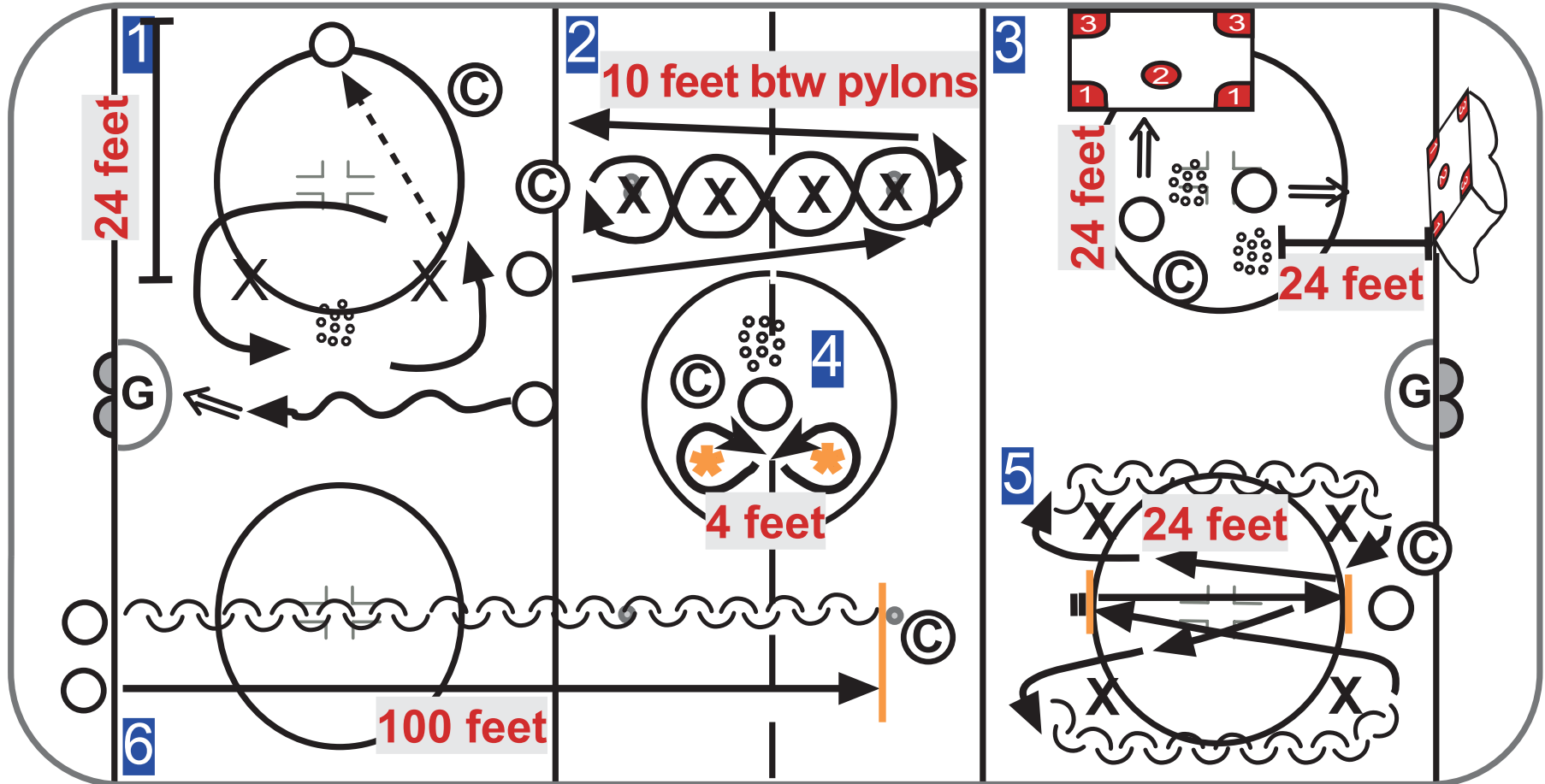




# National Skills Standards & Testing Program



## Station Setup

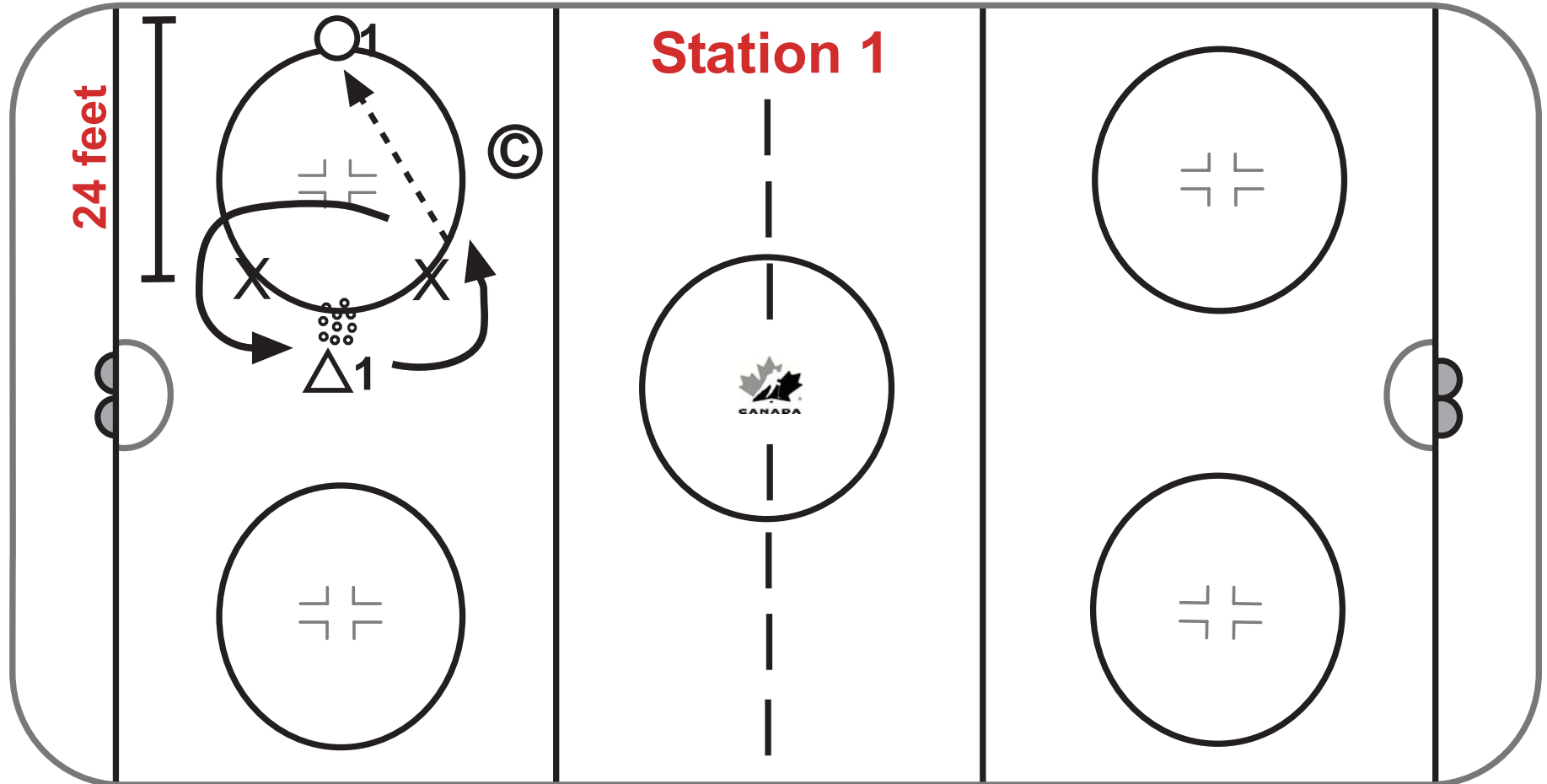




