



West Madison Polar Caps

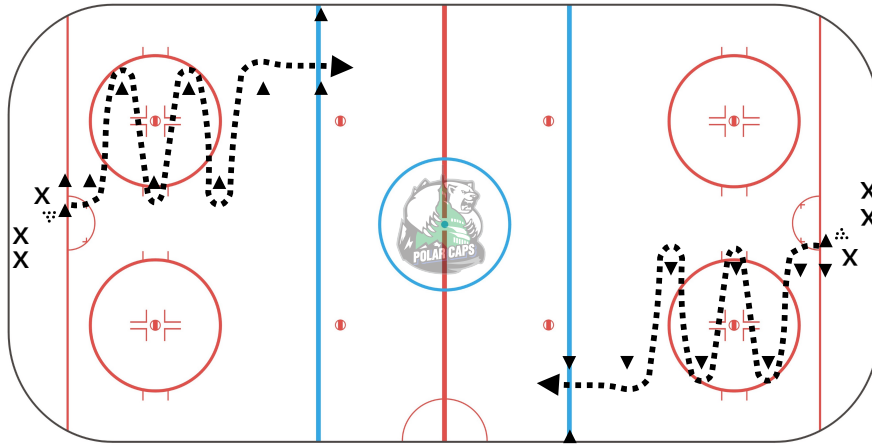
Bantam Evaluations - Day 1 (Skills Assessments)

→ Skate	● Tire
- - - Pass	▲ Cone
Stop	X Skater / Defense
..... Carry Puck	O Offense
~~~~~ Backward	G Goalie
Lateral Skate	© Coach
→ Shooting	

### Zig Zag Puck Carry

Puck handling

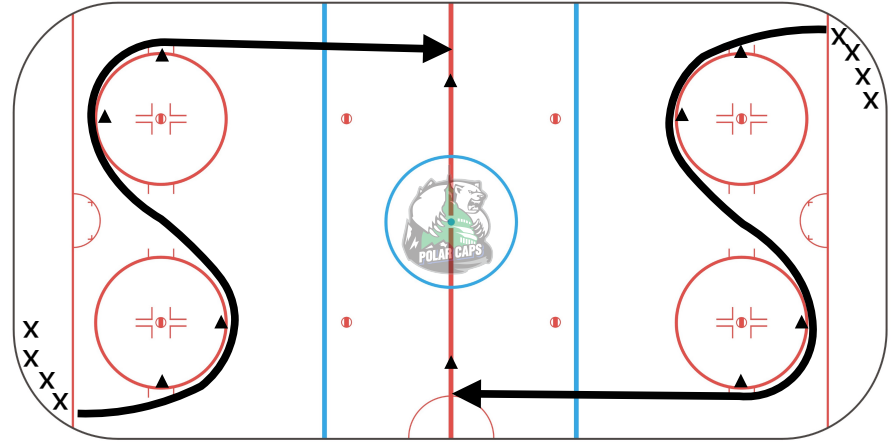
- ☒ Tight Turns / Move your feet
- ☒ Protect the puck
- ☒ Go around each cone
- ☒ Cup the puck



### S-Agility Skate

Skating Speed - Cross-overs

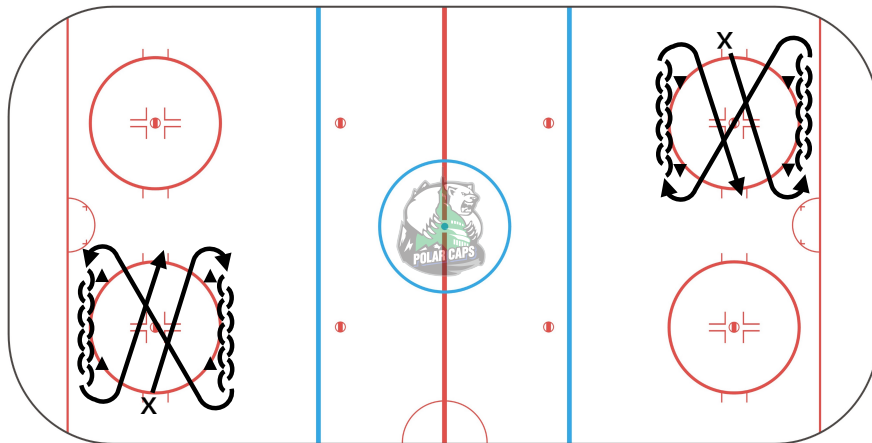
- ☒ Must stay outside circles
- ☒ Keep feet moving
- ☒ Skate hard to finish



### X-Agility Skate

Skating Speed - Transitions

- ☒ Fast start and finish
- ☒ Strong transition
- ☒ Mohawk backward to forward
- ☒ Keep feet moving



### Pass and Shoot

Pass - Receive - Shoot

- ☒ Firm passes
- ☒ Eyes up
- ☒ Pass to the stick
- ☒ Catch and shoot above dots

