



SKILLS CHALLENGE

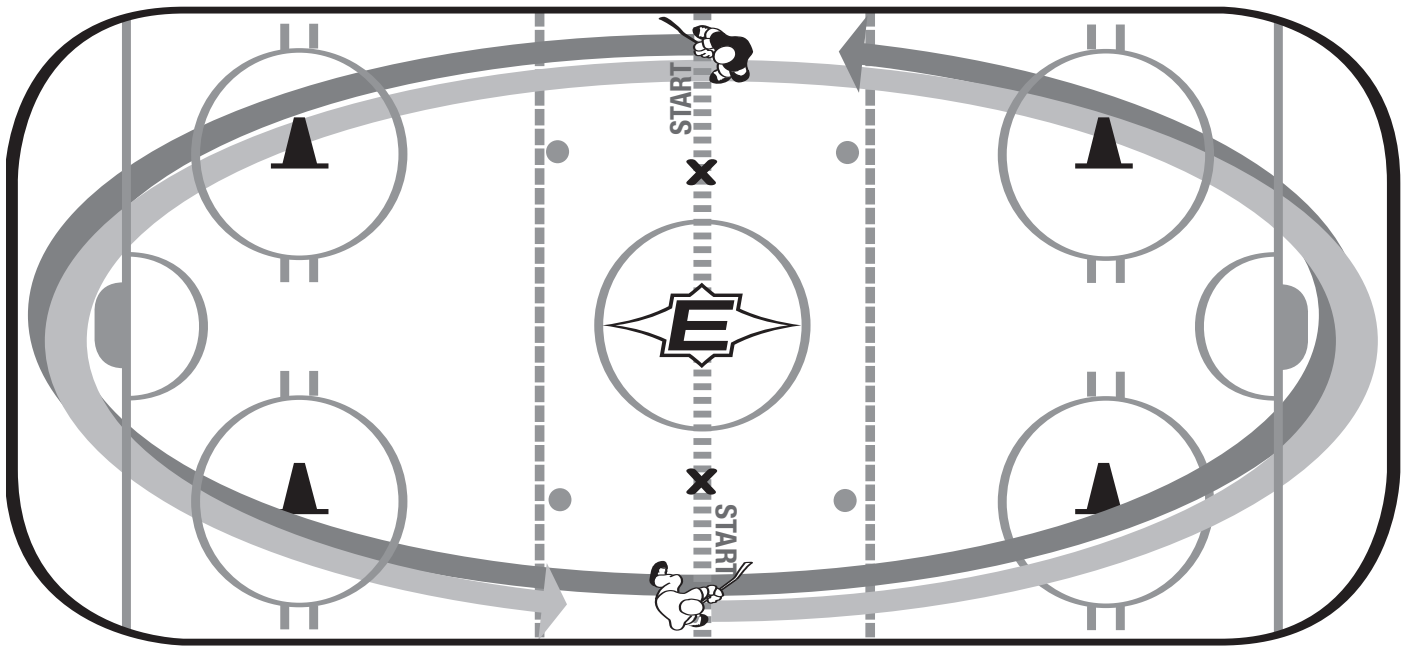
PARTICIPANT MANUAL



PRESENTED BY



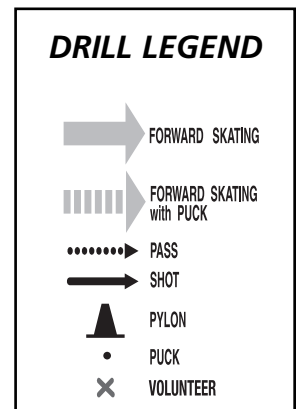
DRILL #1 — FASTEST SKATER



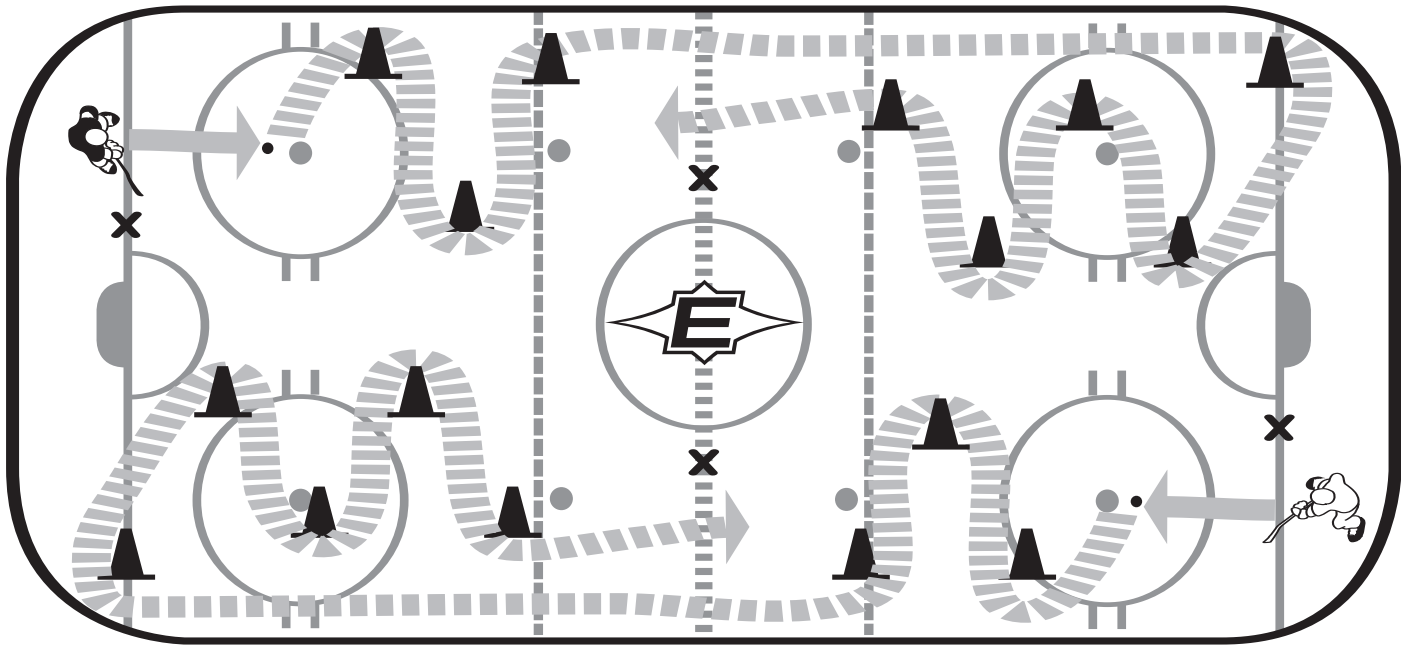
Competition Outline

Two players skate at the same time from opposite sides of the center line. Both skaters skate counter clockwise one **full** lap around the surface. The players skate around the cones and behind the net and back to the center line. Each player will be timed in the event. The TWO fastest times will compete in a skate-off to determine the event winner.

NOTE: *Goaltenders will also participate in this event. Goaltender times will be used to break all ties in subsequent goaltender events.*