# National Skills Standards & Testing Program



## Station Setup

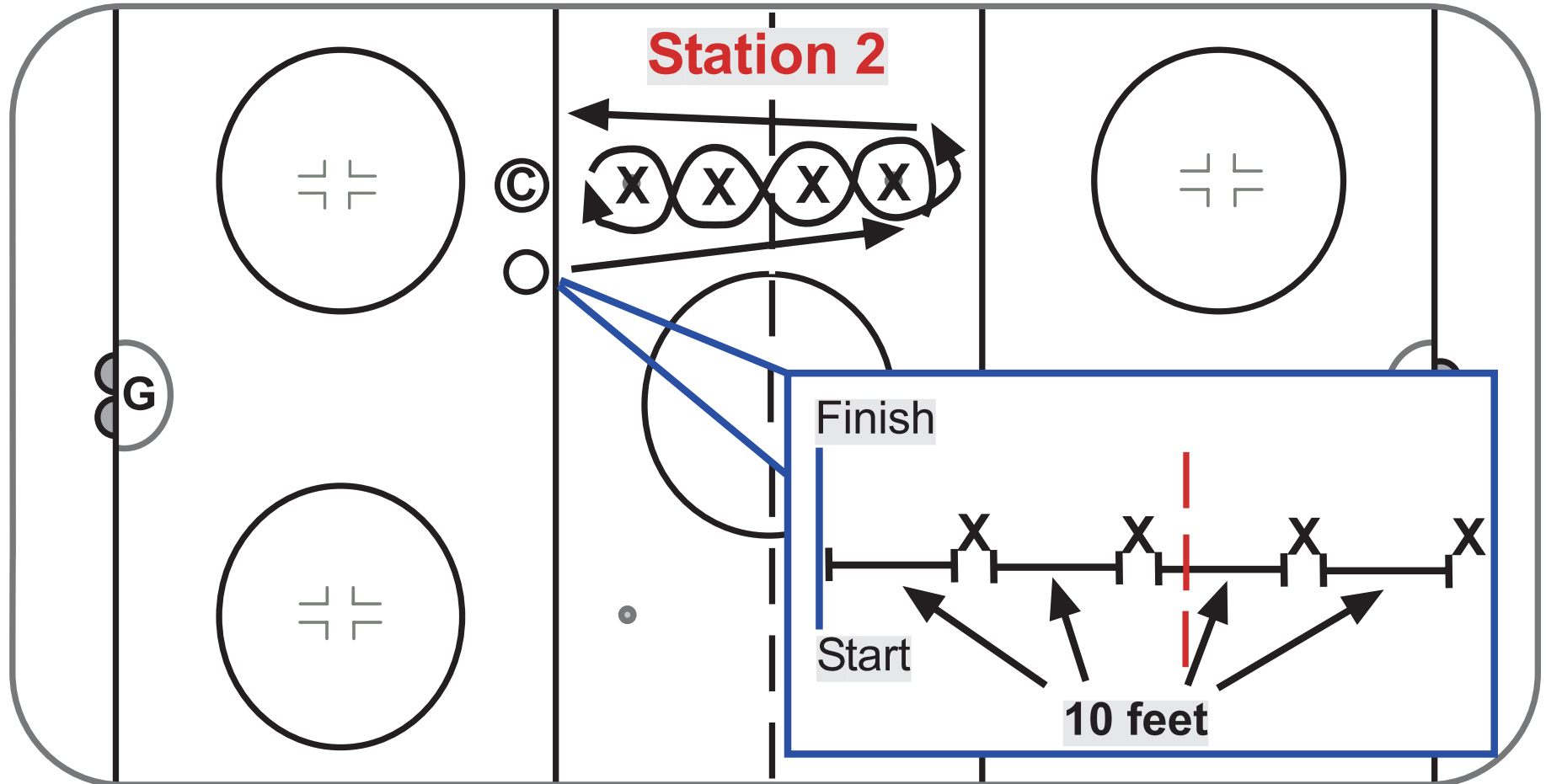




# National Skills Standards & Testing Program



