

Level 3 Skills Test Protocol—Get to Games

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

[1. Start, Push puck to blue, stop, backwards to goal line](#)

Time limit of 0:15 coming in Fall of 2011

[2. Stickhandling--stationary Figure 8--side to side, puck comes toward player](#)

between the gloves, one transfer from forehand to backhand and from backhand to forehand--five complete reps in five seconds

[3. Stickhandling--motion skate Figure-8 w/puck, keeping body between puck](#)

and the cone--five complete reps in 12 seconds

[4. Passing, Standing--Catch and cup 4 consecutive passes, forehand](#)

No slapping the puck--one continuous contact with the stick blade, cupping and passing

[5. Passing, Standing--Catch and cup 4 consecutive passes, backhand](#)

No slapping the puck--one continuous contact with the stick blade, cupping and passing

[6. Passing, moving--pair with HS player, stationary, then moving forward,](#)

4 passes between goal line and blue line, forehand

Time limit of 0:07 coming in Fall of 2011

[7. Passing, moving--pair with HS player, stationary, then moving forward,](#)

4 passes between goal line and blue line, backhand

Time limit of 0:07 coming in Fall of 2011

[8. Shooting--stand at hash mark, catch pass and hit net twice, one from each side](#)

[9. Shooting--in motion, skate from blue line down around cone at dot, back up](#)

around cone at hashmark, hit net

Time limit of 0:07 coming in Fall of 2011

[10. Put it all together--skate backward with puck to blue line, stop, skate](#)

forward, pass to coach, receive back, shoot into net

Time limit of 0:15 coming in Fall of 2011