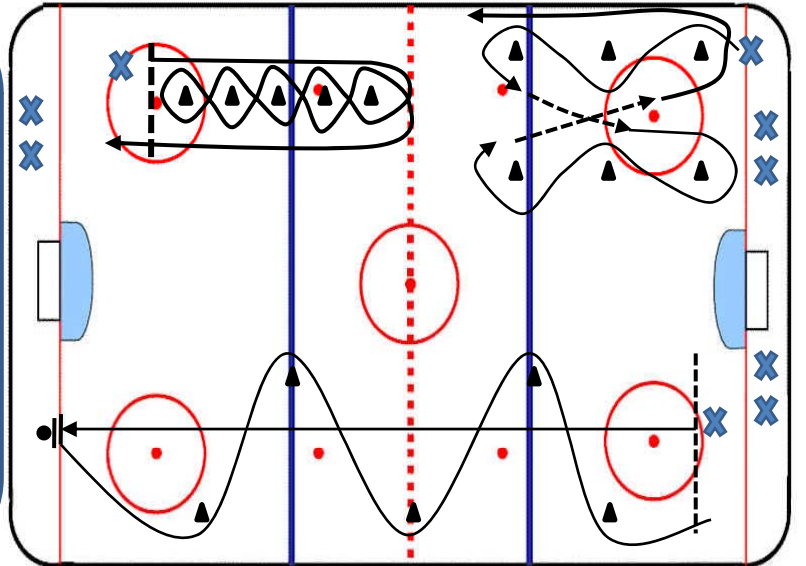


## Evaluation ice set-up

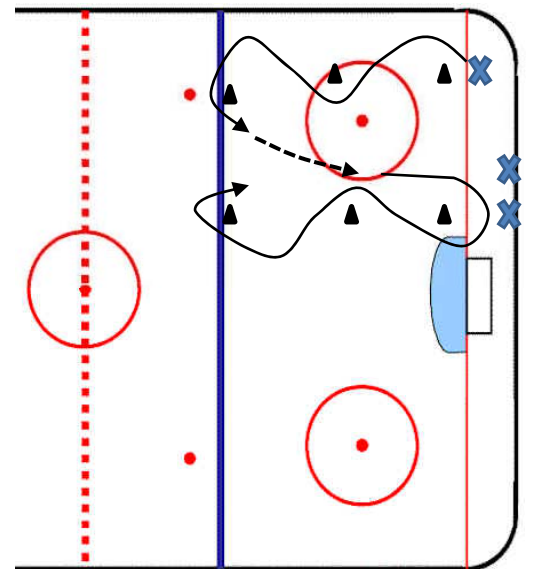


### Skate agility and stick handling (1)

Sequence 1 – the puck is placed next to pylon 1. The clock starts on the “Go” command. The player carries the puck through the first row of pylons, pivots and begins to skate backwards through the centre. The player pivots from backwards to forwards near the centre cones, and then skates forwards through the second row of pylons. The player pivots and begins to skate backwards through the centre again ....

Sequence continues below ...

Note – younger categories (i.e., novice) may do this drill without a puck, or forwards only.

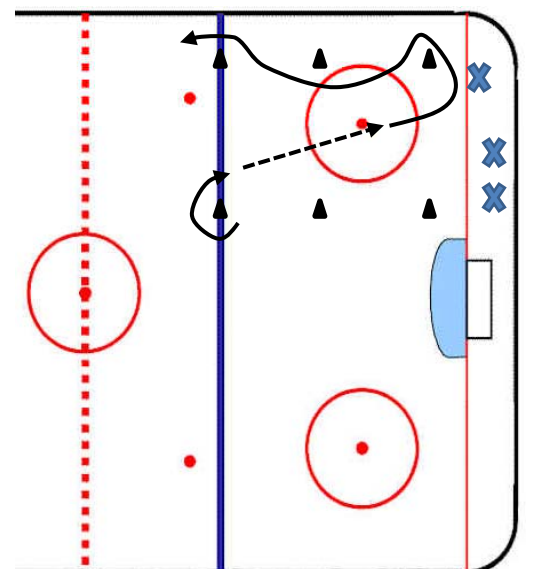


### Skate agility and stick handling (1) continued ...

Sequence 2 – continued from above ...

The player is skating backwards the second time through the centre. He / she pivots to forwards skating near the centre pylons, and then weaves forwards with the puck through the first row of pylons again. When the first skate crosses the blue line, the time is stopped and recorded.

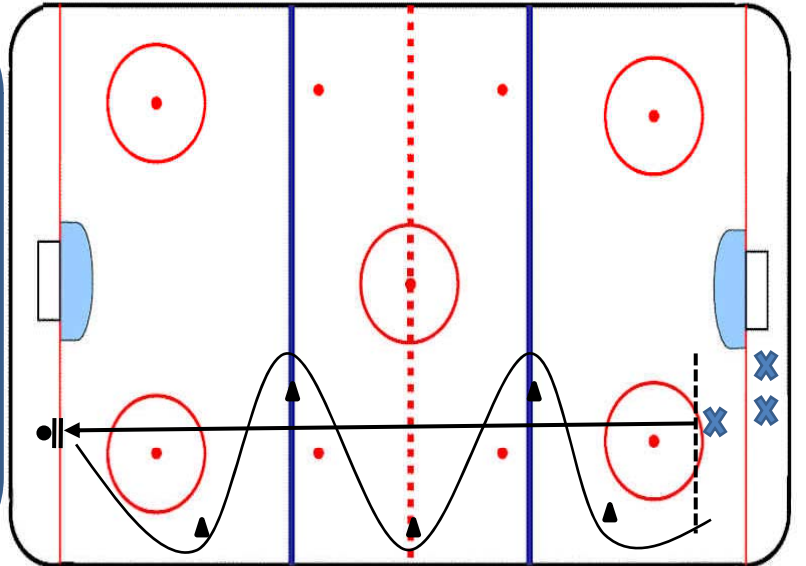
Note – younger categories (i.e., novice) may do this drill without a puck, or forwards only.



## Skate agility and stick handling (2)

The player starts at the bottom of the face off circle and starts on the "Go" command. The player skates the length of the ice, stops and picks up a puck, and then carries to puck through the pylons weaving through the cones to the finish line. The clock is stopped as his/ her first skate crosses the finish line.

Note – for younger categories (i.e., novice) the course may be shortened.



## Skate agility and stick handling (3)

The player starts on a line marked at the face-off dot, skates forward towards far pylon, makes a tight turn around first pylon, then weaves through pylons, making a tight turn around last pylon, and weaves back through the pylons, making a tight turn around the last one, and finishes by sprinting across the start - finish line. The time is started on "go" and finishes as the player crosses the finish line.

Pylons are (10' apart). Number of pylons could vary among categories. The drill is done with a puck.