DRILL #2 — INDIVIDUAL PUCK RELAY

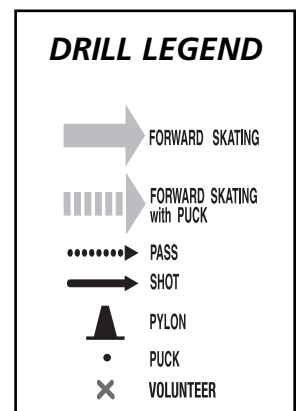


Competition Outline

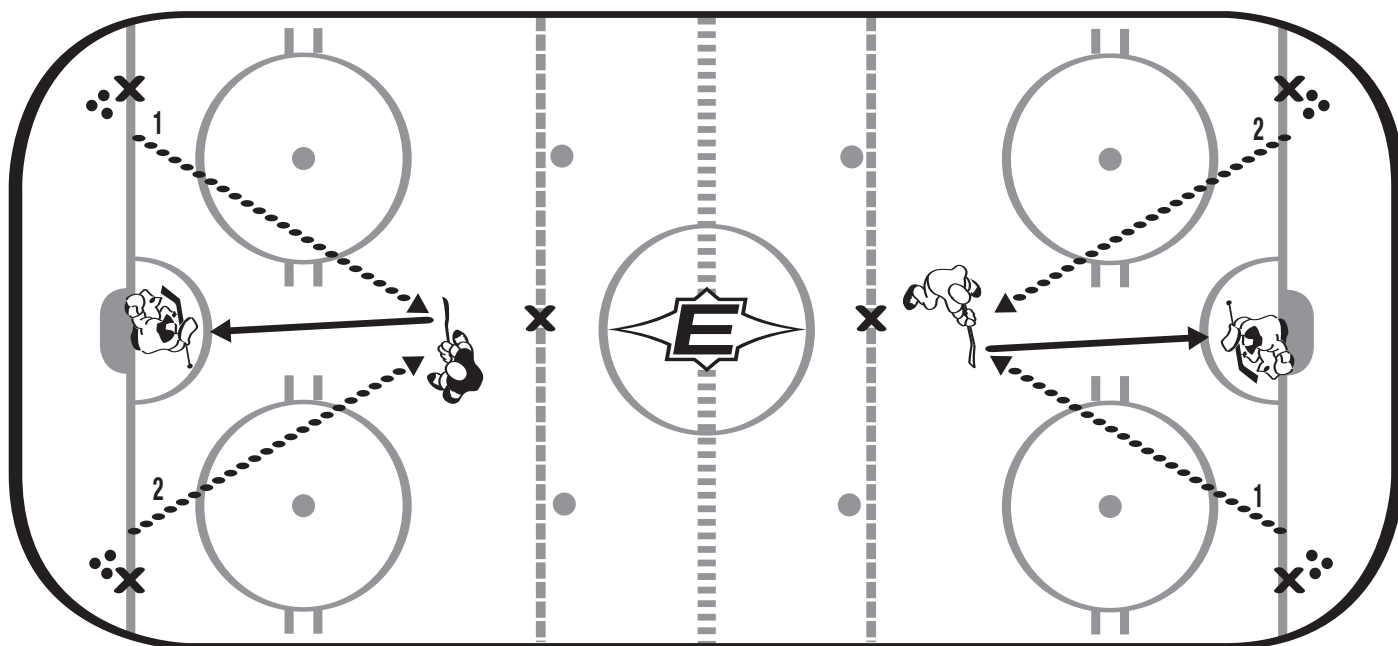
The rink is split in half lengthwise for this event.

Two skaters compete at the same time. Each skater will start behind the goal line, pick up a puck at the end zone face off dot and stickhandle around the first group of cones. They then skate around a single cone at the far end, positioned on the goal line, and skate back through a second grouping of cones. They finish by carrying the puck over the center red line. There is a 5 second penalty for a skater missing a cone and/or the puck not making it around a cone. A run is considered complete when the skater's skate crosses the center line. The two skaters with the fastest times will compete to determine the event winner.

NOTE: *The skater and the puck must both go around the same side of each cone. If the skater loses control of the puck, he/she must return to the cone where control was lost and continue from there.*



