U15 AAA Try Outs
Player Selection Criteria
A TEAM ABOVE ALL, ABOVE ALL A TEAM
"ENJOY THE GRIND"

Skating:
Acceleration, speed, mobility, agility, balance, stride, crossovers, pivots, transitions acceleration, forwards, backwards.

Passing:
Passing, tape to tape passes, receiving, passing choices, on backhand, unselfish with the puck, presents a target, Saucer Pass.

Puck Control:
Heads up, puck protection, smooth, fast hands and deceptive, ability to control the puck at high speeds.

Shooting:
Power, accuracy, quick release, can shoot in motion, goal scorer, rebounder, variety of shots.

Checking Skills:
Good angles and use of body to separate opponent from the puck. Understands the importance of winning defensive position. Understands the importance of gap control and can demonstrate good gap to stop plays. In the corners and front of the net players will compete for position, box out and show the ability to finish checks.

Hockey Sense:
Players will show an ability to anticipate both offensively and defensively. Players will understand how to attack with numbers and how to defend vs. numbers. Successful players will understand the concept of support offensively and defensively. Players will demonstrate positional hockey.

Face-Offs: Players will show an understanding of offensive and defensive tactics off a won or lost draw. Players will show a sense of urgency after every puck drop.

Communication:
Players will be expected to communicate in a positive fashion. Players will have an understanding of verbal and non - verbal communication on the ice.

Coachability: Players will show a willingness to learn and develop. They will listen attentively and ask questions. Players will be mindful and engaged in practice, training, games etc.

Compete: Players will show a high level of compete. They will have a drive and desire to be the best they can be. They will do so while remaining discipline.

Team First: Players will understand the value of team first and will show the ability to be a good teammate at all times.