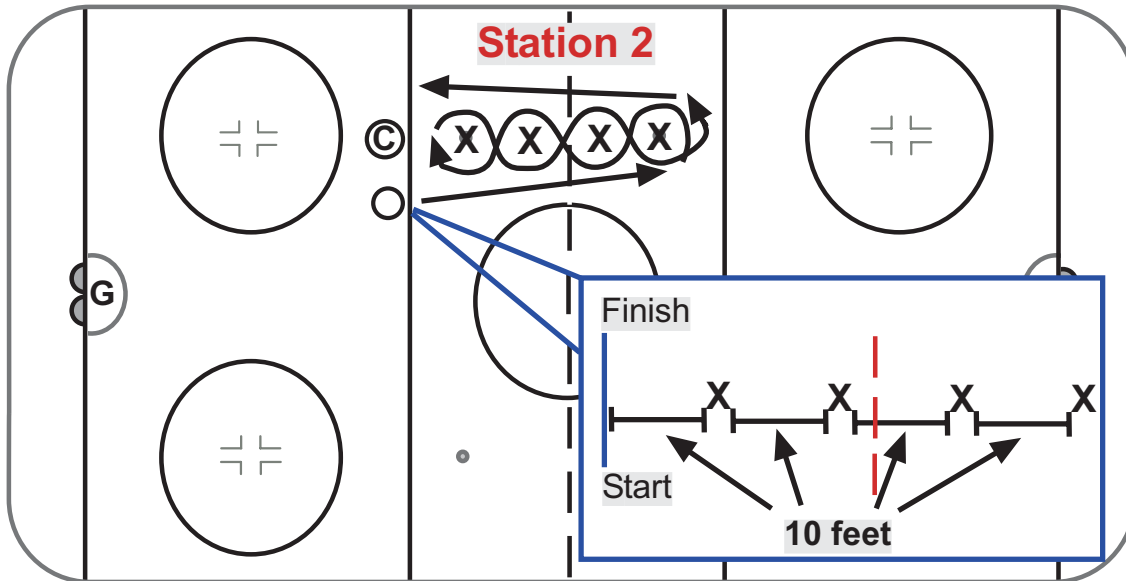






Skill Station: Agility



Time	Description
	Forward Weave Agility Skate
	<ul style="list-style-type: none"> <li>❖ 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.</li> <li>❖ The first pylon is 10 feet from blue line. (Starting point)</li> <li>❖ Pylons are set 10 feet apart.</li> </ul>
Key Execution Points (KEP)	
	<ul style="list-style-type: none"> <li>❖ This is a timed drill.</li> <li>❖ Do the test without a puck first, then repeat the test with a puck.</li> <li>❖ 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.</li> </ul>



