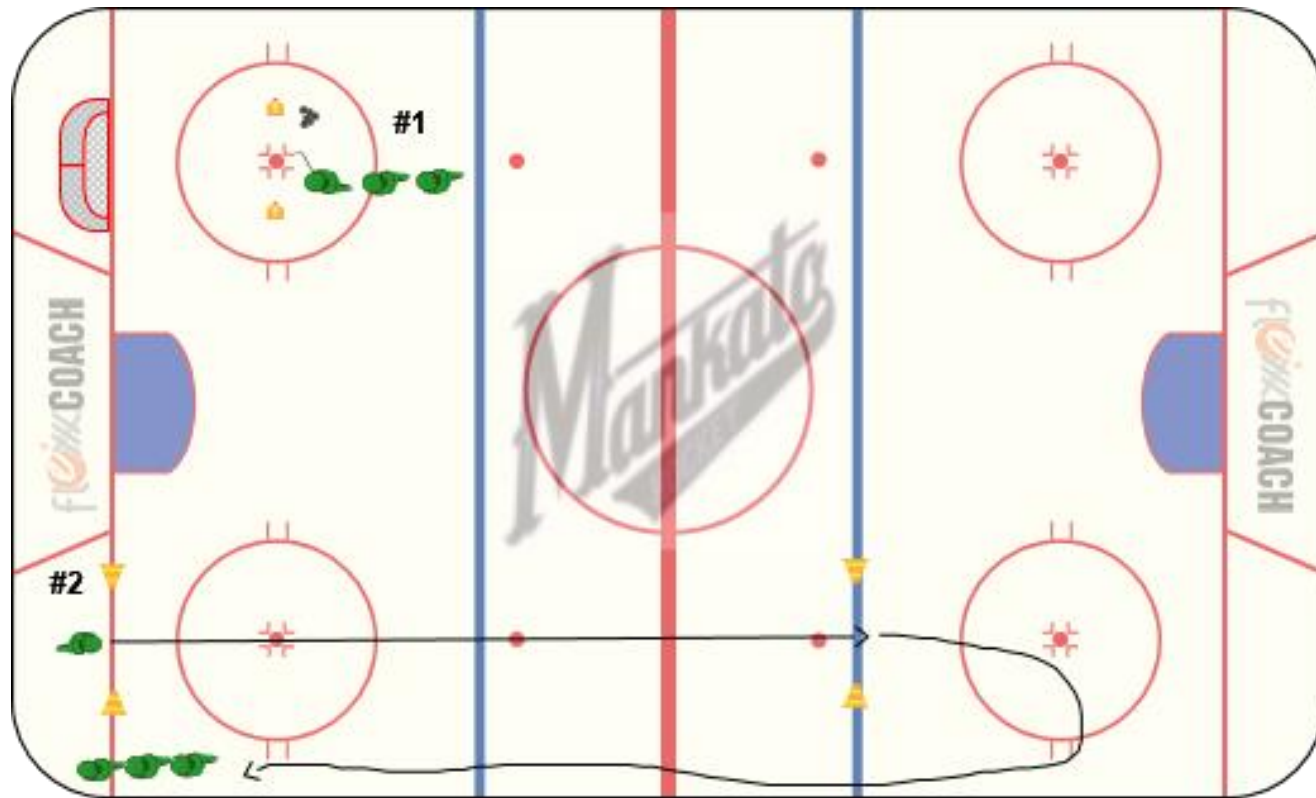


## Placements Day #1 All

### Equipment Needed:

- Skating Timer, Shot Radar, Stop Watch, 10 tires, 2 cones, Shooting Targets



### Stations:

**#1** Shot Speed - 3x each keep best 2

Wrist, Backhand, Slap (Peewee/Bantam Only)

