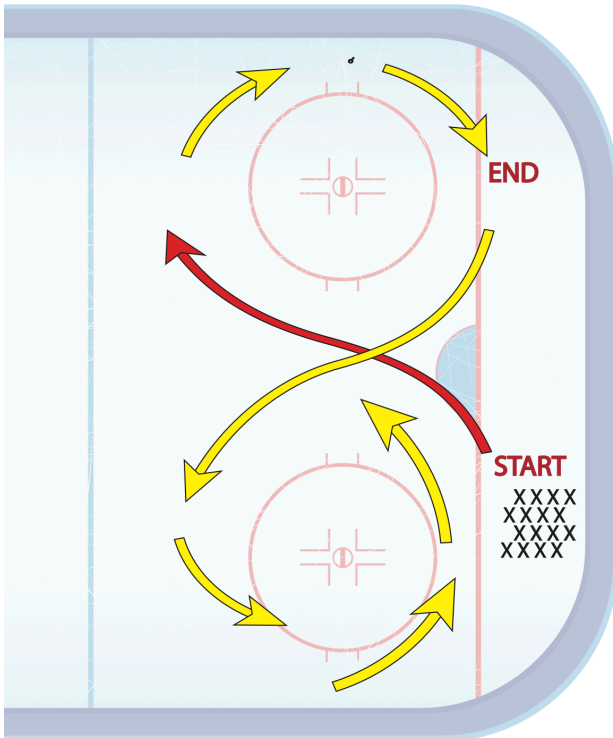




# 2025-26 EVALUATION DRILLS

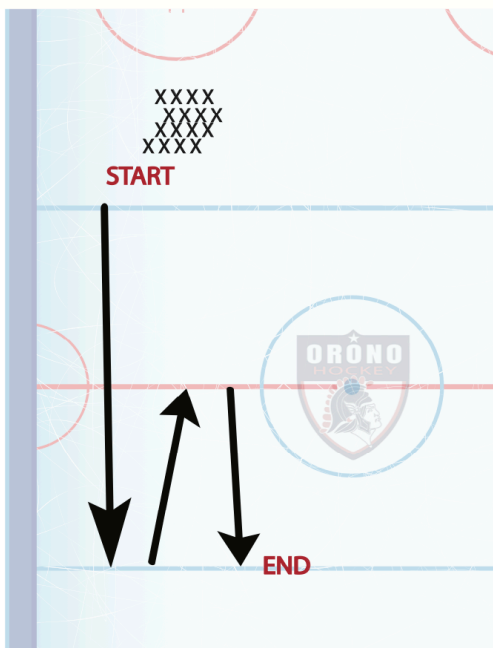
## DRILL #1 - FORWARD FIGURE 8 W/ CROSSOVERS (TIMED)



Skater starts in bottom of lower circle, skates toward far circle, back around starting circle, crossovers, no pucks, timed.

- Evaluators will demonstrate.
- Each station will have two evaluators resulting in two stopwatch times . The average of these two times will be the skaters time for that skating attempt.
- Skaters will attempt each station four times. Two times to the right and two times to the left.
- The fastest time for each direction will be counted towards the final rank .
- 2 scores per station. 8 total timed scores per skater.

## DRILL #2 - BLUE LINE, RED LINE, BLUE LINE (TIMED)



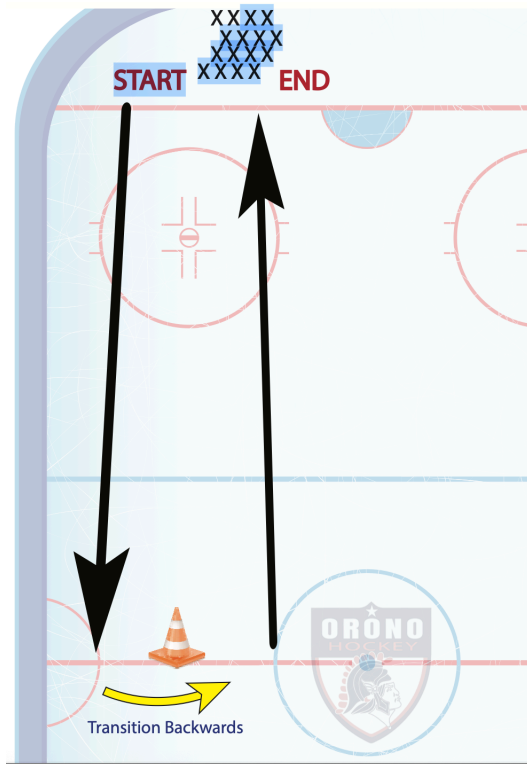
Skater starts at blue line, skates to far blue line, stop, go back to red line, stop, back to blue line. No pucks, timed.

- Evaluators will demonstrate.
- Each station will have two evaluators resulting in four stopwatch times . The average of these two times will be the skaters time for that skating attempt.
- Skaters will attempt this station two times. The fastest time for each direction will be counted towards the final rank.
- 2 scores per station. 8 total timed scores per skater.



# 2025-26 EVALUATION DRILLS

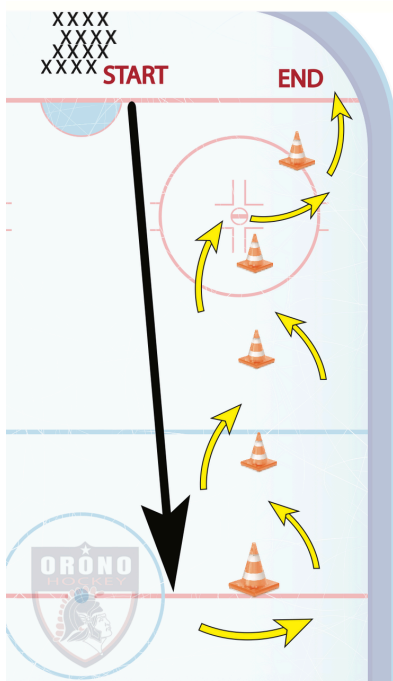
## DRILL #3 FORWARD, BACKWARD



**Skater skates forward to red, transition around tire, backwards in and back to goal line. No pucks, timed.**

- Evaluators will demonstrate.
- Each station will have two evaluators resulting in four stopwatch times . The average of these two times will be the skaters time for that skating attempt.
- Skaters will attempt this station two times. The fastest time for each direction will be counted towards the final rank.
- 2 scores per station. 8 total timed scores per skater.

## DRILL #4 SLALOM WITH PUCK, POWER TURN (TIMED)



**Skater skates forward to red, powerturn around top cone, crossover back down, slalom around cones back to goal line. With pucks, timed.**

- Evaluators will demonstrate.
- Each station will have two evaluators resulting in four stopwatch times . The average of these two times will be the skaters time for that skating attempt.
- Skaters will attempt this station two times. The fastest time for each direction will be counted towards the final rank.
- 2 scores per station. 8 total timed scores per skater