

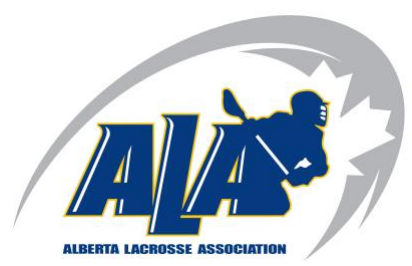


Tryout 1

Coaches: We are looking for?

<p>11:30 Warm Up, Individual Ball Off Boards. Players to pick a target on boards!</p>	<p>Stick positioning at beginning of wind up (beside the ear, just above the shoulder). Hand positions (Bottom hand at bottom of shaft, top hand a couple inches or more below mid-point in shaft). Are they leading with proper foot? Release point should be at furthest possible point and follow through should be to floor or close to floor. Look for accuracy.</p>
<p>11:40 Stationary Partner Passing</p>	<p>Look for much of the above. Are they hitting the stick consistently? Is the pass crisp? When catching are they letting the head fall back immediately into a passing/shooting position or are they attacking the ball and/or over cradling the ball. Should be the former.</p>
<p>11:50 2 On 0 Passing/Finish With Shot</p>	<p>Looking at the same skill set as above except on the move.</p>
<p>12:00 2 On 1's From Center (Both Ends)</p>	<p>On O we're looking for good decisions with the ball. Shoot when it's a quality shot, pass when partner has a better opportunity. On O it's good to create a stagger. On D look for guys getting stick in passing lane (good) and making the ball carrier make a play. Also look for guys smart enough to know who's the better of 2 to give a shot (marquee player rule).</p>
<p>12:10 1 On 1's out of Corner (Both Ends)</p>	<p>On O look for guys driving to goal hard, stick protection, taking a hit and finishing. On D look for control (the objective is to stop him, not take ball away). Look for them taking away underneath the D.</p>
<p>12:20 Loose Ball Out of Corner to 1 On 1</p>	<p>On Loose ball look for reaction to ball. Look for player getting low to ground on retrieval. Look for physical willingness. Player who does not get ball look for their reaction to play D and their persistence.</p>
<p>12:30 Scrimmage</p>	<p>Look for good decisions. Playing Under Control. Core skills under pressure. Physical willingness. Discipline. 2 Way Play.</p>
<p>1:00 End Practice</p>	



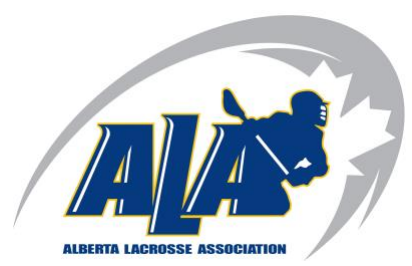


Tryout 2

Coaches: We are looking for?

<p>1:00 Warm Up, Individual Ball Off Boards. Players to pick a target on boards!</p>	<p>Stick positioning at beginning of wind up (beside the ear, just above the shoulder). Hand positions (Bottom hand at bottom of shaft, top hand a couple inches or more below mid-point in shaft). Are they leading with proper foot? Release point should be at furthest possible point and follow through should be to floor or close to floor. Look for accuracy.</p>
<p>1:10 Stationary Partner Passing</p>	<p>Look for much of the above. Are they hitting the stick consistently? Is the pass crisp? When catching are they letting the head fall back immediately into a passing/shooting position or are they attacking the ball and/or over cradling the ball. Should be the former.</p>
<p>1:20 4 Corner Shooting</p>	
<p>1:30 2 On 1's From Center (Both Ends)</p>	<p>On O we're looking for good decisions with the ball. Shoot when it's a quality shot, pass when partner has a better opportunity. On O it's good to create a stagger. On D look for guys getting stick in passing lane (good) and making the ball carrier make a play. Also look for guys smart enough to know who's the better of 2 to give a shot (marquee player rule).</p>
<p>1:40 2 on 2's</p>	<p>On O look for guys ability to work with another player in a 2 man game. Can they pick, seal and find open space off ball. On D look for ability to communicate and play team D.</p>
<p>1:50 Loose Ball Out of Corner to 1 On 1</p>	<p>On Loose ball look for reaction to ball. Look for player getting low to ground on retrieval. Look for physical willingness. Player who does not get ball look for their reaction to play D and their persistence.</p>
<p>2:00 Scrimmage</p>	<p>Look for good decisions. Playing Under Control. Core skills under pressure. Physical willingness. Discipline. 2 Way Play.</p>
<p>2:30 End Practice</p>	





Tryout 3

7:30	Ball Off Boards	
7:35	Stationary Partner Passing	
7:40	2 Man Out Passing	
7:50	1 On 1's Out of Corner	Split Into 2 Ends. Go Lefts against Rights, then switch sides.
8:00	Full Floor Sprints	We're looking for speed.
8:05	Scrimmage	
8:30	End Practice	





Final Tryout

7:30	Ball Off Boards	
7:35	2 On 0's	
7:40	Station to Station Shuttle Pass	
7:45	2 On 1's From Center (One End)	
7:55	1 On 1's	
8:05	Loose Balls Out of Corner	
8:10	Scrimmage	
8:28	End Practice and Address Players	

