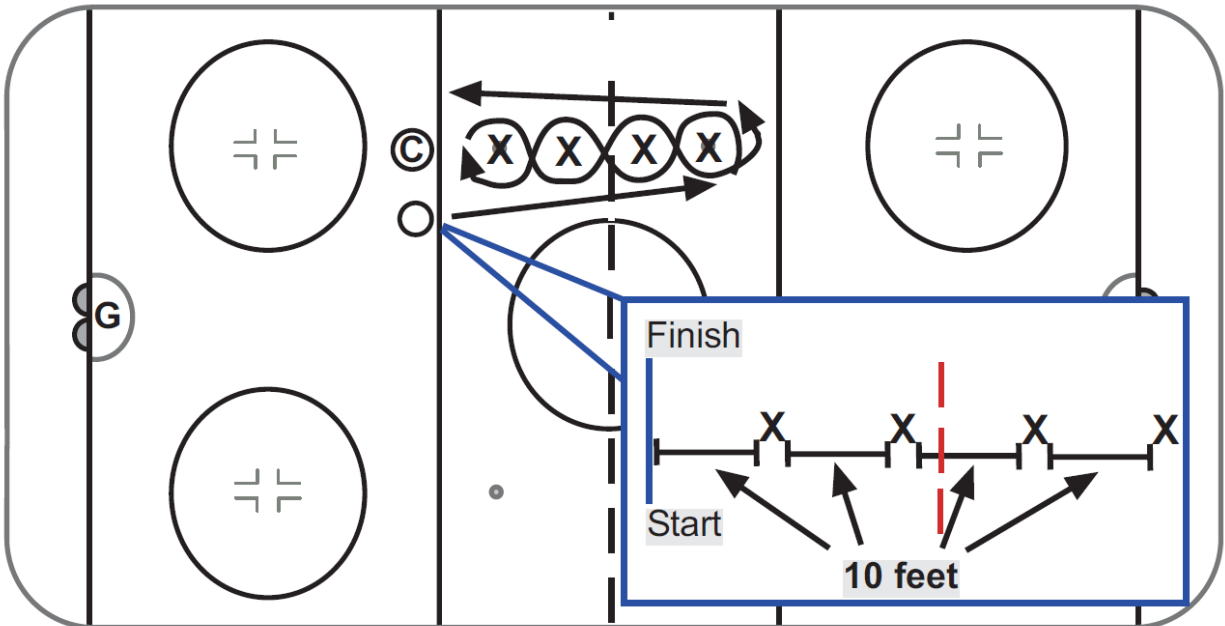


Knights HC Novice Timed Drills

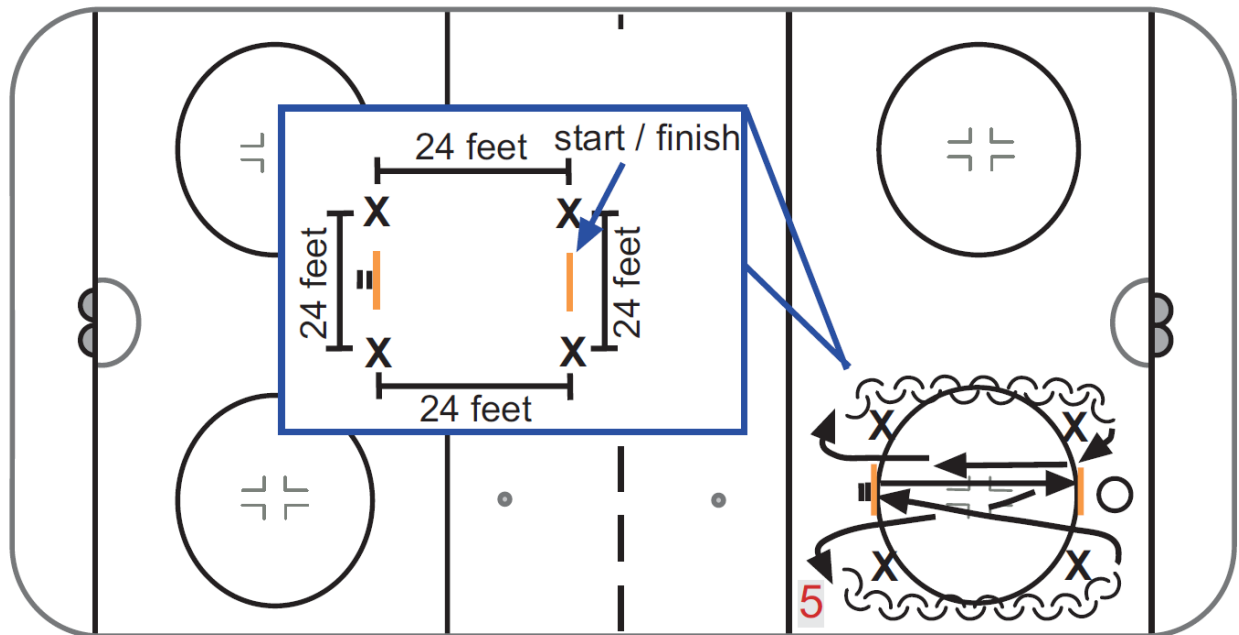
STATION One: Forward Weave Agility Skate



