

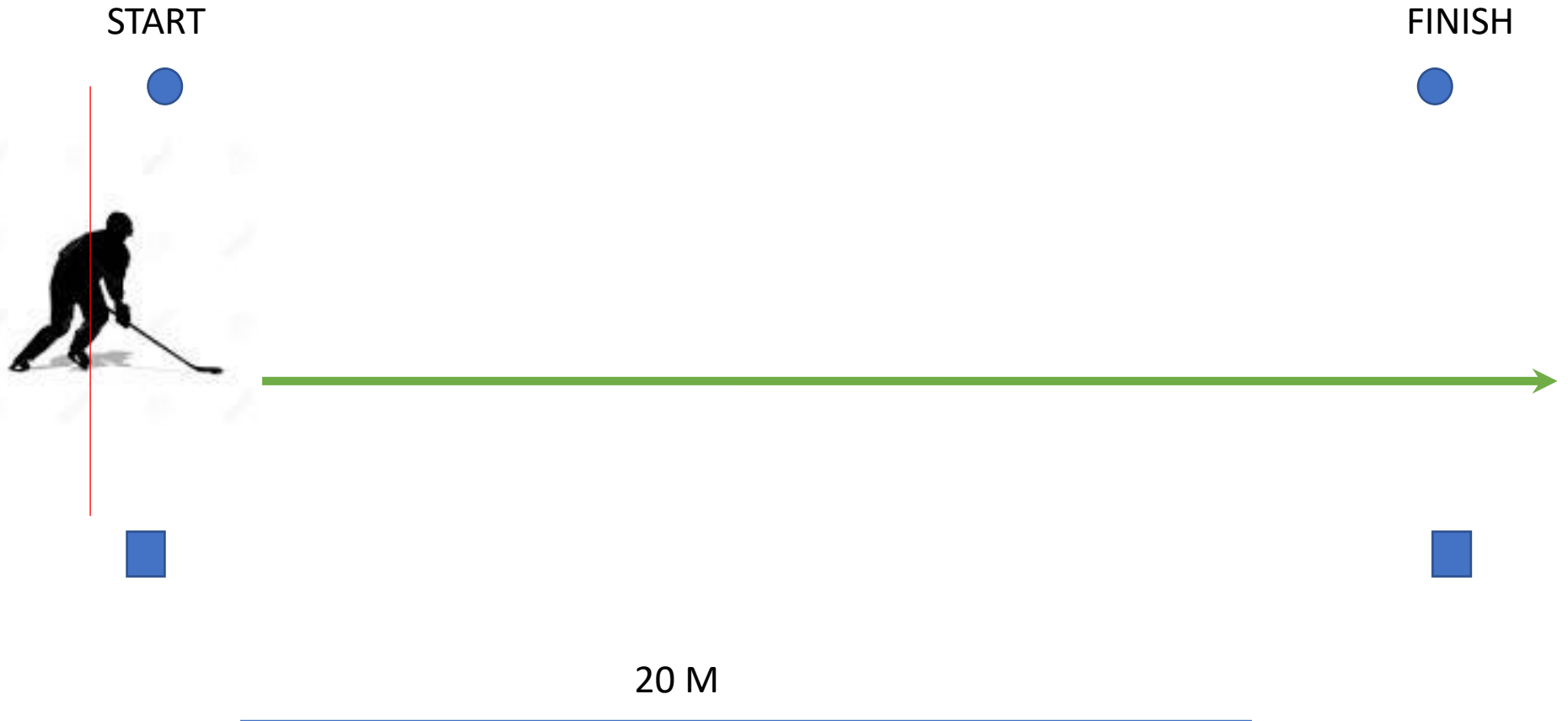


30 M SPRINTS

Athlete, Starts on the line and sprints 30 Meters through the finish gate.

This is completed in the following order:

