

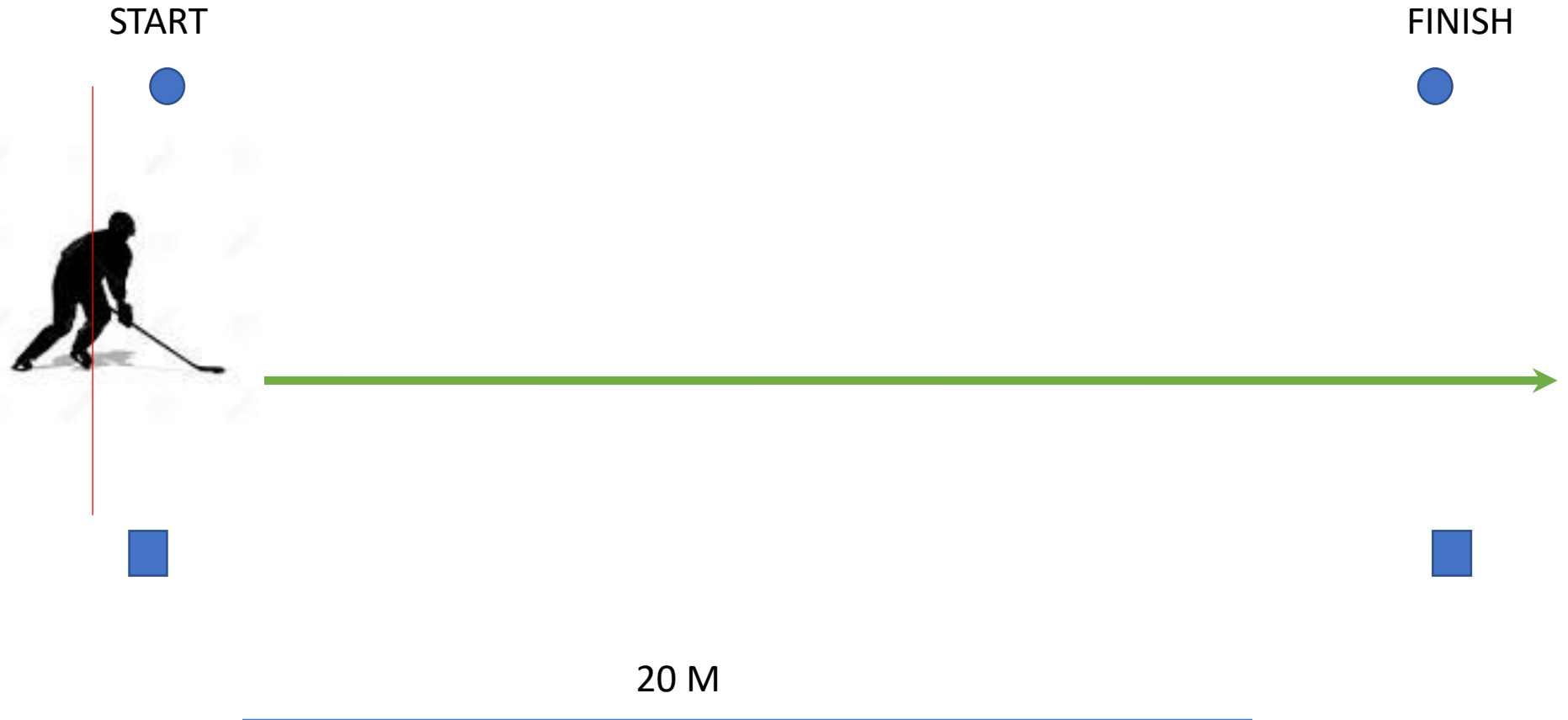


20 M SPRINTS

Athlete, Starts on the line and sprints 20 Meters through the finish gate.

This is completed in the following order:

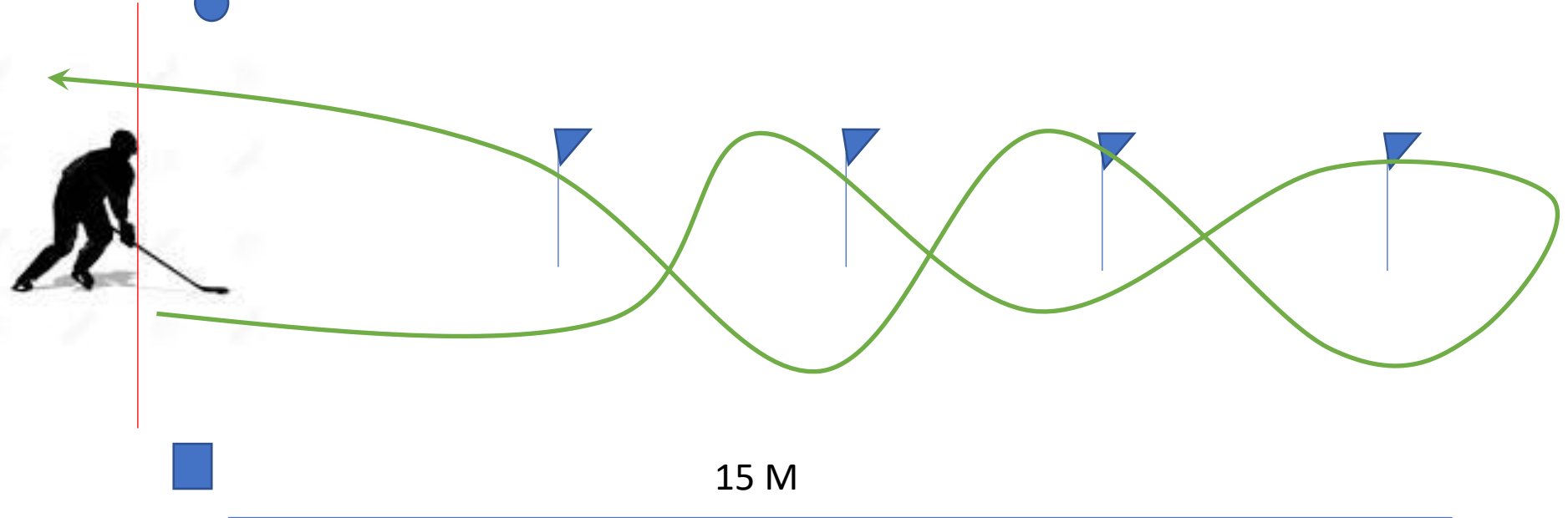
1. Twice forwards without a puck
2. Twice forwards while carrying a puck
3. Twice backwards without a puck.





