



U13 AA Female Bolts

ST ALBERT RAIDER TRYOUT - PLAYER SELECTION CRITERIA 2023 – 2024 SEASON

Skating: Acceleration, speed, mobility, agility, balance, stride, crossovers, pivots, controlled skating – With & Without the Puck

Passing: Ability to collect and make a pass on your forehand & backhand. To be able to understand passing within a game scenario. Unselfishly making the right play, regardless of outcome.

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, shot selection.

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. Be willing to physically engage within the rules.

Positional Play: Shows the willingness to learn and adapt to different positions within the team. Being able to know where each position should be on the ice. Understanding the Defensive side of the puck, and to differ how you defend and play with the puck inside the dot's vs outside the dots.

Face-Offs: Players to understand positional awareness and assignment at the faceoff dot, and be able to adjust quickly in the moment

Hockey Sense: Players regardless of position, will understand the importance of the game situation. When to act offensively, when to caution to the defensive side.

Goalies: Side to side movement, shuffle, skating, compete, Rebound Control. Engagement in play, while competing for pucks, rebounds, and angles.

Communication: Players will be expected to communicate in a positive fashion. Players will understand verbal and non - verbal communication on the ice. Players will be expected to have positive body language.

Coachability: Players will be able to continue to progress and adapt to new coaching styles, whether it is as a new player, or a future graduating player preparing you for the next level. By doing so, we ask to be done with self-awareness, pride and respect for change.

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. Players will demonstrate a strong work ethic with and without the puck.

Team First: Players will understand the value of team first and will show the ability to be always a good teammate. Players will respect one another, on and off the ice.

3 Pillars of Respect are the fundamentals that must be always followed.

Respect Yourself

Respect Your Team

Respect Your opponent

Thank you!

Head Coach – Derek MacMillan