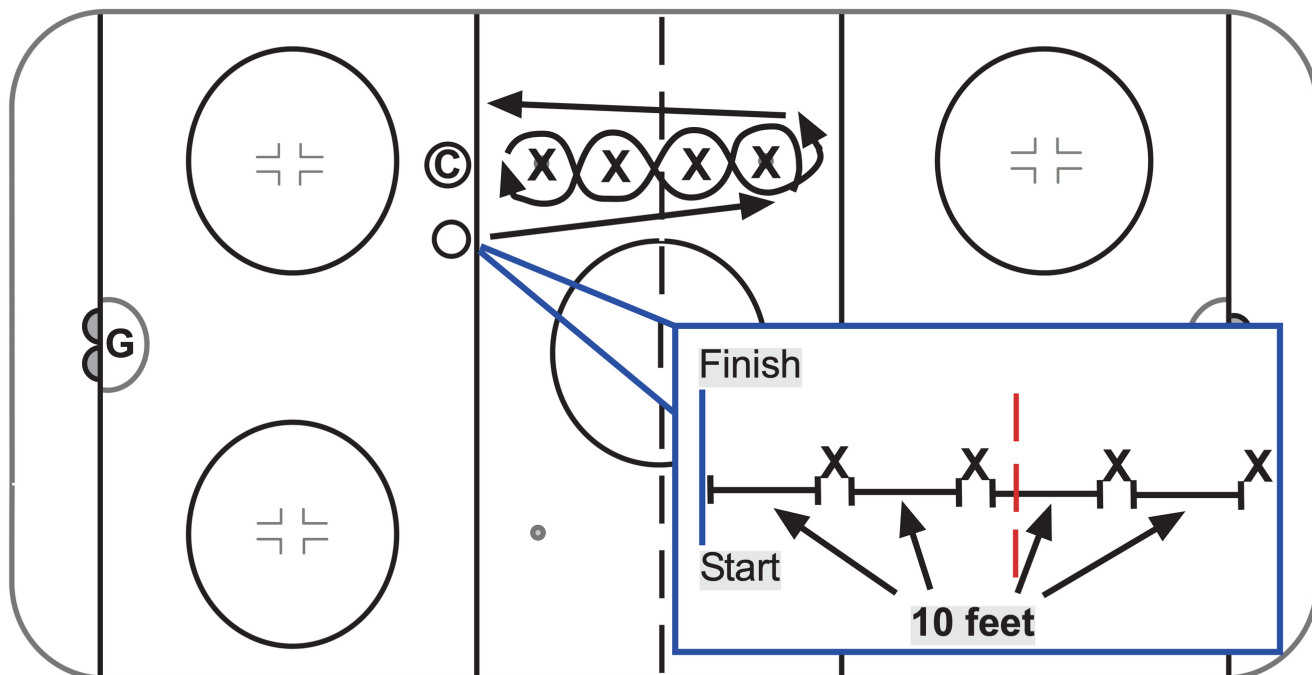


# SKILL ASSESSMENT (TIMED)

# STATION #1



## FORWARD WEAVE AGILITY SKATE

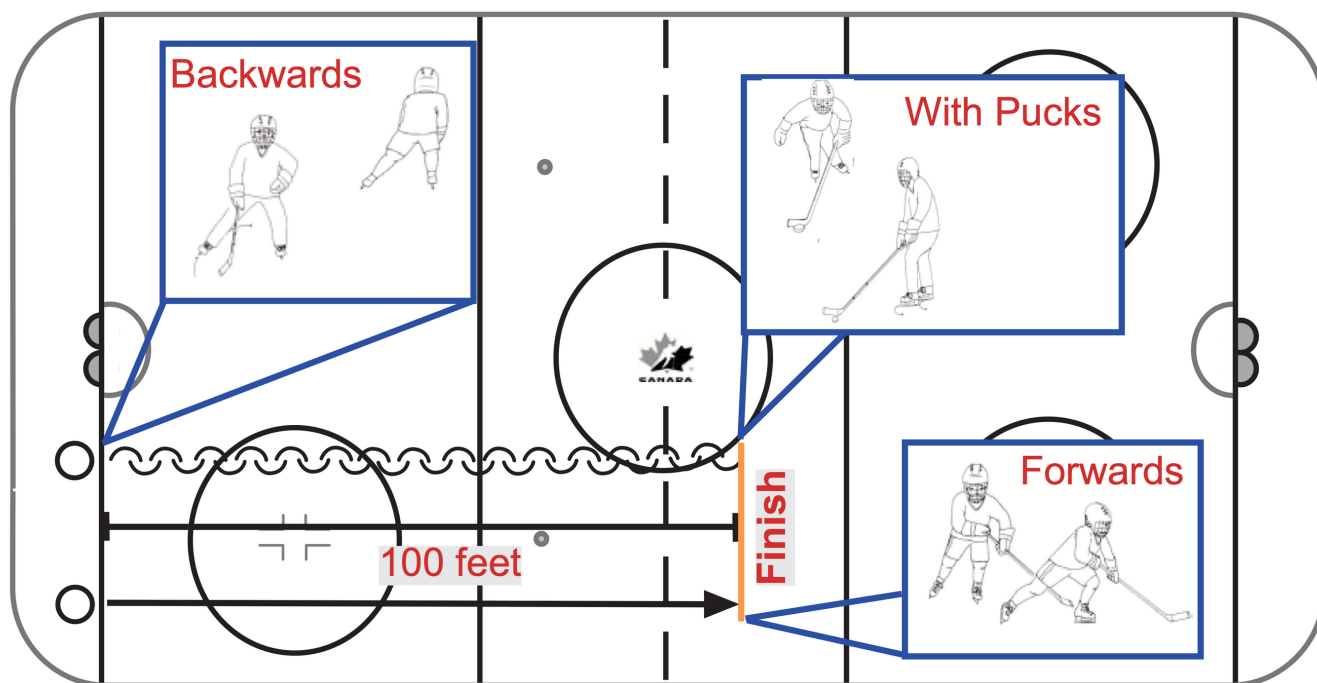
Start at the blue line, skate forward towards the far pylon and make a tight turn around first pylon. Weave back through the pylons, making a tight turn around the last pylon (closest to start line), and weave back through the pylons, making a tight turn around the last one. Sprint back to the blue line which is both the start and finish line.