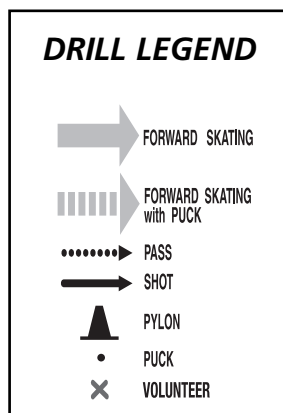
DRILL #3 — CATCH AND SHOOT



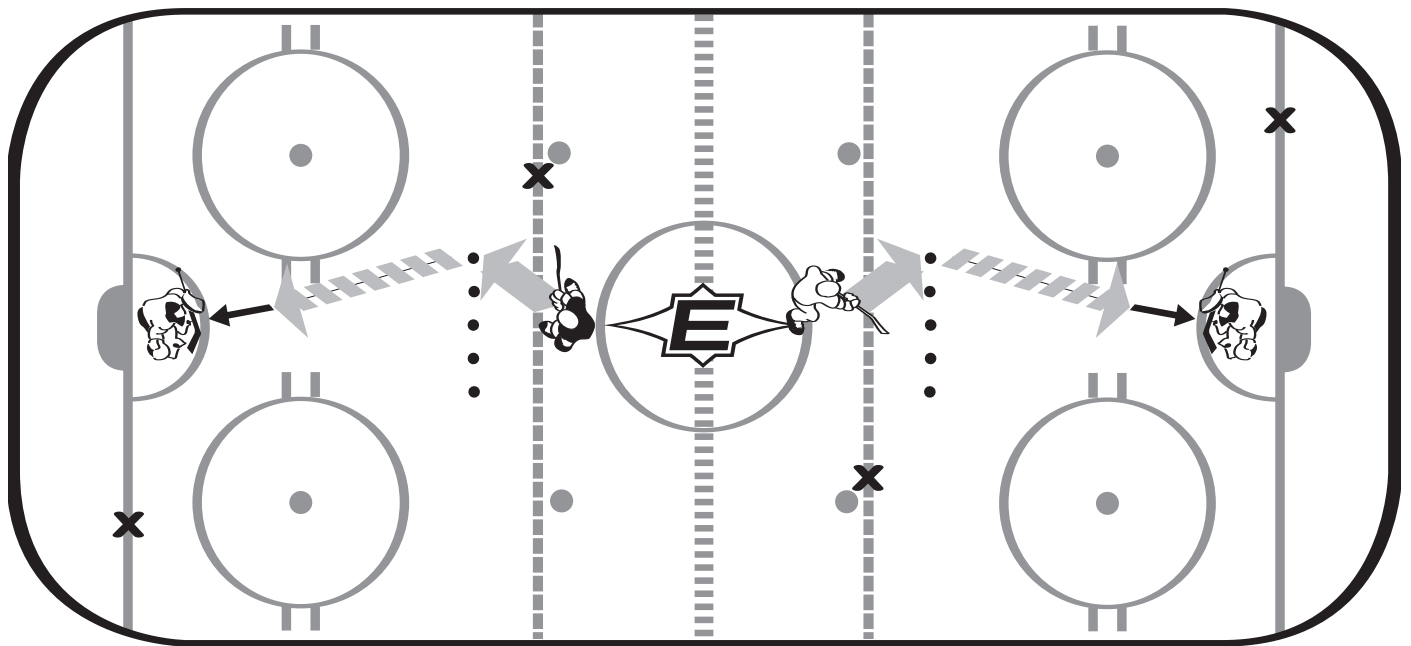
Competition Outline

The competition is conducted in the two attacking zones of the playing surface. Two passers are set up in each corner with the contestant stationed in the slot area (approximately 15 feet in front of the net). The volunteers, positioned in the corners 10 feet from the net, alternate passing to the skater. Each skater attempts six shots, three from each corner. The passes shall come at 3 second intervals. The skaters can shoot or deke – no rebounds are allowed. The two skaters with the most goals and the two goaltenders with the fewest allowed goals in the preliminary round will square off to determine the event champions.

NOTE: *Goaltenders must begin this drill with elbow and leg pad in contact with the near side post. Goaltender and skater ties are broken with skating times.*



DRILL #4 — FIVE PUCK BREAKAWAY CHALLENGE



Competition Outline

The event takes place at both attacking ends of the rink. Five pucks are lined up 5 feet inside the attacking blue line. This event has a maximum time limit of 40 seconds. Each skater gets five breakaways and tries to score on the goaltender. The skater **MUST** have one foot cross below the goal line before picking up the next puck. The goal is disallowed for failure to have one skate cross the goal line. Goaltenders **MUST** make one revolution of the net after each scoring attempt. Rebound goals are not permitted. The drill ends and time is recorded when the skater has completed five scoring attempts and crosses the goal line or the forty second clock expires. The two skaters who score the most goals **in the shortest time** and the two goaltenders with the fewest goals allowed will participate in an additional round to determine the event champions.

NOTE: *Goaltender and skater ties are resolved by times in the 'Fastest Skater' event (i.e. three skaters all score 5 goals in 35.5 seconds. The skating times are compared. The skaters with the two fastest times will compete in the event final).*

