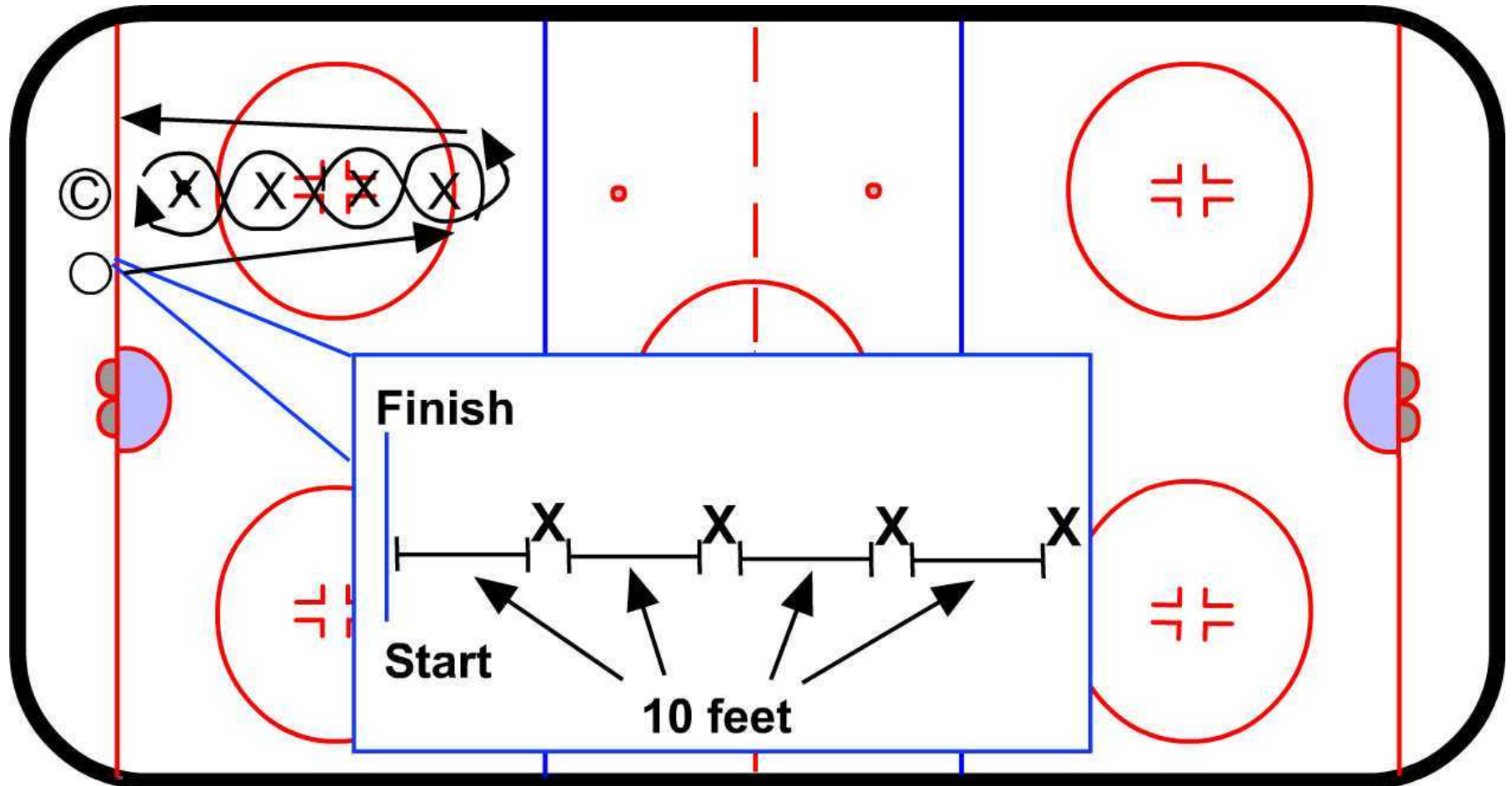




HOCKEY CANADA SKILLS CHALLENGE

Presented by Best Buy



Done without a puck, then with a puck
This is a timed drill

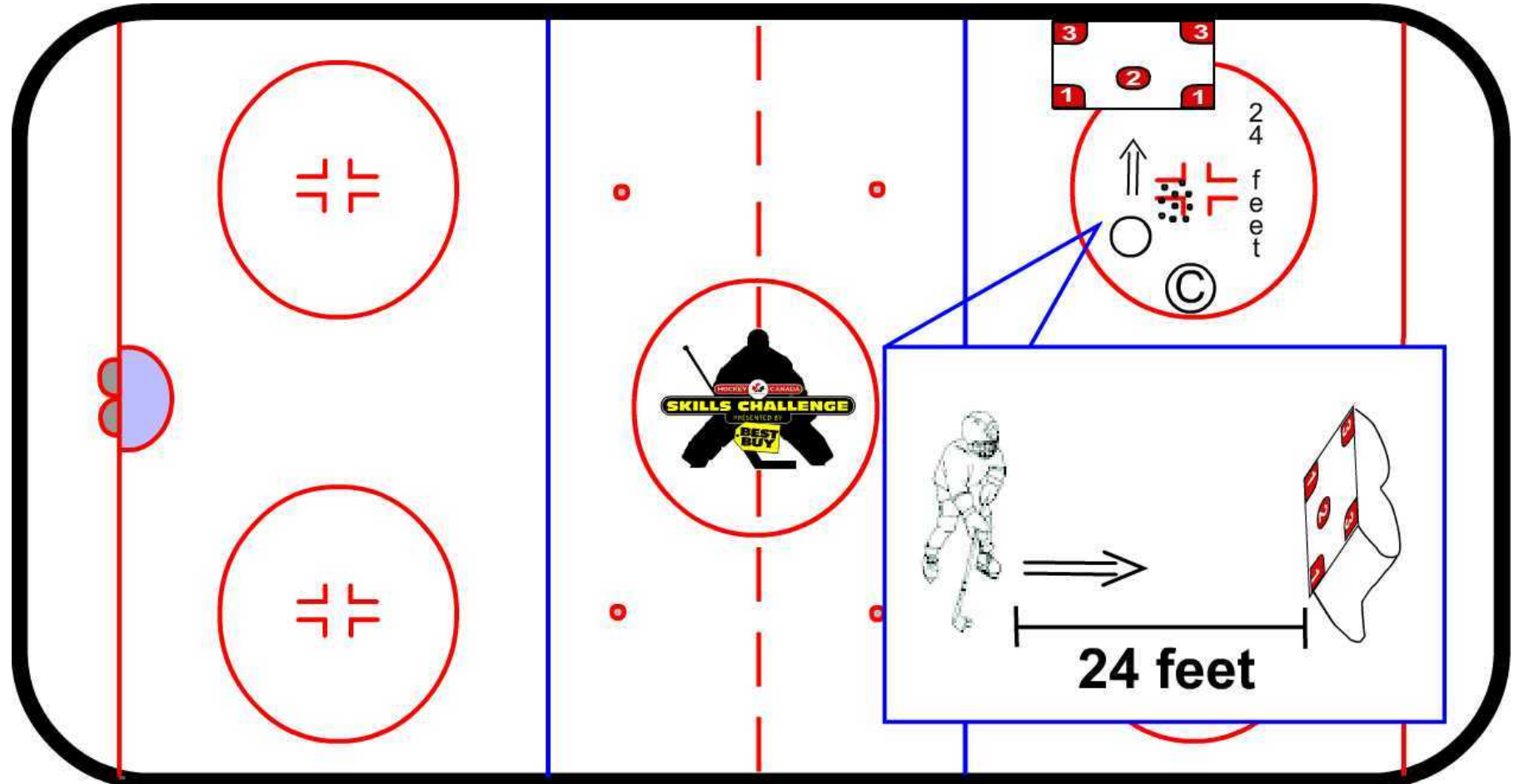
Submit scores online at www.hockeycanada.ca/skillchallenge
for the chance to win prizes from Best Buy.





HOCKEY CANADA SKILLS CHALLENGE

Presented by Best Buy



10 shots are taken on the forehand - 1 point for bottom corner, 2 points for the five hole and 3 points for the top corners – maximum score is 30 points.

There is no time limit.