*Source: Hockey Canada National Skills Standards & Testing Program*

AGE DIVISION	EXECUTION #1	EXECUTION #2
UNDER-9	No Puck	With Puck
UNDER-11	No Puck	With Puck
UNDER-13	No Puck	With Puck
UNDER-15	No Puck	With Puck
UNDER-18	No Puck	With Puck

# SKILL ASSESSMENT (TIMED)

# STATION #2



## FORWARD / BACKWARD SPEED SKATE

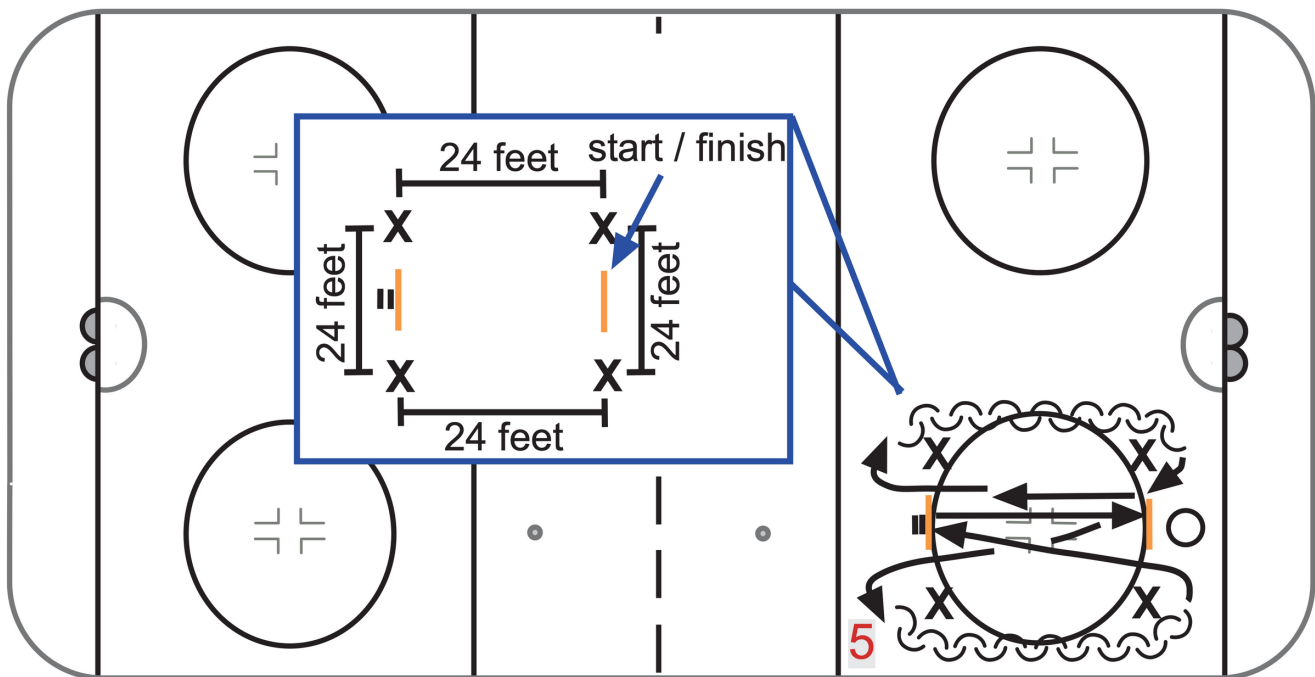
Players skate as fast as they can straight ahead, first forwards and then backwards. Players should skate through finish line to the other end of the rink.

*Source: Hockey Canada National Skills Standards & Testing Program*

AGE DIVISION	EXECUTION #1	EXECUTION #2	EXECUTION #3	EXECUTION #4
UNDER-9	Forward (No Puck)	Backward (No Puck)	-	-
UNDER-11	Forward (No Puck)	Backward (No Puck)	Forward (Puck)	Backward (Puck)
UNDER-13	Forward (No Puck)	Backward (No Puck)	Forward (Puck)	Backward (Puck)
UNDER-15	Forward (No Puck)	Backward (No Puck)	Forward (Puck)	Backward (Puck)
UNDER-18	Forward (No Puck)	Backward (No Puck)	Forward (Puck)	Backward (Puck)

# SKILL ASSESSMENT (TIMED)

# STATION #3



## BOX DRILL (TRANSITION AGILITY SKATE)

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.

*Source: Hockey Canada National Skills Standards & Testing Program*

### AGE DIVISION

### EXECUTION #1

UNDER-9

-

UNDER-11

No Puck

UNDER-13

With Puck

UNDER-15

With Puck

UNDER-18

With Puck