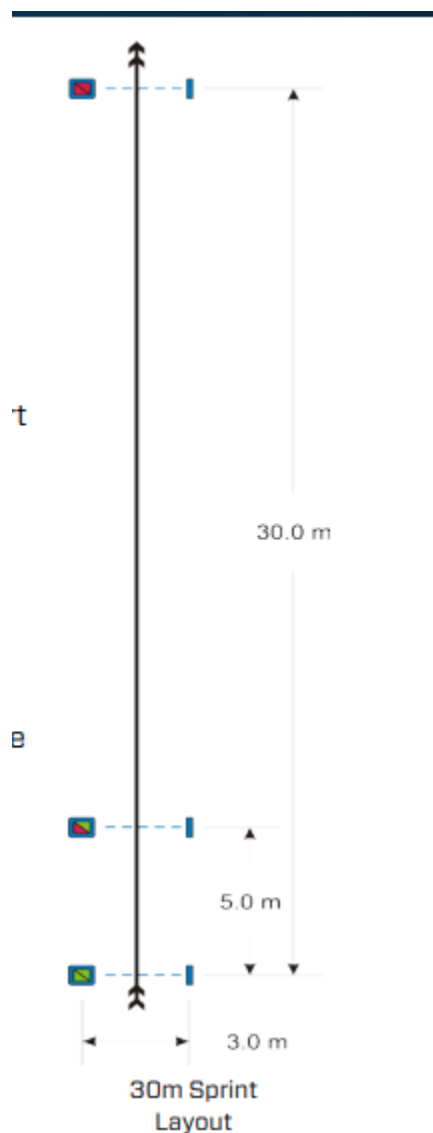


Timed Drills

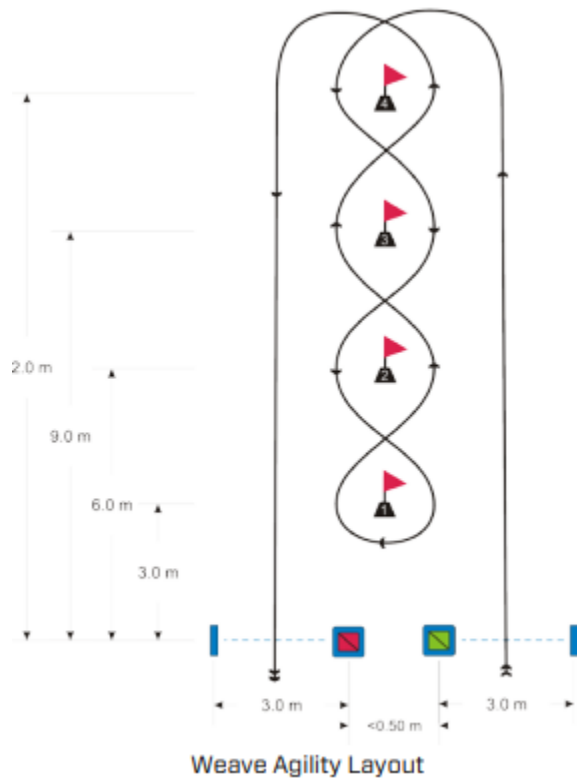
There will be three drills used. For each drill a player will get two opportunities to skate the drill and the best time will be used to rank them. Players will get to skate through each drill once to see it in action.

1. Forward Sprint



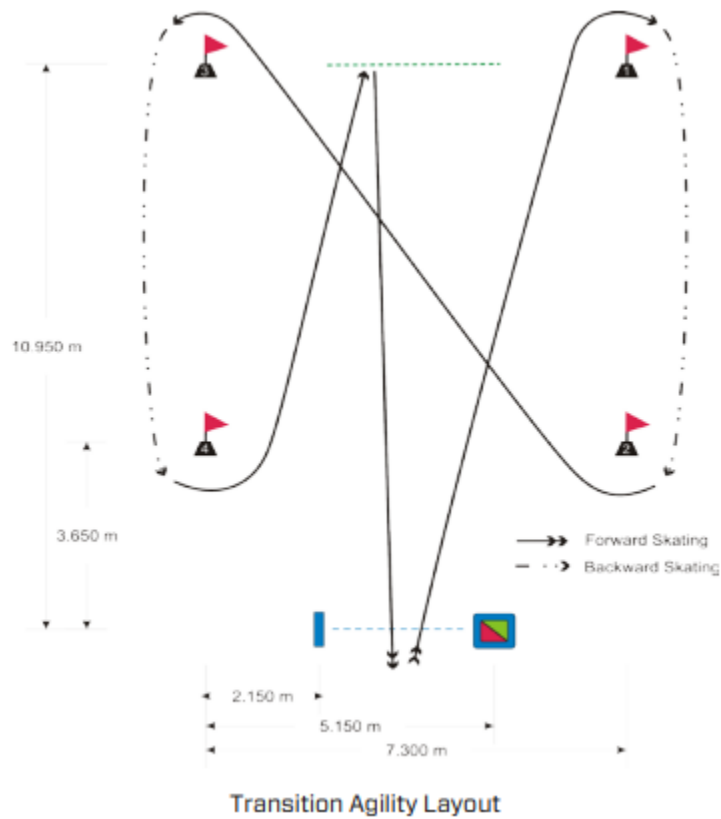
- Players will skate this drill **without a puck**
- Player starts from a stationary position behind the gate
- The player will skate forwards and pass through all gates as quickly as possible

2. Weave Agility



- Players will skate this drill **with a puck**
- Player starts from a stationary position behind the gate
- Player will accelerate up the lane and pivot around flag 4, the player will slalom through flags until flag 1 and then will pivot and the slalom back through again. A last pivot and a race to the finish line

3. Transition agility



- Players will skate this drill **with a puck**
- Player starts from a stationary position behind the gate
- Players will follow the pattern above. The player will remain facing with their back to the start gate throughout the drill until the final sprint to the finish line. Thus a player will go forwards to flag 1, backwards to flag 2, forwards to flag 3 and backwards to flag 4.