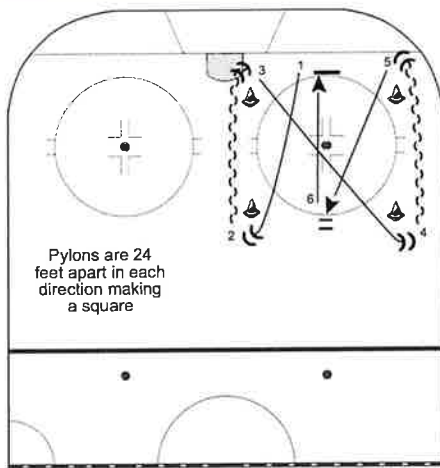


# Evaluation Drills

## Transition & Agility Skate

12 mins



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.

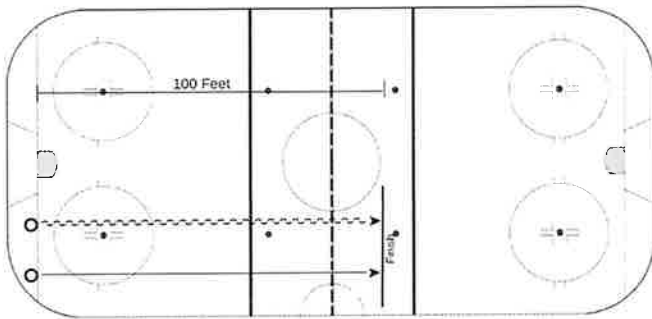
### Key Points

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.

## Forward/Backward-Speed Skate

12 mins



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 the first without a puck. Then add a puck for the second trial.

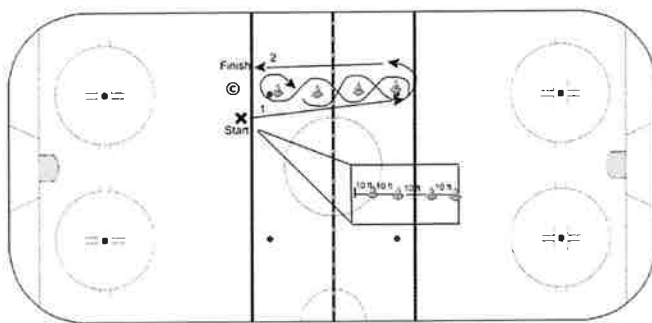
### Key Points

Complete forward skating without a puck then add a puck. Repeat the test backwards first without a puck and then with a puck.

Encourage the players to skate through the finish line (discourage players from stopping at the finish line).

## Weave Agility Skate

12 mins



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 the blue line (Starting point)

Pylons are set 10 feet apart.

### Key Points

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 the top of each spray painted dots. This ensures that if a pylon gets knocked down, it will be easy to replace it to the exact spot.

Skate #1 are the above drills without pucks