**Skater Skill Test #1 - Stop, Starts & Control Turns**

- **Stops/Starts & Control Turns**
  1. Distance - 30 feet. Note: Some arenas shorten the neutral zone. Check distances.
     - 4 pylons: one at Start Line (blue line) 5 ft. from the boards, a 2nd pylon on same blue line 15 ft. from boards, 3rd pylon on the red line 10 ft. from boards and the 4th pylon at the finish line on the red line 20 ft. from the boards.
  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 - Forward, Backward, Forward Zig-Zag**

- **Forward - Backward - Forward Zig-Zag**
  1. Distance - 90 feet to 120 feet. Place 1st pylon at Start Line (goal line) & 2nd pylon at Finish Line (red line). Also, place a 3rd pylon at the red line in line with start pylon and the 4th pylon at the near blue line (10 ft. wider than 3rd pylon)
  2. Starter at Start Line & Timer at Finish Line.
  3. Player starts with both skates behind the start line.
  4. Start at goal line and skate forward to red line - step out backward at 3rd pylon and skate backward to 4th pylon, then step up forward and sprint to far blue line.
  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.


Skills Challenge

Skater Skill Test #3 - Circle - Forward & Backward Pivots

Circle - Forward & Backward Pivots
1. Place 4 pylons equal distance around a face-off circle. Place a 5th pylon on the goal line for start & finish.
2. Start & Timer at Start/Finish pylon.
3. Player skates 2 times around circle doing forward & backward pivots at pylons.
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 - Agility Skate Movements

Agility Skate Movements
1. Distance - 90 feet. Place 1st pylon at start/finish line on goal line in line with inside edge of face-off circle. Place the 2nd pylon at red line, in line with start pylon. Place 3rd pylon at red line - 5 feet from boards.
2. Starter & Timer at Finish Line
3. Player starts with both skates behind the start line.
4. Player starts at 1st pylon and does lateral crossover steps to the boards and back to start cone. Player then skates forward to 2nd pylon at red line & does a control turn. At the 3rd pylon do an escape and skate forward to blue line. At blue line go backward to goal line.
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.
Circle & Zig-Zag Pylons
1. Place 4 cones equally around circle. Then place 3 more cones in a straight line (equal distances) up to the face-off dot just over the blue line. Place one cone on goal line for start & finish.
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 & back through the 7 pylons.
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 up the players 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. Hold each group of players till everyone in all the groups is finished at their station. When all station areas are finished, rotate groups.
8. Demonstrate each drill when the players rotate to the next station.
9. Warm-up players for 5 minutes before any drills are started.