## Station Setup



Done without a puck, then with a puck

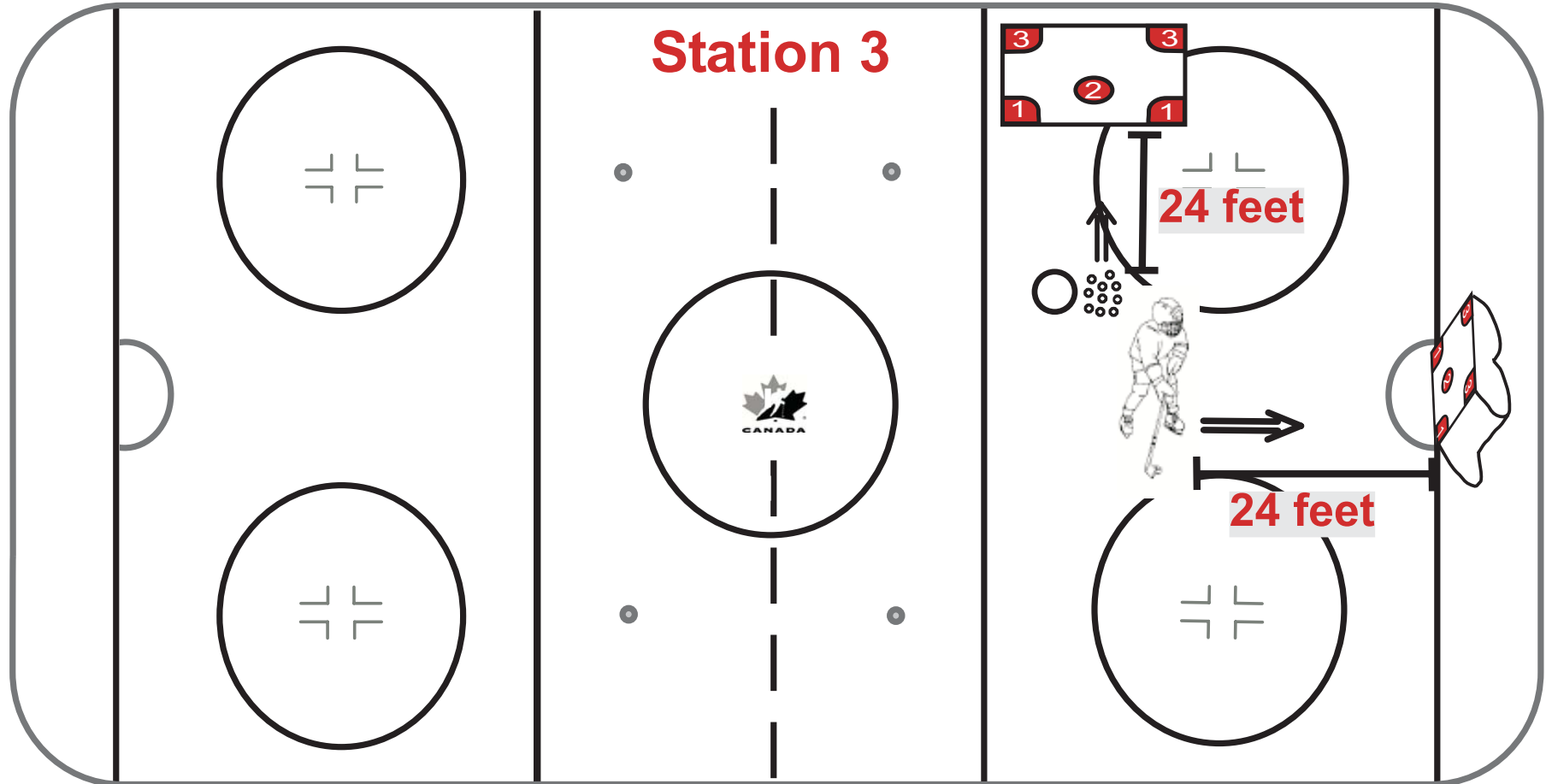
This is a timed drill



# National Skills Standards & Testing Program



## Station Setup



Have 10 pucks ready for players to shoot – 3 points for top corners – 2 points for five hole – 1 point for bottom corners

