

Level 2 Skills Test Protocol—Earn a Puck stick stays on ice, hands away from the body

Click on each test to see a video clip of that particular skill.

1. Grip & Knee Drop—

[Grip: Stick proper length, proper top and bottom hand grip,](#)

both hands away from the body

[Knee Drop: Down to one knee and back up, two hands remain on stick,](#)

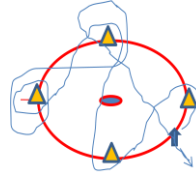
Left and Right

2. Slalom Circle test--Forward

(Timing limit of 0:15 coming Fall 2011)

3. Slalom Circle test--Backward

(Timing limit of 0:15 coming Fall 2011)



4. Circle half-lemon--both skates stay on ice, stick on ice outside circle,

shoulders level, Left and Right, Forward

5. Circle half-lemon--both skates stay on ice, stick on ice outside circle,

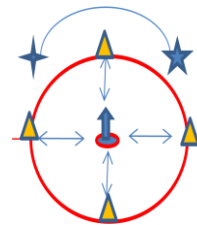
shoulders level, Left and Right, Backward

[AGILITY CIRCLE--Tests 6-8, Start on dot, face evaluator; halfway through](#)

test, evaluator moves from the 10:00 to 2:00

(Timing limit of 0:20 coming Fall 2010)

6. Crossovers Left and Right



7. Forward hockey stop to left & right, stick in ready position

8. Backward hockey stop to left & right, stick in ready position

9. [Transitions Forward to Backward, to Left and Right, heel-to-heel,](#)

4 transitions across the ice, no skate scrape

10. [Transitions Backward to Forward, to Left and Right, heel-to-heel,](#)

4 transitions across the ice, no skate scrape, lead with the hands