



Date: 11/22/14
Length: 50 mins
Start Time: 3:00pm
End Time: 3:50pm

Group: Novice - Peewee
Focus:
Level: PRO

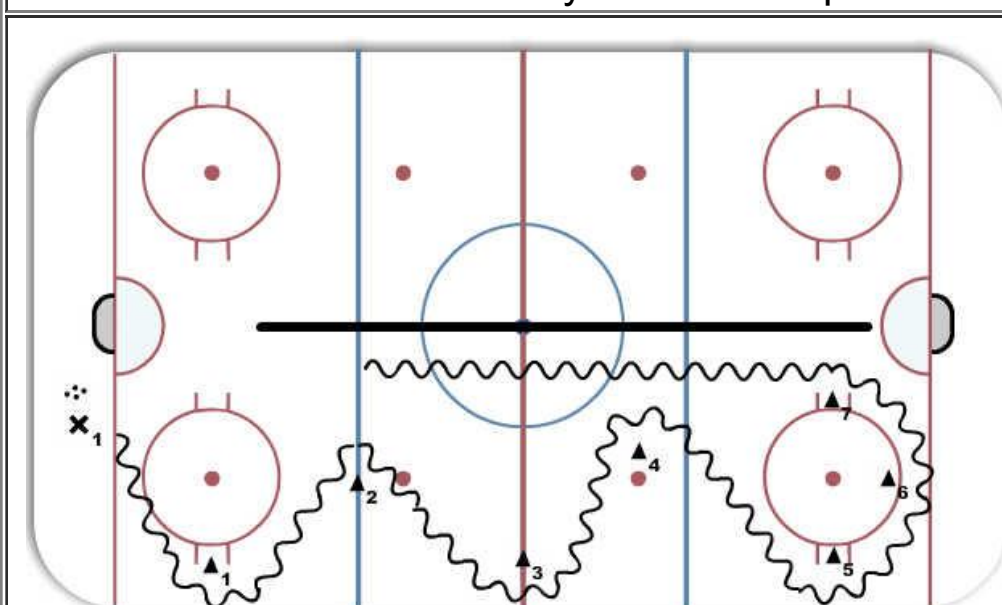
Length	Drill Name	Category	Notes
15	Puck Control Relay - Skills Comp	Stickhandling	
10	Fastest Skater - Skills Comp	Skating	
10	Hardest Shot - Skills Comp	Shooting	
15	Shootout - Skills Comp	Competitive	

Notes: Each team may select one player for each or for multiple events, plus a goalie for the shootout. These events will include:

Fastest Skater, Hardest Shot, Puckhandling Relay, Shootout.

All the players for the skills comp must be ready and in full equipment prior to the start of the first event.

Drill Title: Puck Control Relay - Skills Comp



Chris Knott Puckhandling Relay

2 players will be going head to head with the clock running. Skaters must follow the set course around the pylons - 3 second penalty for each one missed.

Player must have control of the puck when crossing the finish line.

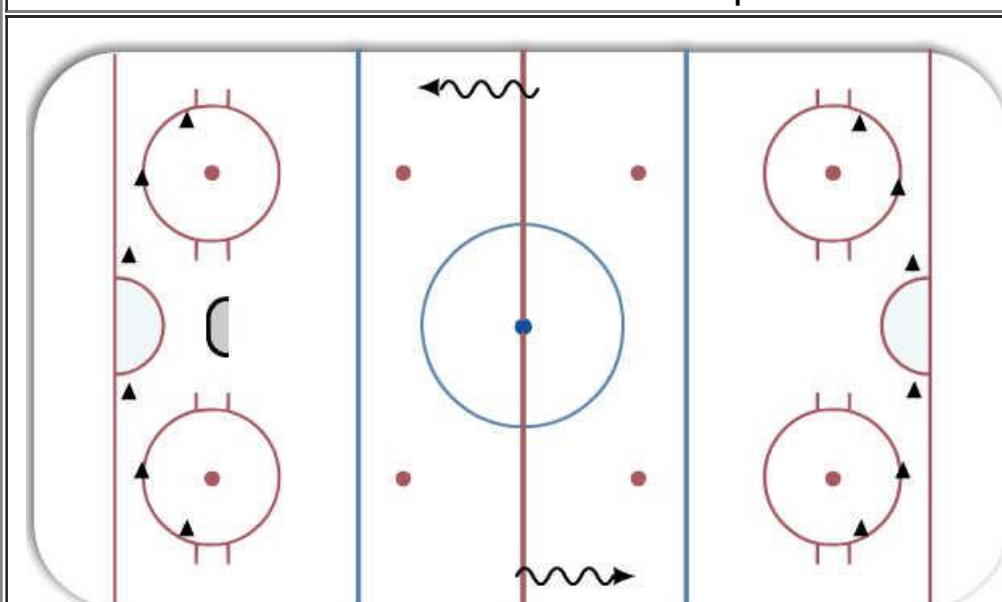
There will be 3 heats (timed) and then a final (no clock, head to head).

Starting Line - Goal line

Finish Line - Blue line

Key Points: This drill will run on both sides of the ice.