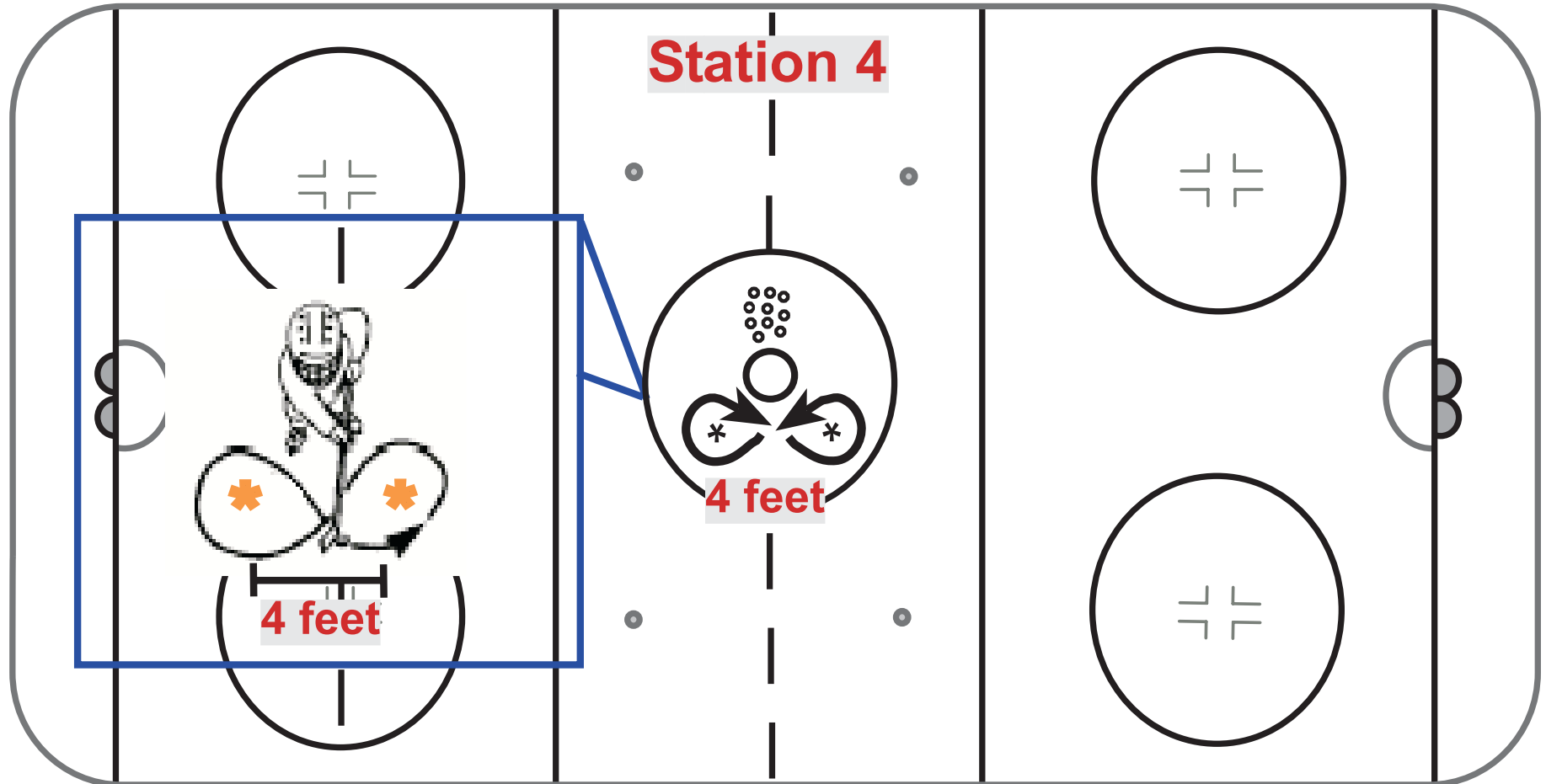
Have all players go through on forehand first, then on backhand