Time	Description
6 MIN	Forward Weave Agility Skate
<ul style="list-style-type: none"> ❖ Start at the blue line, skate forward towards the far pylon and make a tight turn around first pylon. Weave back through the pylons, making a tight turn around the last pylon (closest to start line), and weave back through the pylons, making a tight turn around the last one. Sprint back to the blue line which is both the start and finish line. ❖ The first pylon is 10 feet from blue line. (Starting point) ❖ Pylons are set 10 feet apart. 	
Key Execution Points (KEP)	
<ul style="list-style-type: none"> ❖ This is a timed drill. ❖ Do the test without a puck first, then repeat the test with a puck. ❖ Measure distances for pylon placement and use spray paint to mark the spot. Place a pylon over top of each spray painted dots. This ensures that if a pylon gets knocked off down, it will be easy to replace it to the exact spot. 	



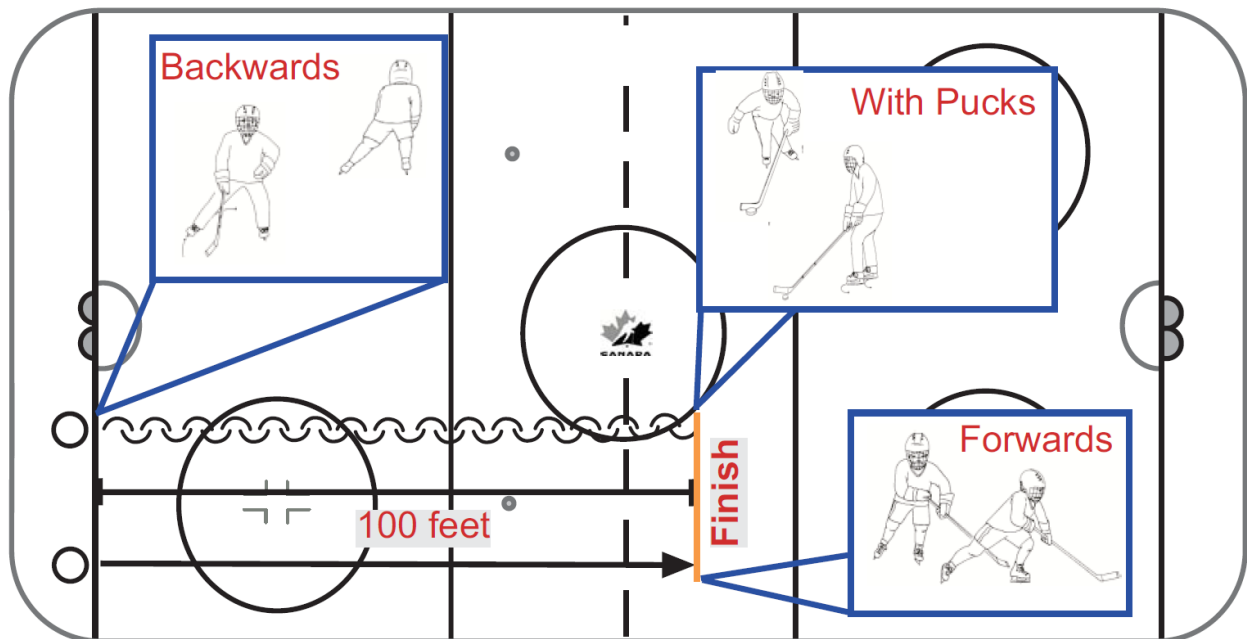
STATION TWO: Transition - Agility Skate



Time	Description
8 MIN	Transition - Agility Skate
	<ul style="list-style-type: none"> ❖ Each player starts on line at the bottom of circle. The player skates forward to far right side pylon, pivots and skates backwards to lower right side pylon. ❖ The player then pivots and skates forward to far left side pylon, pivots and skates backwards to lower left side pylon. ❖ The player then pivots and skates forward to designated line, stops, and then skates forward back to starting line. ❖ Complete the test without a puck. Then complete the test with a puck.
Key Execution Points (KEP)	
	<ul style="list-style-type: none"> ❖ Players must transition from forward to backward and forward to backward at the pylons. ❖ Measure distances, and use spray paint to mark the spot. Place a pylon over top of each spray painted dot. This will ensure accurate placement of the pylon without having to re-measure when pylons are knocked over.



STATION THREE: Forward / Backward - Speed Skate



Time	Description
8 MIN	Forward / Backward - Speed Skate
	<ul style="list-style-type: none">❖ Players skate as fast as they can straight ahead, first forwards and then backwards.❖ The distance is 100 feet.❖ Measure 100 feet starting at the goal line. Use spray paint to draw a line to indicate the finish line.❖ Complete first without a puck. Then add a puck for the second trial.
Key Execution Points (KEP)	
	<ul style="list-style-type: none">❖ Complete forward skating without a puck then add a puck. Repeat the test backwards first without a puck and then with a puck.❖ Encourage players to skate through finish line (discourage players from stopping at the finish line).

