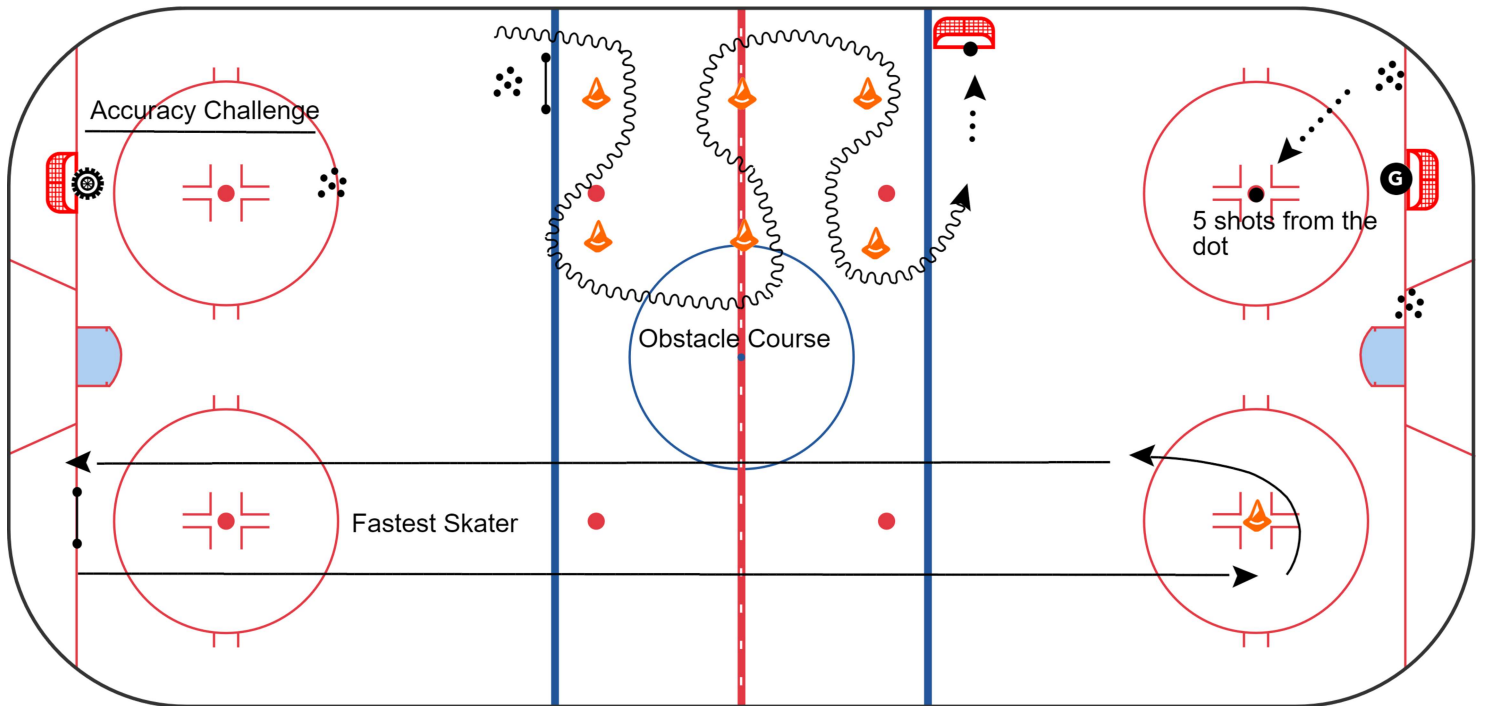




Skills Comp



Description

Groups of 5-6 at each station, Coaches to record results at each station. Rotate every 10 mins on whistle.

Accuracy Challenge - 5 shots per player. Hit the tire with the puck 1 point, Puck stuck in the tire 2 points, Puck right through the tire 3 points.

Fastest Skater - Write time down of each skater there and back.

5 Shots from the Dot - Goalie in net - 5 Passes from beside the net to a shooter at the dot. 1 point for each goal scored. Record how many saves for the Goalie.

Obstacle Course - Record time through obstacle course