# National Skills Standards & Testing Program



## Station Setup



5 complete figure 8 rotations

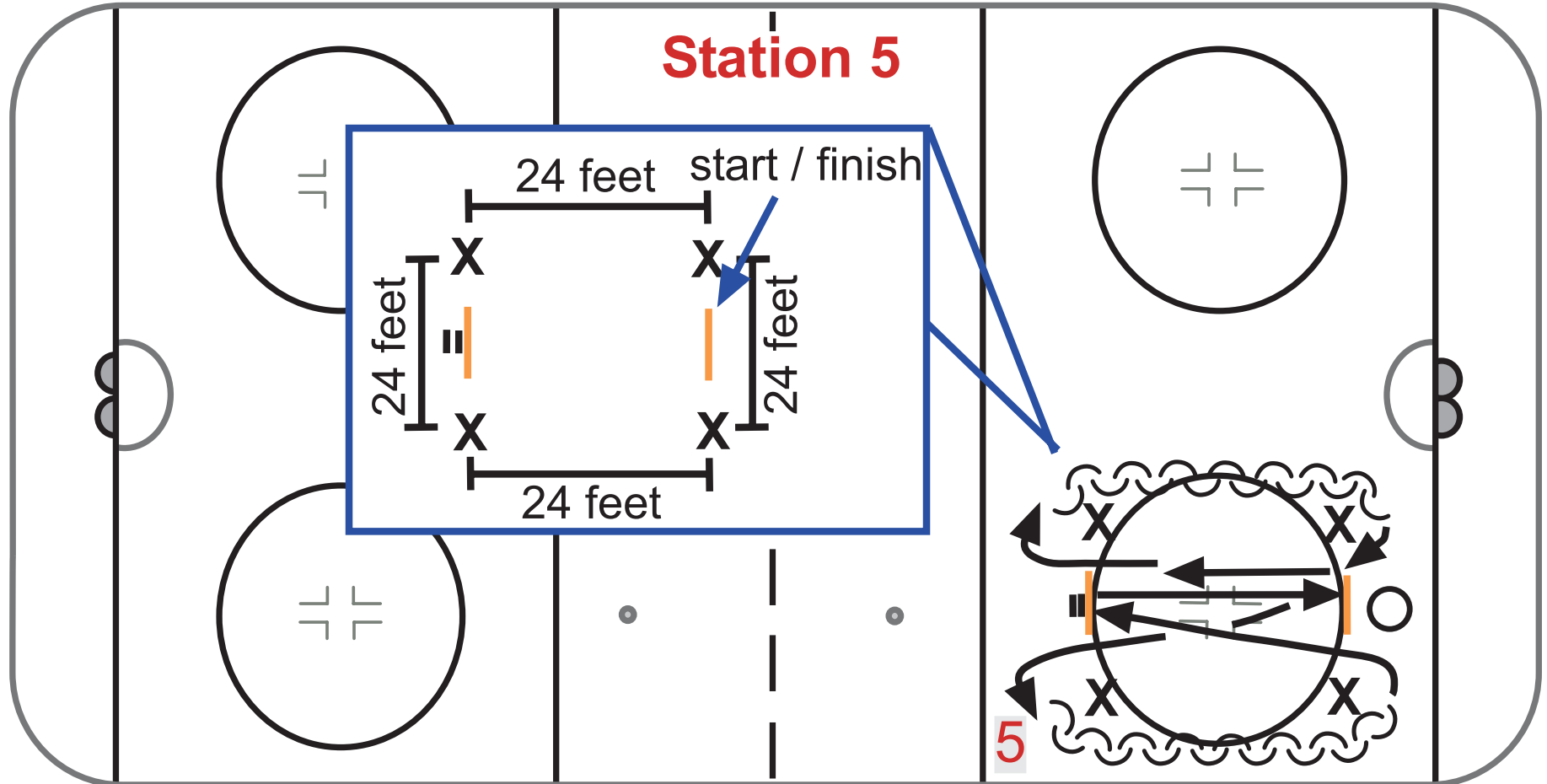
This is a timed drill



# National Skills Standards & Testing Program



