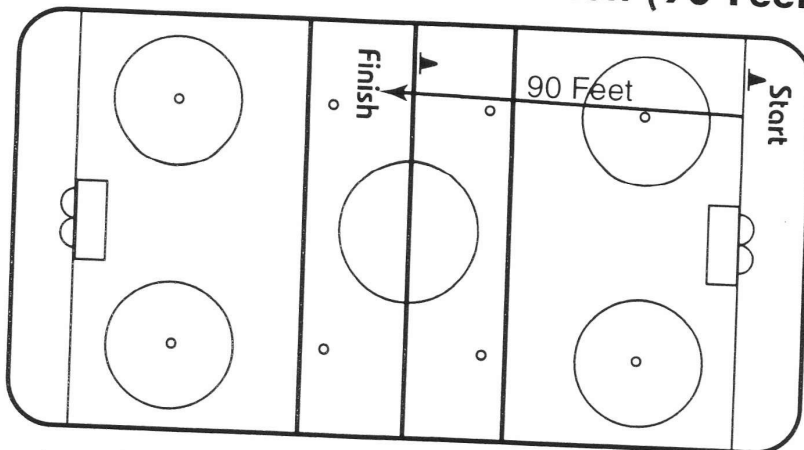


Skills Challenge

Mite
8 & Under

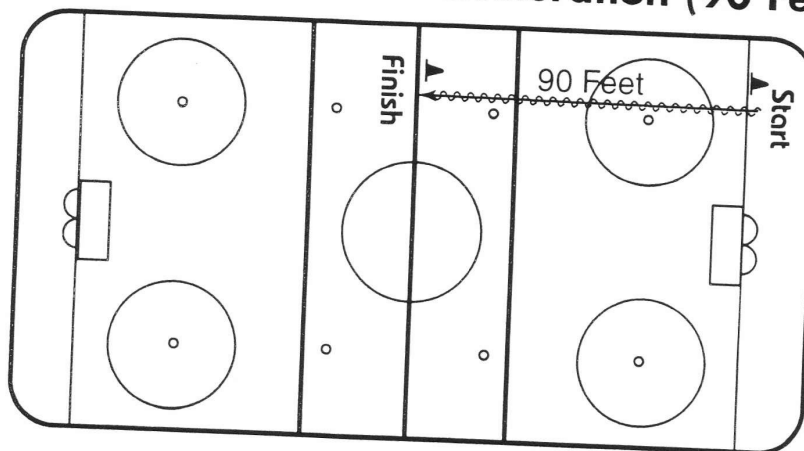
Skater Skill Test #1 - Forward Acceleration (90 Feet)



Forward Skating Acceleration

1. Distance - 90 feet. Place pylons at start & finish Lines.
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.

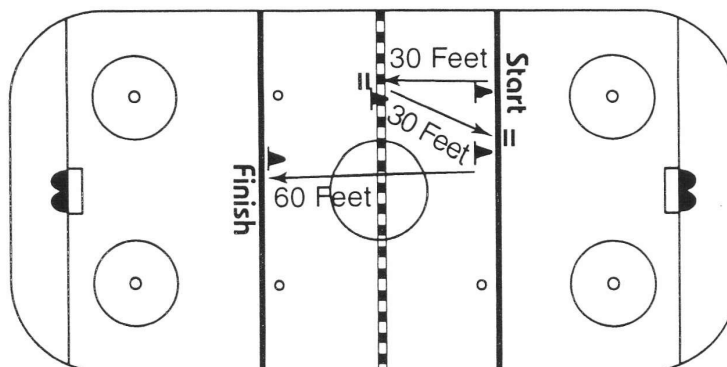
Skater Skill Test #2 - Backward Acceleration (90 Feet)