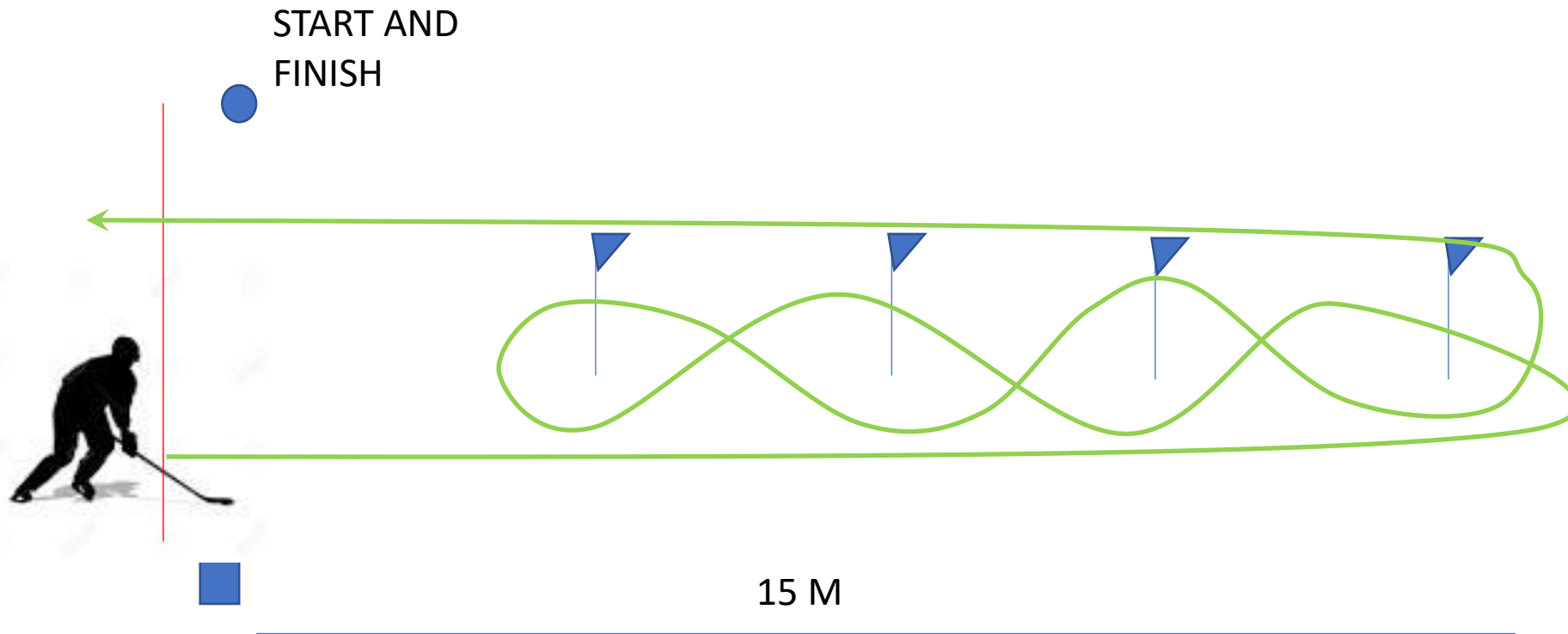
1. Twice forwards without a puck
2. Twice forwards while carrying a puck
3. Twice backwards without a puck.