Drill Title: Fastest Skater - Skills Comp



Each skater will begin behind the red line on opposite sides of the ice.

The skaters will do one full lap of the ice going to the outside of the pylons.

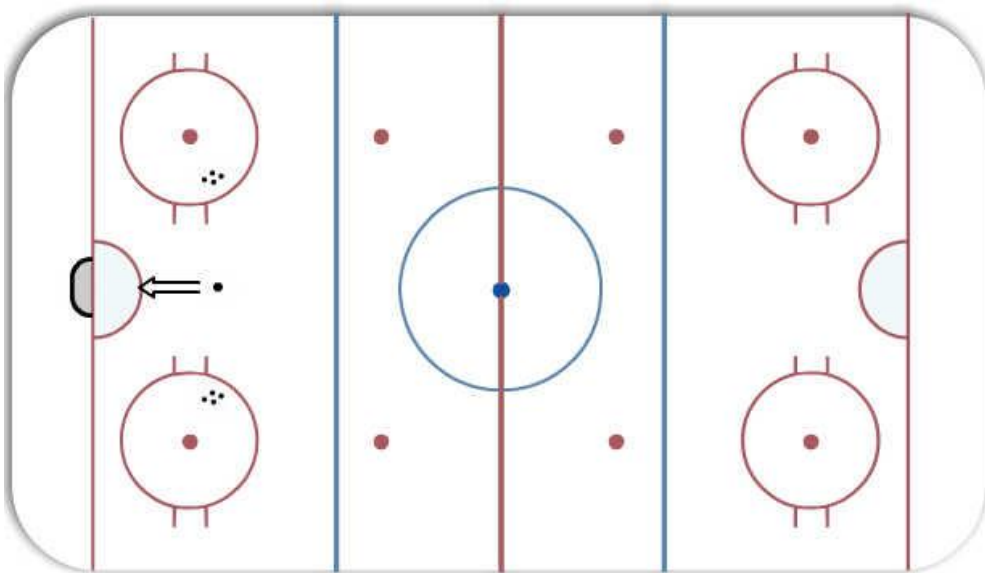
There will be a 3 second penalty for each pylon missed or hit. We will have 3 heats (timed) and 1 final (head to head).

Starting Line - Red line

Finish Line - Red line

Key Points: This drill runs concurrently on both sides of the ice.

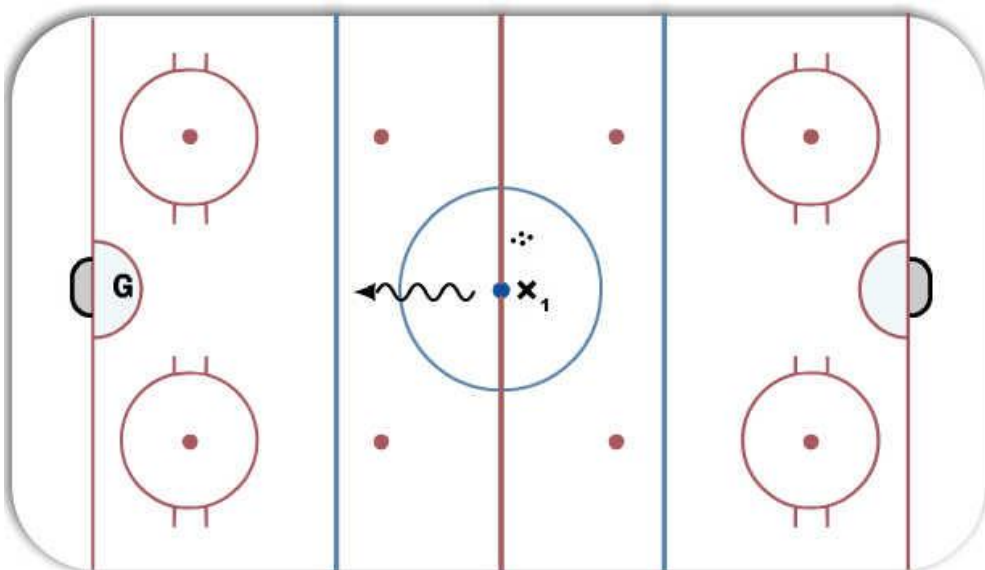
Drill Title: Hardest Shot - Skills Comp



Each skater will receive 2 attempts.
The player may elect to shoot from a standstill or skate into it from the blue line.
Shot speed will be measured with a radar gun.
The player's shot must go in the net for the attempt to count.
The top 3 players with the hardest shots in the first round will go to the final for another 3 attempts (only attempts taken in the final will count for the overall standings).
A tie will be broken by the tied players each taking another attempt.

Key Points: The drill will be setup at the lobby end of the ice.

Drill Title: Shootout - Skills Comp



Each player will have 3 attempts to score on the goalie.
Goalies will rotate after every 3 attempt.
After the first round is over the top 2 players (most goals) and goalies (most saves) will go to the final.
In the final each player will have an another 3 attempts to score.
The player with the most goals and the goalie with the most saves in the final will win.
Ties will be broken by the players or the goalies receiving another attempt.
OMHA shootout rules will apply.

Key Points: This drill will be setup at the lobby end of the ice.