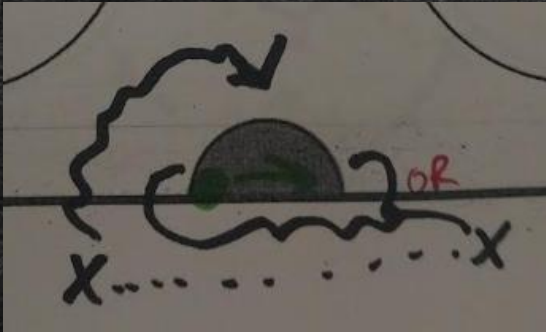
Skill 8 – High Cut Across Shooting

- The goaltender will start on top of the crease. On the coach's cue, they will pivot and shuffle to the face off dot angle to their right and immediately T-push back to the top of the crease. The player shooting will start with the puck in the slot. Once the goalie has performed the movement, the shooter will go left OR right a few strides and shoot anywhere on net (shooting from inside the slot area). The 2nd skater is located between the goaltender and the 1st shooter acting as a screen and close to the net to play rebounds near the crease. The goaltender will alternate, shuffling to their right and left each rep. The drill will be done for a total of 8 reps/8 shots.
- Sidenote: Have shooters switch spots after 4 reps

Goalie Skills 9-10

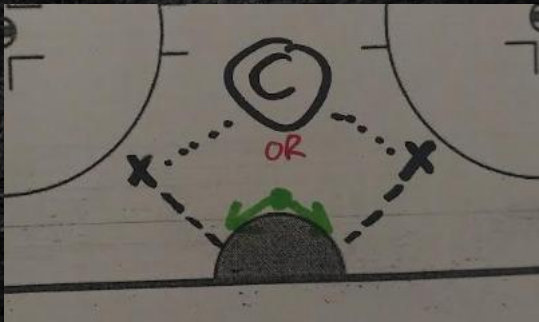


- 60 mins. sessions for BA / PW / SQ



▪ Skill 9 – BTN Jam or Wrap

- The player passing the puck will start with the puck to the goaltender's left, behind the net, while the goaltender will start on their left post. The drill will start once the player passes across to their partner on the other side. After the pass, the player who passed the puck will then skate in front of the net in case of any rebounds. When the pass is made, the goaltender should then shuffle post-to-post to their right side. Once the 2nd player receives the pass, they then have the option to skate and wrap the puck around on the far side post or try to jam the puck and score on the near side post. After 5 repetitions, the goaltenders will switch. When every goalie has gone, the drill will then be repeated on the other side, with the shooters switching passing/shooting positions.



Skill 10 – Backdoor Pass Shooting

- The goaltender will start in their stance on top of the crease, lined up with the coach, who will be located inside the hash marks of the slot with the puck. The coach will then pass to either shooter, who will be located near the bottom corners of the circle (on the goaltender's left and right). When the pass is made, the shooters will then try to get a shot off as quickly as possible. The goaltender will react to the pass with a butterfly slide and try to get in position for the backdoor play. If there is rebound, the shooter who shot the puck is allowed to play the rebound. After a total of 10 reps completed, the goaltenders will switch.