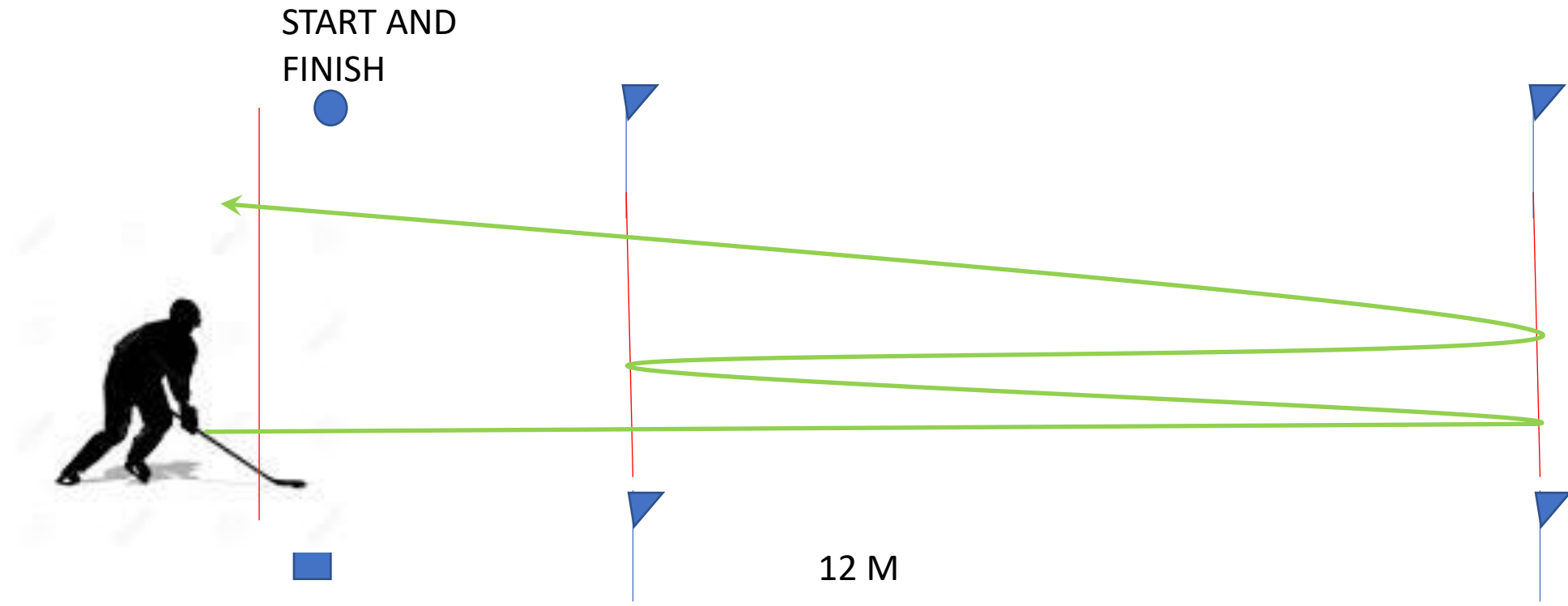


AGILITY WEAVE WITH PUCK

Starting on the Right side of the flags, the athlete will leave through the start gate carrying a puck straight to the top (4th) flag. They will then weave in and out of all flags on the back down to the start, 180 degree turn at the bottom (1st) Flag, weave in and out all the way back up to the top 180 degree turning at the top and then go straight through the same gate they started at to end the drill.



STOP & START

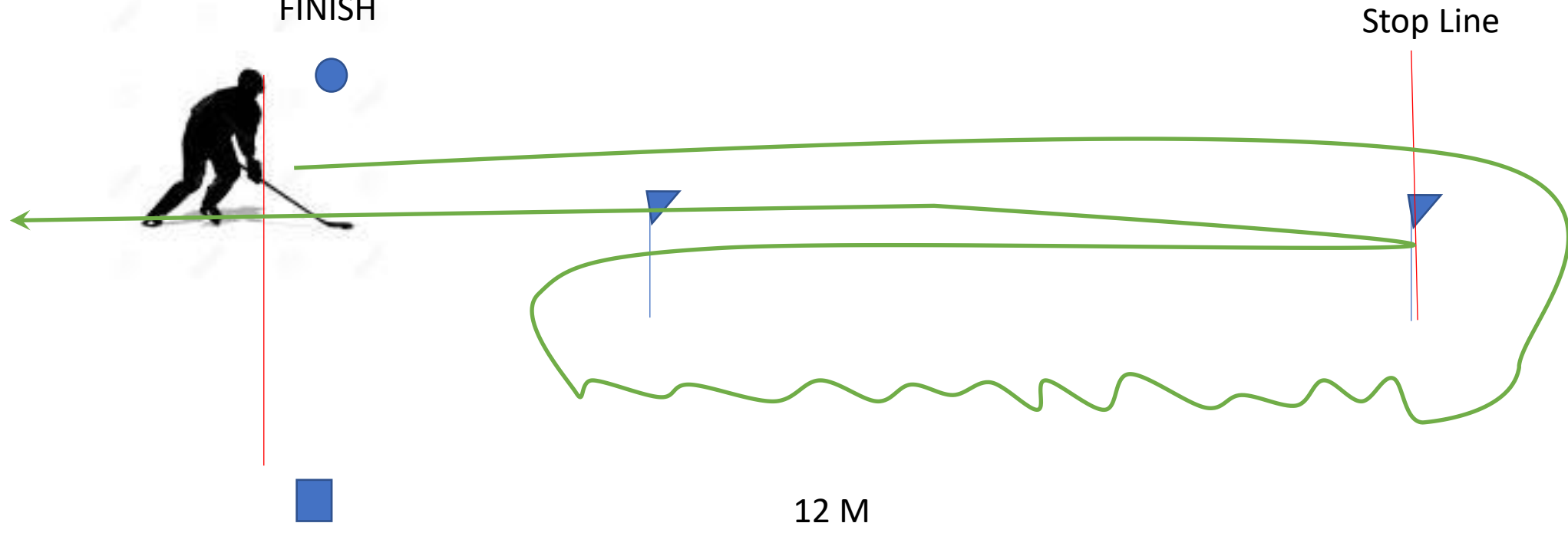


No Puck. Athlete sprints to far stop line, comes to a full stop (on preferred side) then sprints back towards near stop line where they will come to another full stop. They will then sprint back up to the first start line coming to a full stop before sprinting all the way back through their start gate.



TRANSITION RIGHT AND LEFT

START AND
FINISH



No Puck. Athlete starts on left side of flags sprints to furthest flag, transitions backwards, skates backwards towards starting gate, transitions forwards around bottom flag, skates forward to stop line, stops, then sprints back through start gate. On their second attempt they will start on the right side of the flags only this time transitioning backwards to the left and towards their starting gate, then transition forwards around bottom flag, skating forward to stop line, stopping, then sprinting back through start gate