AGILITY WEAVE

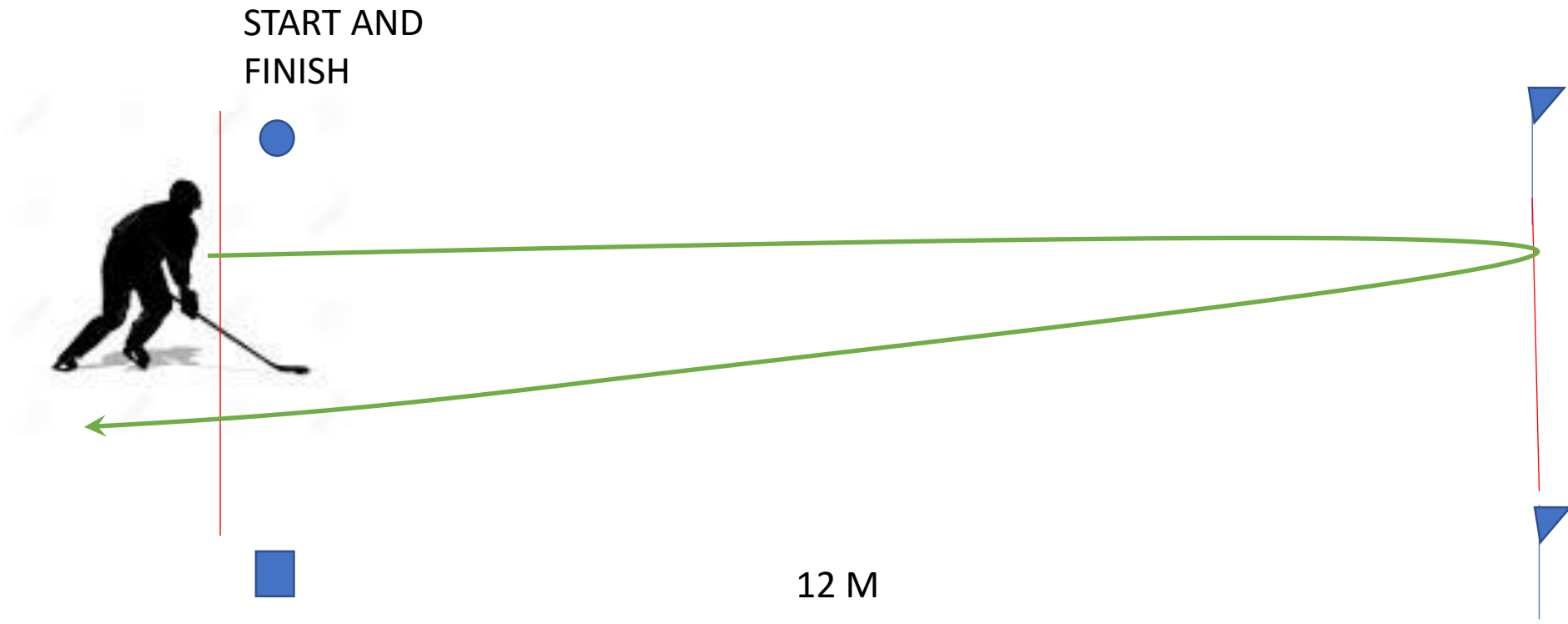
START AND
FINISH



15 M

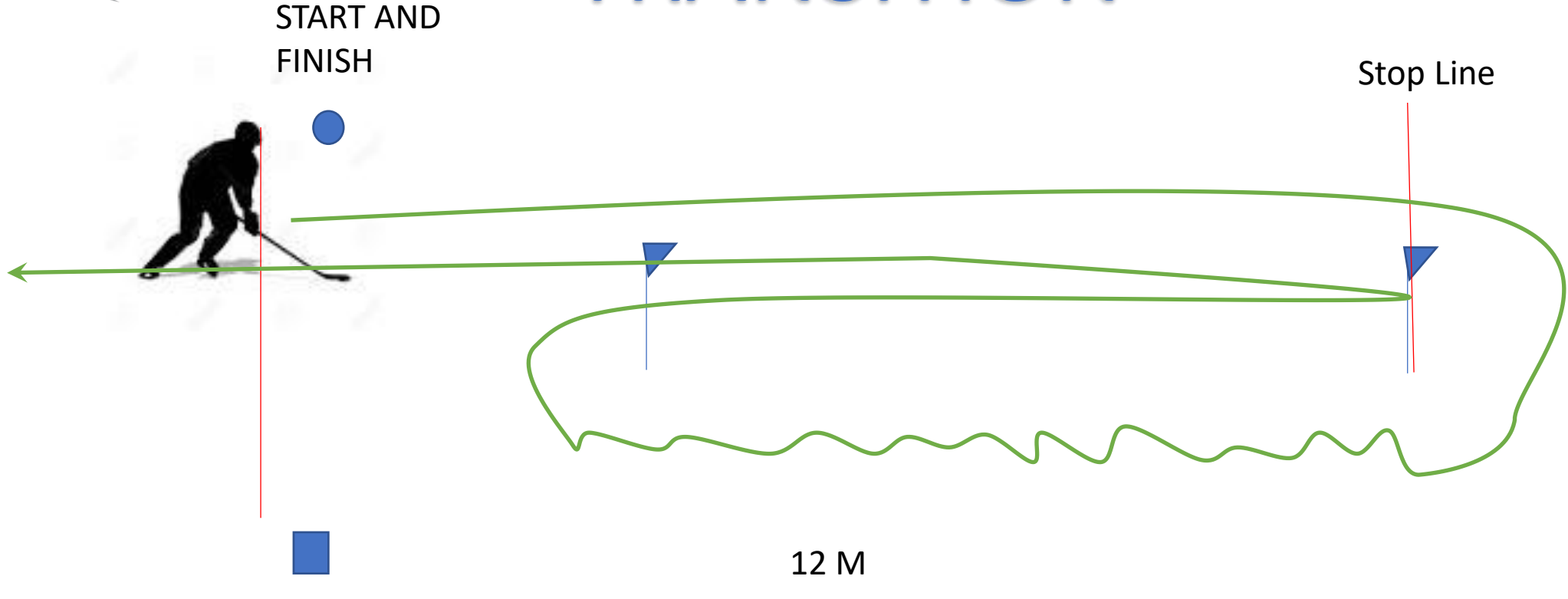
No Puck. Starting on the Right side of the flags, the athlete will leave through the start gate, weave in and out of all flags on the way up, 180 degree turn at the top, weave in and out all the way back down and then go straight through the same gate they started at to end the drill.

STOP & START



No Puck. Athlete sprints to stop line, comes to a full stop (on preferred side) then sprints back through start gate.

TRANSITION



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