Backward Skating Acceleration

1. Distance - 90 feet. Place pylons at start & finish lines.
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.

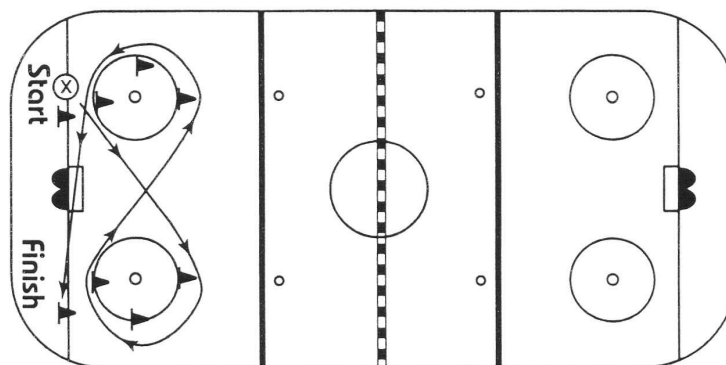
Skater Skill Test #3 - Stops & Starts (Top of Circle, Red Line, Near Blue Line, Far Blue Line)



Forward Stops & Starts

1. Distance - 30 to 60 feet. Place pylons at start & finish lines and at the 2 places player does stops & starts. NOTE: At many rinks the neutral zone is shortened. There must be 30 ft. between each stop & start location. The finish line is 60 ft. from 2nd stop & start location.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Player must stop behind each pylon, not in front of it.
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.

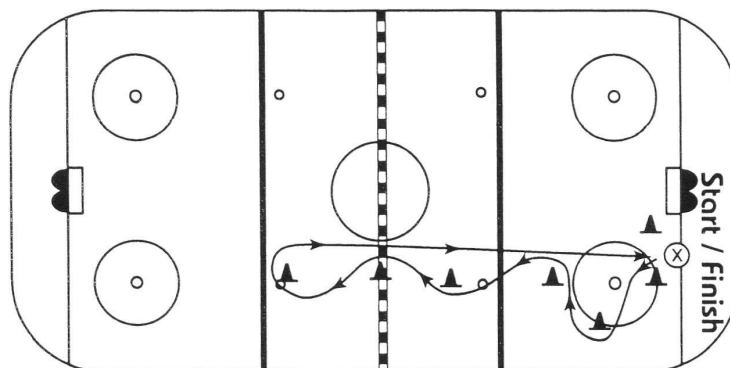
Skater Skill Test #4 - Circle Figure 8 Forward Crossovers



Circle Figure 8 Forward Crossovers

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 Weave and Acceleration

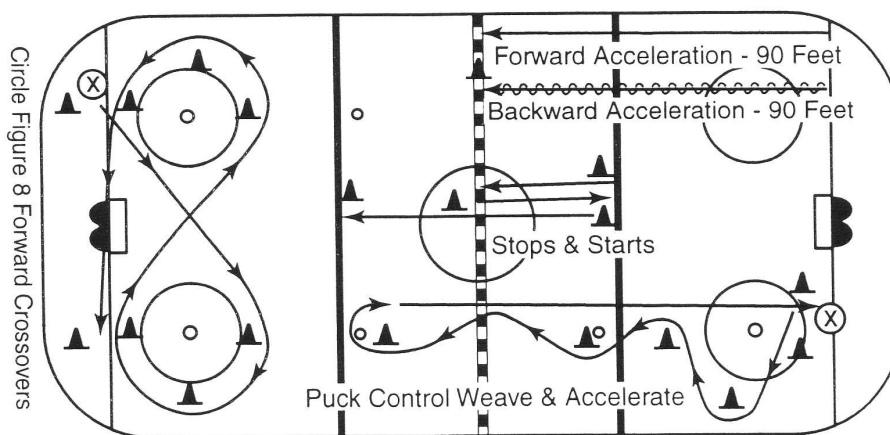


Puck Control - Weave & Acceleration

1. Distance - 110 feet. Place 2 pylons at start/finish line. Place 2nd pylon at "hash mark" on circle, 3rd pylon at top of circle, place pylons 4th,5th,6th - 20 feet apart.
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 6th 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 is 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 player's 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 clip board 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.