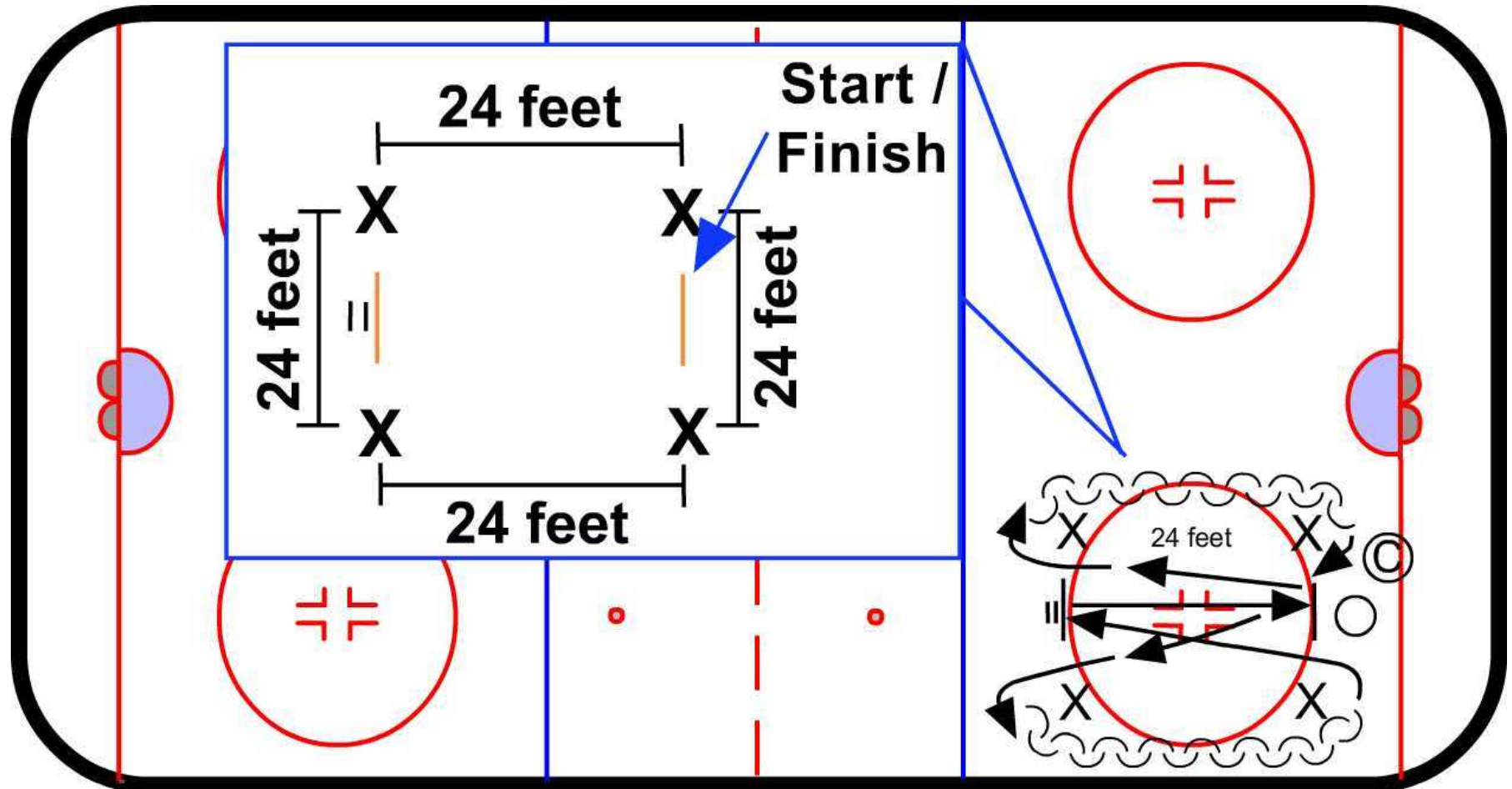
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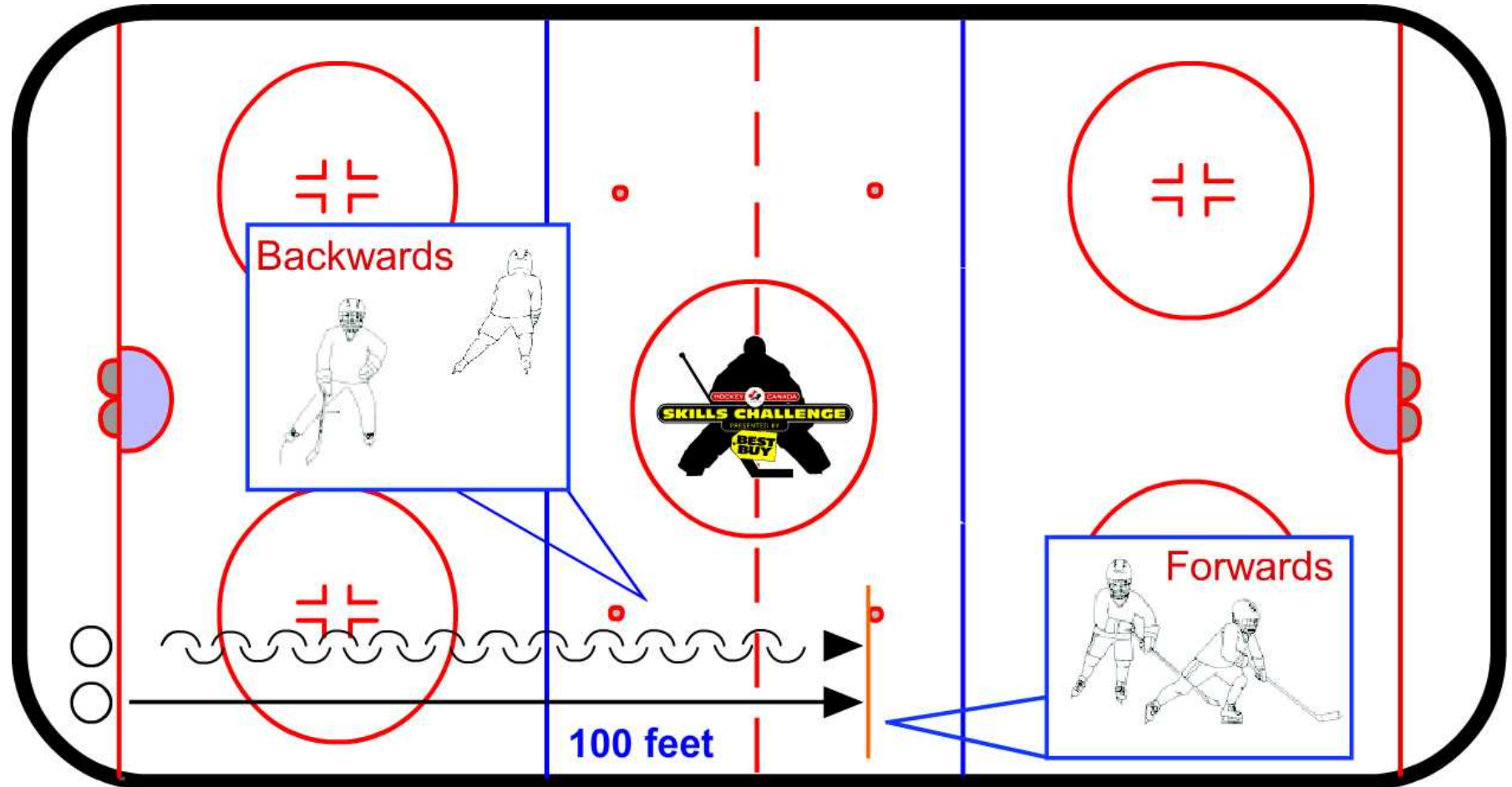
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Done without a puck, then with a puck.
This is a timed drill.

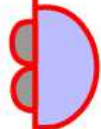
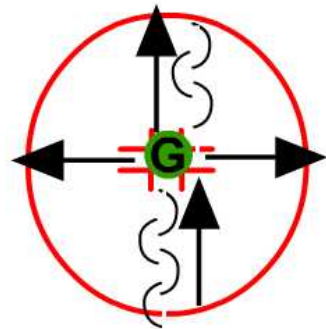
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HOCKEY CANADA SKILLS CHALLENGE

Presented by Best Buy



Iron Cross

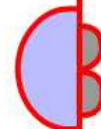
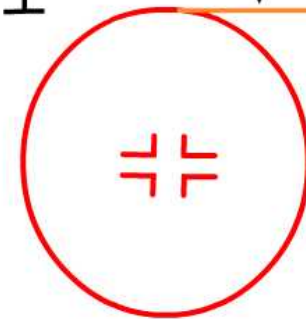
- Shuffle both ways
- Butterfly slide both ways



Lateral Movement

8 Feet

4 x



Drills are timed drills.

Submit scores online at www.hockeycanada.ca/skillchallenge for the chance to win prizes from Best Buy.