## Station Setup



Done without a puck, then with a puck

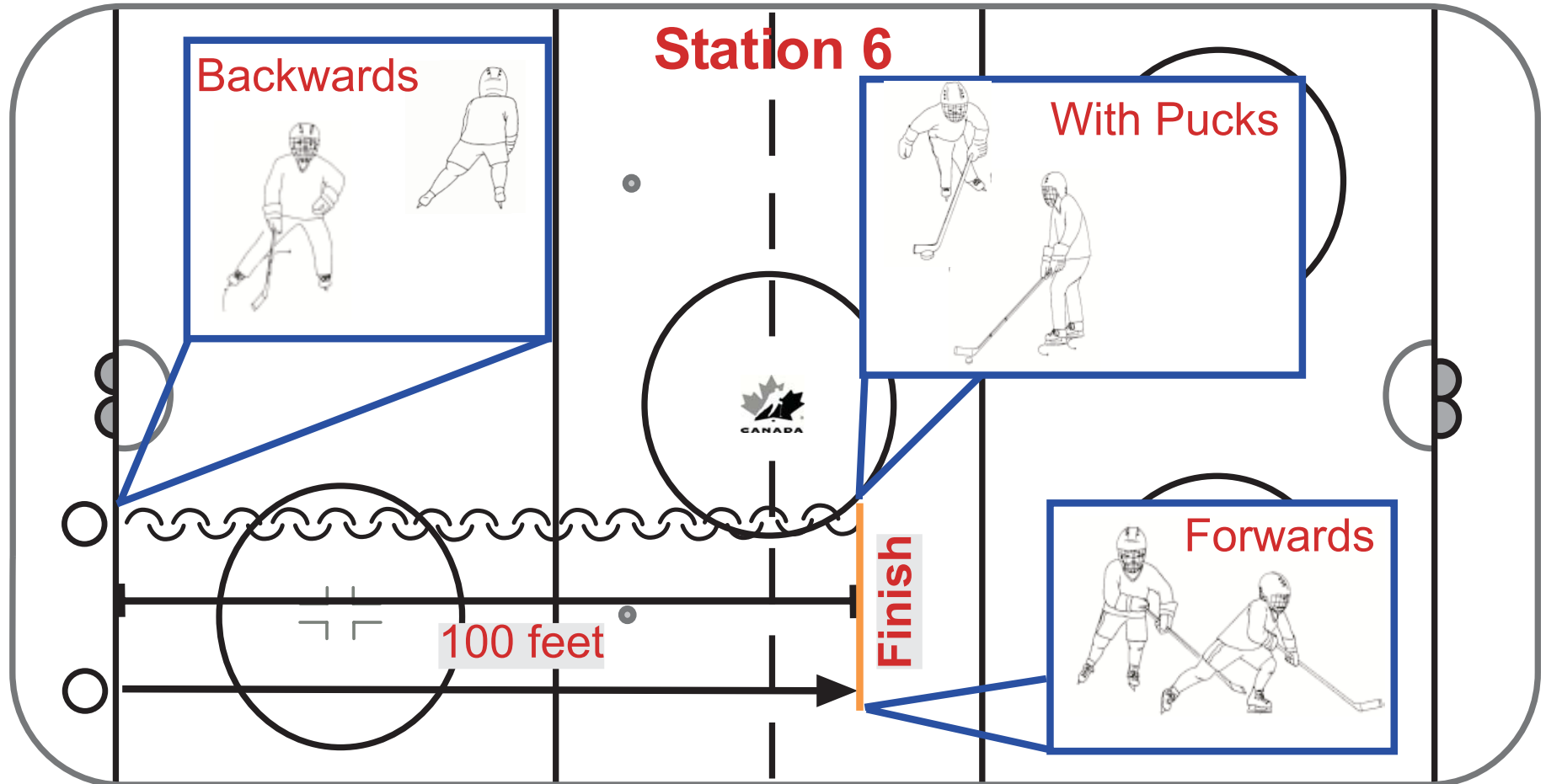
This is a timed drill



# National Skills Standards & Testing Program



## Station Setup



Done without a puck, then with a puck

