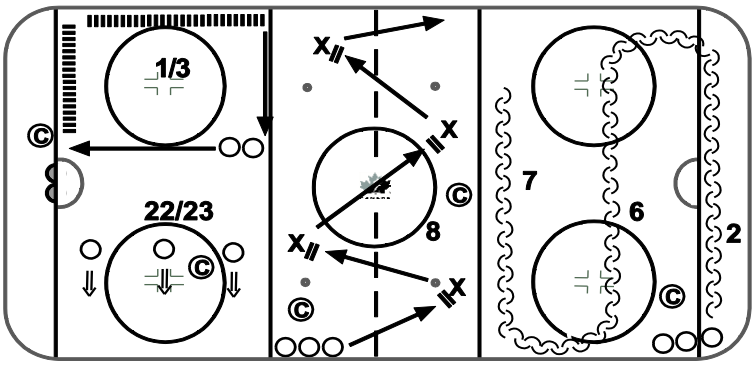
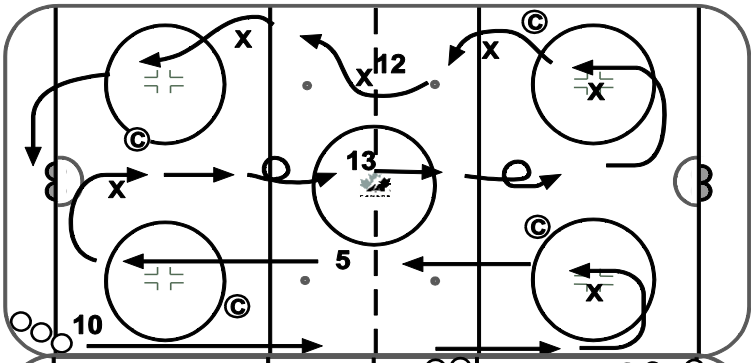
Hockey Canada

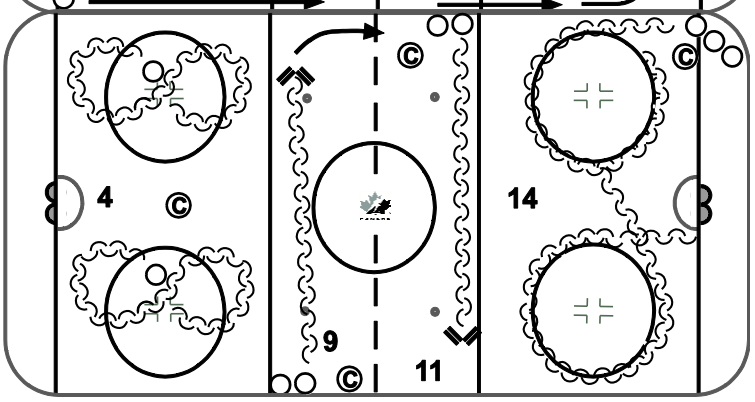
Initiation Skills Evaluation Phase 2
Drills



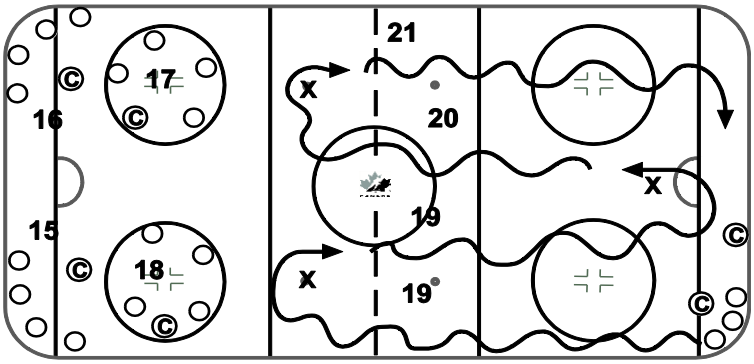
1. Gliding with knee bend
2. Gliding on one skate - backward
6. C-cuts - alternating
7. Gliding on two skates - backward
8. Outside leg stop
22. Sweep shot - forehand
23. Sweep shot - backhand



10. Front v-start
5. Exageratted stride
12. Tight turns
13. 360's - left and right



4. Figure 8's - backward - inside edge
9. Backward c-cut start
11. Two-leg backward stop
14. C-cuts - around circle - outside foot - backward



15. Side - front - side
16. Hands wide
17. Hands together
18. Narrow and wide combination
19. One leg - left and right
20. Narrow and wide combination
21. Weaving with puck