Net on goal line, shoot from faceoff dot

**#2** Acceleration – 2x each – use timer

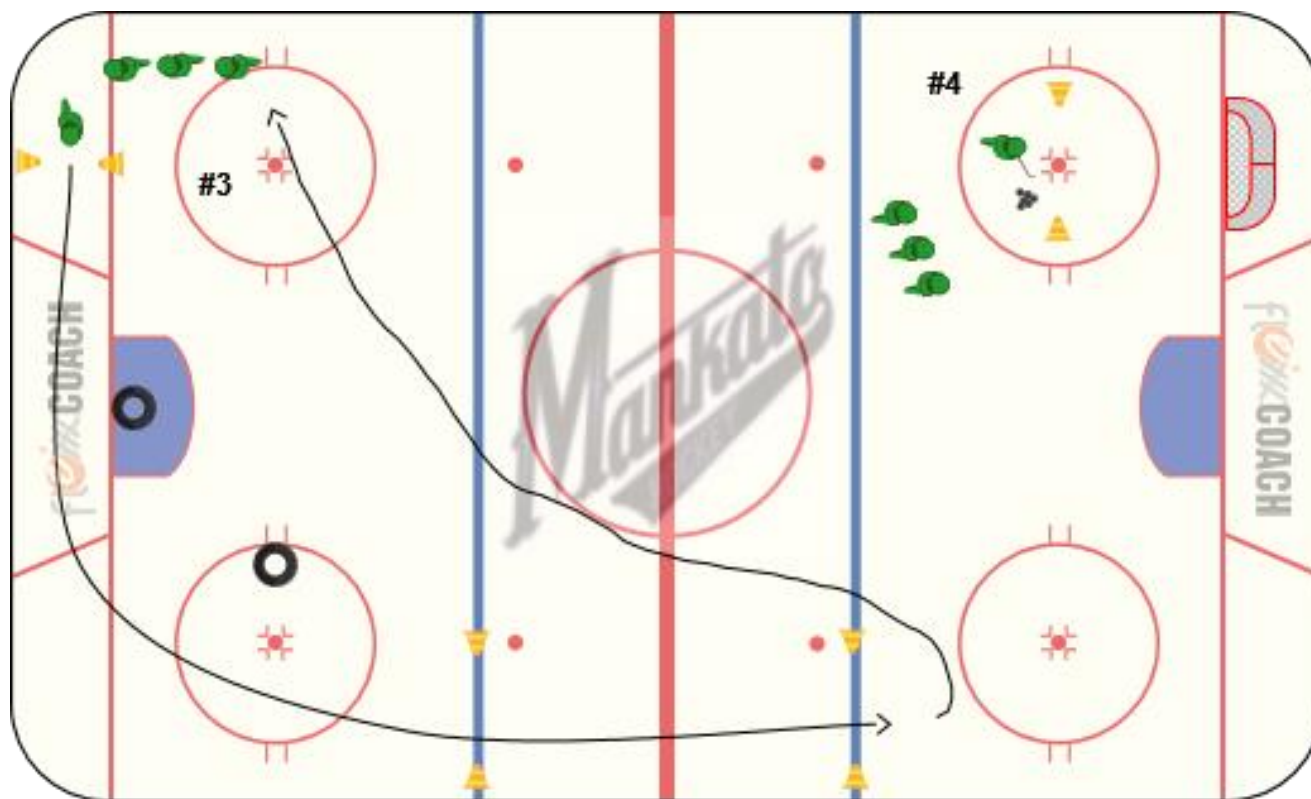
Forwards & Backwards

Goal line to far blue line

## Placements Day #1 All

### Equipment Needed:

- Skating Timer, Shot Radar, Stop Watch, 10 tires, 2 cones, Shooting Targets



### Stations:

**#3** Top Speed – 2x each – use timer

Timed from blue line to blue line

Forwards no puck & Forwards with puck

**#4** Target Shooting – 12 pucks

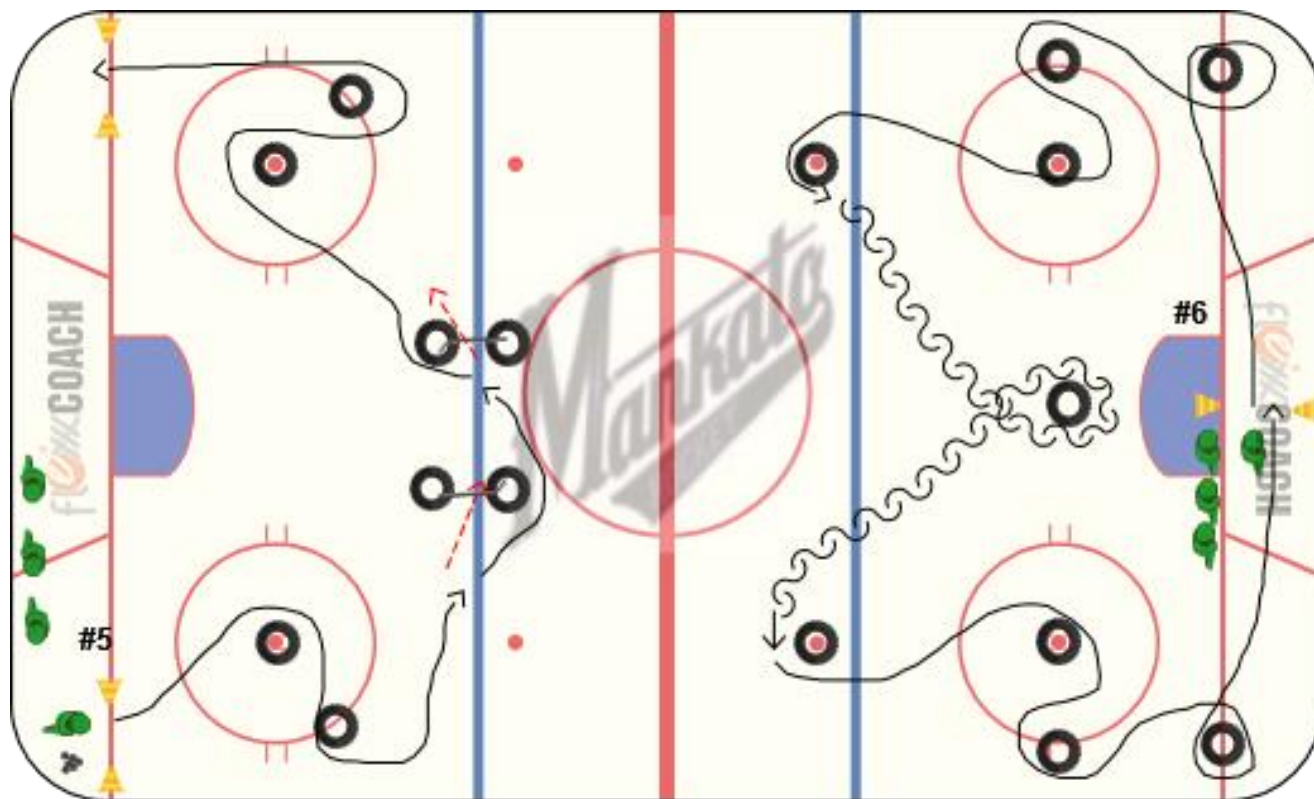
Total # of targets hit with 12 pucks, can't shoot same target in a row

Net on goal line, shoot from faceoff dot

## Placements Day #1 All

### Equipment Needed:

- Skating Timer, Shot Radar, Stop Watch, 10 tires, 2 cones, Shooting Targets



### Stations:

**#5** Stickhandling – 2x each – use timer

With a puck

Turn around tires, puck under/through tires/stick, goal line to goal line

30 seconds max, record % of completion

**#6** Edges & Transition skating – 2x each – use stop watch

No pucks

30 second max, record % of completion