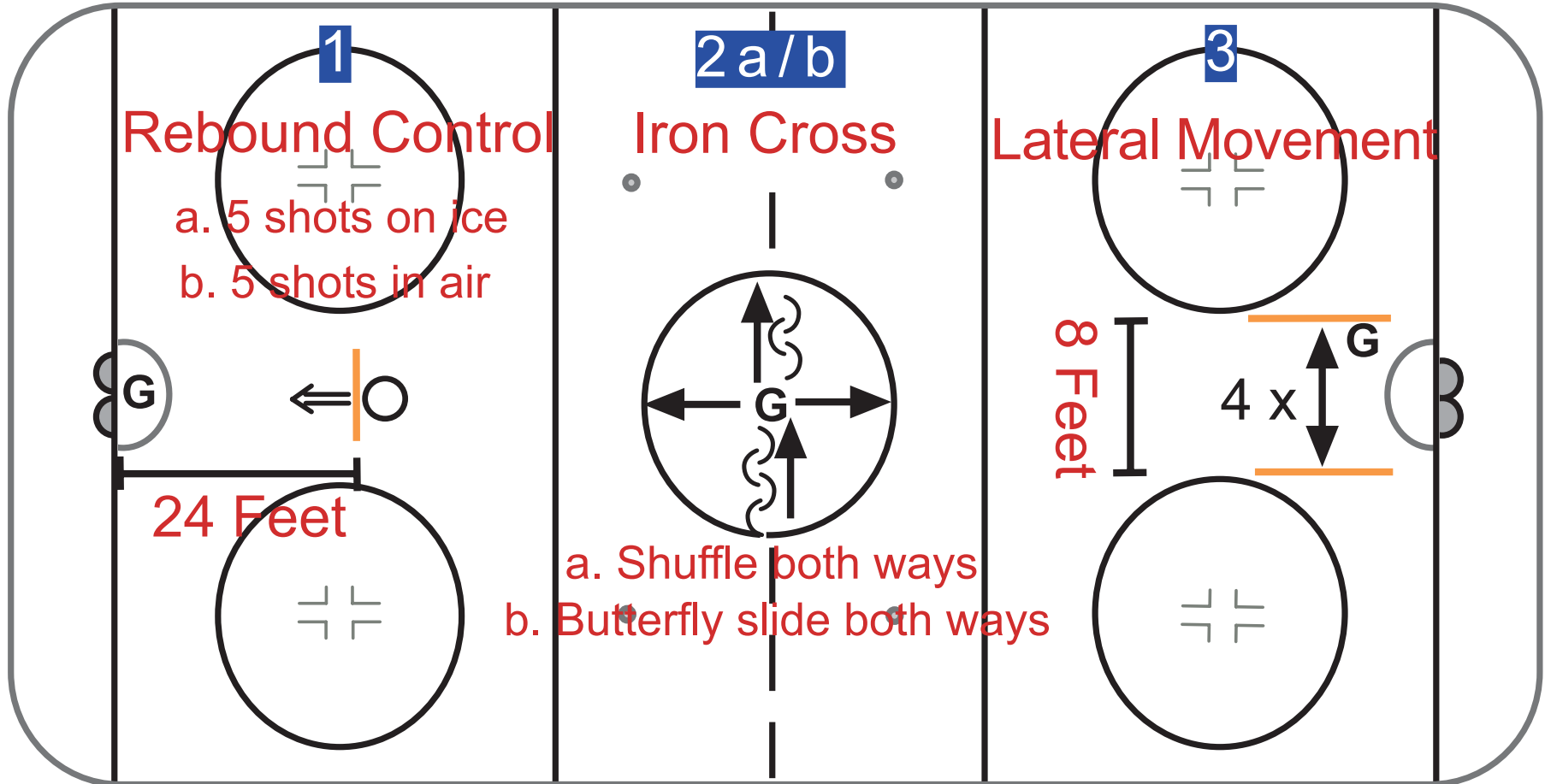
This is a timed drill



# National Skills Standards & Testing Program



## Station Setup



Drill 1 is scored on the 5 point scale

Drills 2 and 3 are timed drills