Skills Challenge  
Squirt  
10 & Under

Skater Skill Test #1 - Forward and Backward Skating (90 Feet)

Forward and Backward Skating
1. Distance - 90 feet. 2 pylons: one at Start/Finish Lines & other at Red Line.
2. Starter & Timer at Finish Line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player’s first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

Skater Skill Test #2 - Stops and Starts for Speed

Stops & Starts
1. Distance - 30 feet to 60 feet. Place pylon at Start & Finish Lines. NOTE: Many rinks shorten the neutral zone. Check that distance is 30 feet and 60 feet.
2. Starter at Start Line & Timer at Finish Line.
3. Player starts with both skates behind the start line.
4. Start at Blue Line - Stop at Red Line - Back to Blue then up to Far Blue & Back to Blue Line where it began.
5. Timer stops watch when player’s first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.
Skater Skill Test #3 - Zig-Zag Control Turns

Zig-Zag Control Turns
1. Distance - 30 to 60 feet. Place pylons at start & finish lines and at the 2 places player does control turns. NOTE: At many rinks the neutral zone is shorter than 60 feet. There must be 30 ft. between each stop & start location. The finish line is 60 ft. from 2nd control turn location.
2. Starter at Start Line & Timer at Finish Line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player’s first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

Skater Skill Test #4 - Circle Figure 8 Forward and Backward

Circle Figure 8 Forward & Backward
1. Distance - Figure “8” pattern on two face-off circles at one end of rink. Place pylons for start and finish in line with face-off dots and behind the goal line. Place 3 pylons on edge of face-off circle as shown in the above diagram.
2. Starter at Start Line & Timer at Finish Line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player’s first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.
Skater Skill Test #5 - Puck Control - Big Zig-Zag Course

Puck Control - Big Zig-Zag Course
1. Distance - 90 feet. Place 1st pylon at Start/Finish Line. Place 2nd pylon on bottom “hash line” of circle, place 3rd pylon at top of circle, place 4th pylon 5 ft. from boards in line with face-off dot apart, place 5th pylon at red line in line with face-off dots.
2. Starter & Timer at Start/Finish line.
3. Player starts with both skates and puck behind the start line.
4. Timer stops watch when player’s first skate crosses the finish line (not the puck).
5. Player weaves a pattern up to the 5th pylon, then does a tight turn and accelerates forward as fast as possible back to start/finish line.
6. Players will have 2 attempts at this test. Record both scores.
Tips to Speed Up Testing

To complete the drills quickly, it is possible to run 3-5 skills tests at the same time. This requires the assistance of extra people (starters, timers and possible recorders). Depending on how many teams are sharing the ice, please try and follow one of the sequences listed below.

1. All five stations set up at one time. Use Red Magnum permanent marker to mark the spot where each cone placed.
2. There can be one to three teams on the ice at a time. Divide the players up into 5 groups. Make sure that the players’ names for each team are on the correct score sheets.
3. You will need 5 starters and 5 timers/recorders.
4. Use tag board and number each station on the ice. This will make it easier for players to rotate from station to station.
5. Plan on 5 to 10 minutes at each station (depending on how many teams are being tested at one time).
6. Keep players in the same order when moving from one station to the next. Also, the clipboard with the group skills score sheet travels with the players as they go from one station to the next station.
7. Stations #1 & #2 (Forward & Backward Acceleration) can be combined into one station.
8. Hold each group of players till everyone in all the groups is finished at their station. When all station areas are finished, rotate groups.
9. Demonstrate each drill when the players rotate to the next station.
10. Warm-up players for 5 minutes before any drills are started.