

Tryout Process & Procedures

FLHA is looking for players with exceptional hockey sense that are instinctive, creative, and have a team first mentality. Players should be confident with the puck, know where to be on the ice during different situations, focus on puck movement, and be aware and able to perform their responsibilities depending on their position. Players are also expected to demonstrate basic skating and puck handling skills.

What evaluators and coaches are looking for in players:

Skaters:

1. Composure – Not panicking with the puck or when under pressure from an opponent.
2. Vision – Head up, looking to make a play. Move the puck with purpose.
3. Faces play – Does not turn their back to the puck.
4. Puck support – Moving to open ice, giving teammates options. Correct spacing and positioning on breakouts and rushes.
5. Strength on stick – Players should not be easily separated from the puck and be able to win puck battles with good body positioning.
6. Aggressive – Players should not be tentative, with or without the puck. Players should readily engage in puck battles and instinctively move to loose pucks. Body contact must be legal for their age group and in a purposeful sportsmanlike manner.
7. Skating and puck handling – Players are expected to demonstrate skating and puck handling skills. See the attached document for skater skills scoring guidelines.
8. Defending- Players should use good angles to defend, take away time and space, utilize good body position and contact when appropriate, as well as a good active stick in good position.

Goalies:

Goalies will be evaluated by experienced goalie evaluators. Goalie evaluation criteria will be determined by Lakes Area Goaltending. All goalies will be expected to demonstrate the following basic skills:

1. Physical skills – Basic stance, movement in stance, stick positioning.
2. Skating skills – Forward, backwards, lateral movement.
3. Technical characteristics – Use of stick, skates, catch glove, blocker, butterfly.
4. Mental skills – Positioning, angles, concentration, challenging shooters.

Tryout Schedule and Format

Top Team Tryouts

- A. Players will start with one Battle Day (3v3 and possibly 2v2 cross ice) and two 5v5 sessions.
- B. There will be cuts after the first 5v5 session and then again after the final 5v5 session.
 - a. There is no set number or "target" for cuts. The number of cuts after each applicable session will be determined by the number of participants, the estimated final team size and the number of players we need to get down to for the "A Pool".
- C. The "A Pool" will operate the same as in previous years, with a coaches practice and scrimmage for the Head Coach to determine the final selections.
- D. As in years past, if a player makes the "A Pool" and that player is not selected for the final top team, he/she will automatically make the next highest team; e.g. B1.
 - a. Simply participating in the Top Team Tryout does not guarantee a player makes the next highest level team, they must make it through the two rounds of cuts and ultimately to the "A Pool".
- E. If a player is cut after the first 5v5 session or the final 5v5 session and does not make the "A Pool" they will then participate in traditional tryouts that are scheduled the following week.
- F. Goalies will be invited to participate in the Top Team tryouts based on their skills scoring and how they score throughout Battle Day and 5v5 session(s).
 - a. Like the skaters, goalies that make the "A pool" but are not selected for the top-level team will automatically be placed on next highest team.
 - b. Goalie cuts can be made after any of the Battle Day or 5v5 sessions.
 - c. Dependent on the number of goalies trying out it's possible that goalies that make the A pool are asked to voluntarily participate in the Traditional Tryouts but will not factor into the evaluations or received scores.

Players participating in tryouts who choose not to participate in the Top Team tryout, will participate in traditional tryouts. This traditional tryout will be to decide the remaining levels.

Traditional Tryouts

- A. Squirts, 10U, Pee wees, and 12U skaters will participate in a skills session. Bantams will not.
- B. All players will participate in one Battle Day, and two 5v5 days with the possibility of an additional B pool session.
- C. All players that participate in Tradition Tryouts will be placed on teams based on their scores from the Traditional Tryouts ONLY. Top Level Tryout scores will not be factored into Traditional Tryout scores.

Goalies

- A. Goalies will be invited to participate in the Top Team tryouts based on their skills session scoring and how they score throughout Battle Day and 5v5 session(s).
- B. Goalies do not attend the Traditional Tryout Skills Session.

Tryouts consist of three (3) phases:

- 1. Phase 1 –
 - a. Skills Day- Players ranked for groupings (excluding Bantams and Top Team Tryouts). Refer to Tryout Drills.
 - b. Battle Day- Consist of cross ice 3v3 and 2v2 (Bantams ranked and grouped after battle day)
 - c. 5v5 days- Full ice scrimmage.
- 2. Phase 2 –
 - a. A pool coach practices and scrimmages, additional 5 v 5 scrimmages for players advancing to the B pool
- 3. Phase 3 –
 - a. All teams are determined

- Tryout plans, drills for the skills session, and scoring criteria will be approved by the Board of Directors prior to the start of tryouts.
- Each level will be evaluated until all evaluations have been completed based on the number of players and scrimmages needed for each level.
- Tryout feedback will be available by email request for individual scores no sooner than 2 weeks after tryouts have concluded.

Phase 1:

The tryout process will use the skills session (excludes bantams and top team tryouts) to initially rank and split players. After each session, player scores will be tallied. They will be scored on skating, puck handling, and shooting drills. Evaluations are scored on a scale of 1-7, with 7 being the highest possible score for each category.

Battle day will consist of 3v3 and 2v2 cross ice scrimmage. Players will be ranked on 5 categories with scores of 1-7, with 7 being the highest possible score for each category. If multiple groups are required they will be split evenly based on scores.

1. Hockey Sense
2. Compete and Character
3. Playmaking
4. Shooting/Scoring
5. Defending

At the start of 5 v 5 sessions, players will be in the group they were placed as a result of the skills day. Players will have 1 min shifts and change on the buzzer. The 5v5 sessions will be scored by an overall score of 1-7 based on play, 7 being the highest possible score.

- ❖ Each evaluator will have the opportunity to provide 1 bonus point per 5v5 session for one player they deemed performed the intangibles during the session. Effort, compete, character, and desire that goes above and beyond the standard of the group.

Phase 2:

Players will attend additional sessions defined by which group they are placed in. A pool players will participate in practices and/or tryout scrimmages as determined by the head coach. B pool players may have an additional 5 v 5 session to determine B team placement (B1 & B2)

A. A pool refers to the highest level of play offered for each age division (e.g. Squirt B1, 12U A, Bantam AA)

B. The skater number in the A pool will be based on the anticipated number of skaters on the highest team plus the natural drop off in scoring.

Example: 12U A - If player roster is 13 skaters and there is a large drop in scoring from 15 to 16 then the top 15 will go into the A pool. However, if the drop is at 21 then 20 skaters will move onto the A pool. In a case where the drop is at 22 the top 20 players will move into the A pool.

C. Coaches are allowed for up to two tryout scrimmages to evaluate the A pool

D. The number of A pool goalies will be determined on a year-to-year basis. The following criteria may be considered when determining the goalie A pool.

- a. Recommendations of the goalie evaluators and Lakes Area Goaltending
- b. The number of registered goalies relative to the number of teams
- c. Head coach preference for number of goalies

E. In the event a B1 (or next lowest level) head coach, contingent or noncontingent, is named prior to the start of tryouts a B1 pool may be added if requested by the head coach. The B1 pool tryout will follow the format of the A pool.

Phase 3:

All teams are determined and finalized.

