



Drills



FUELPERFORMANCE

Guidelines and Protocols:

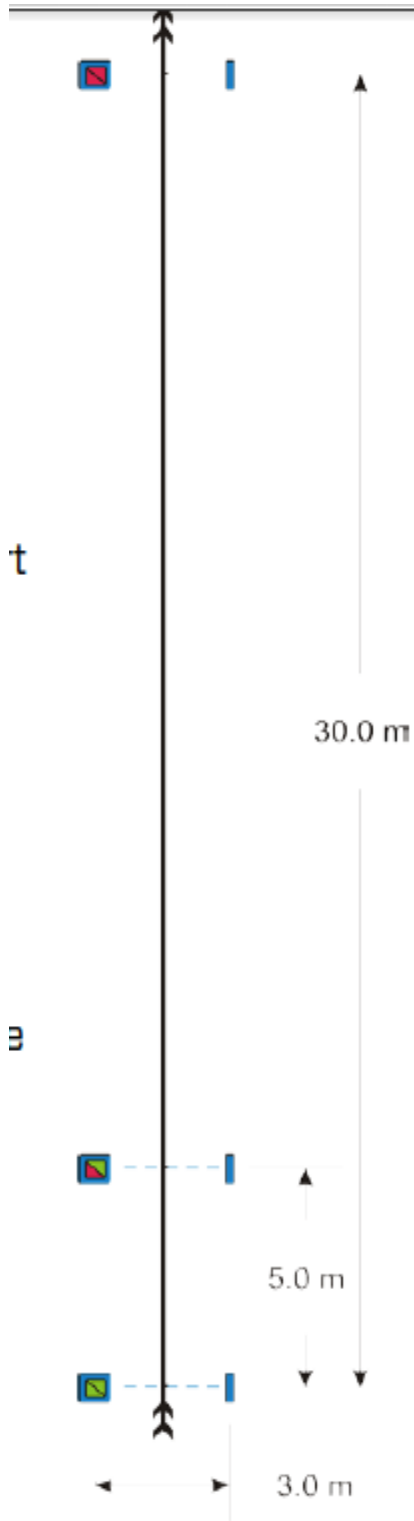
- Athletes will be assigned an RFID wristband, that is their ID and they must wear it at all times.
- Every athlete will get 2 attempts at each drill. **If both attempts are faulty, they will be given another attempt until a proper time has been achieved.**
- Fuel Performance staff will communicate via radio to ensure proper attempts have been made. If an attempt has failed in any way (cheating, falling, equipment issues), that attempt will be disqualified immediately via radio communication with Fuel staff.

Typical Testing Protocols/Drill (2 attempts for each drill):

1. 30m Forward w/o Puck
2. 30m Forward w Puck
3. 30m Backward w/o Puck
4. Weave Agility w/o Puck
5. Weave Agility w Puck
6. Transition Agility w/o Puck



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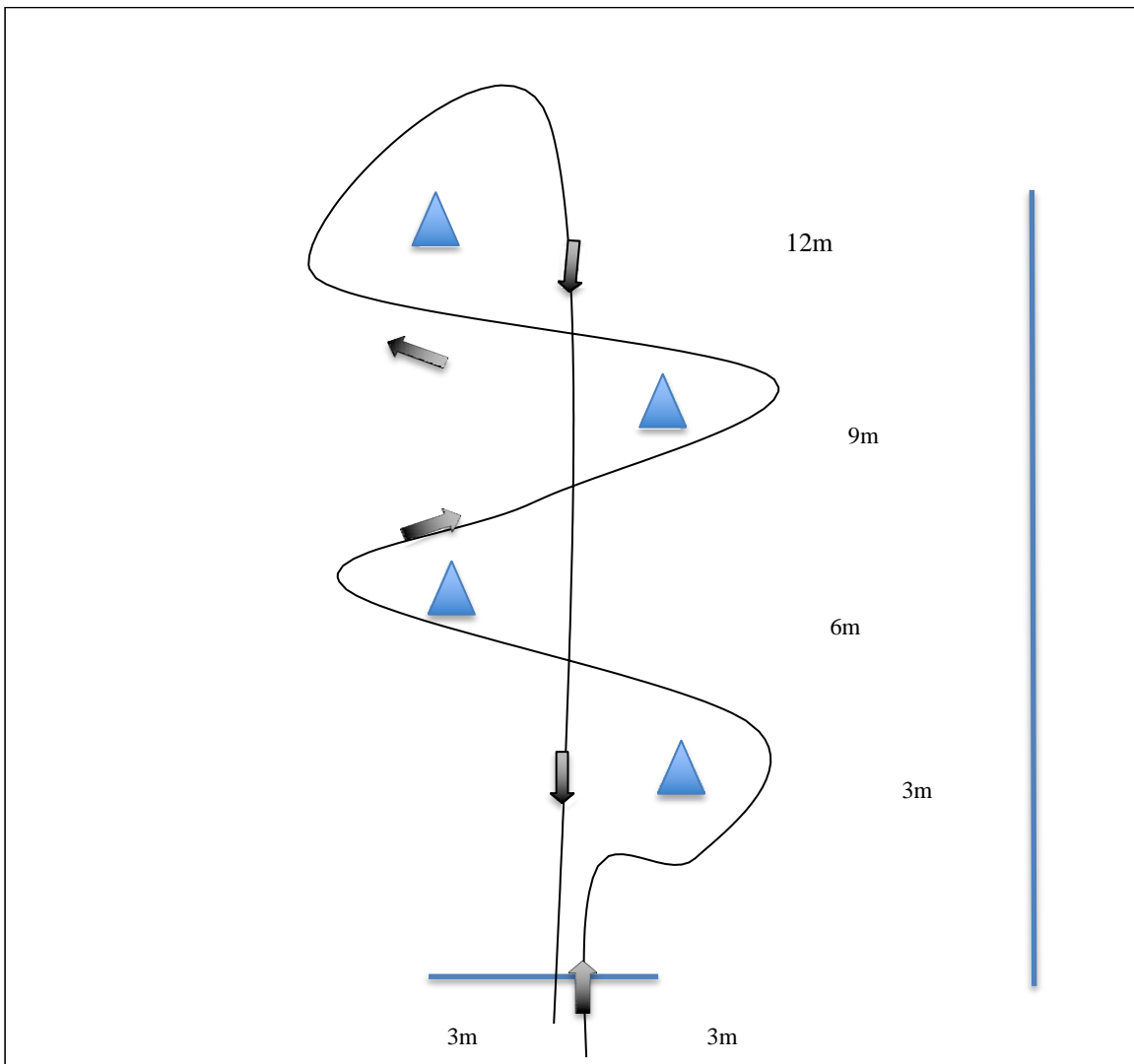


○ 30m Sprint

- Purpose: To determine linear acceleration and top speed while forward and backwards skating.
- Time starts when athlete's torso breaks the gate and ends when they cross the final gate.
- With and without puck for forward skating.
- Without puck only for backward skating.
- There will be no 5 m time.
- Attempts: 2 per configuration.

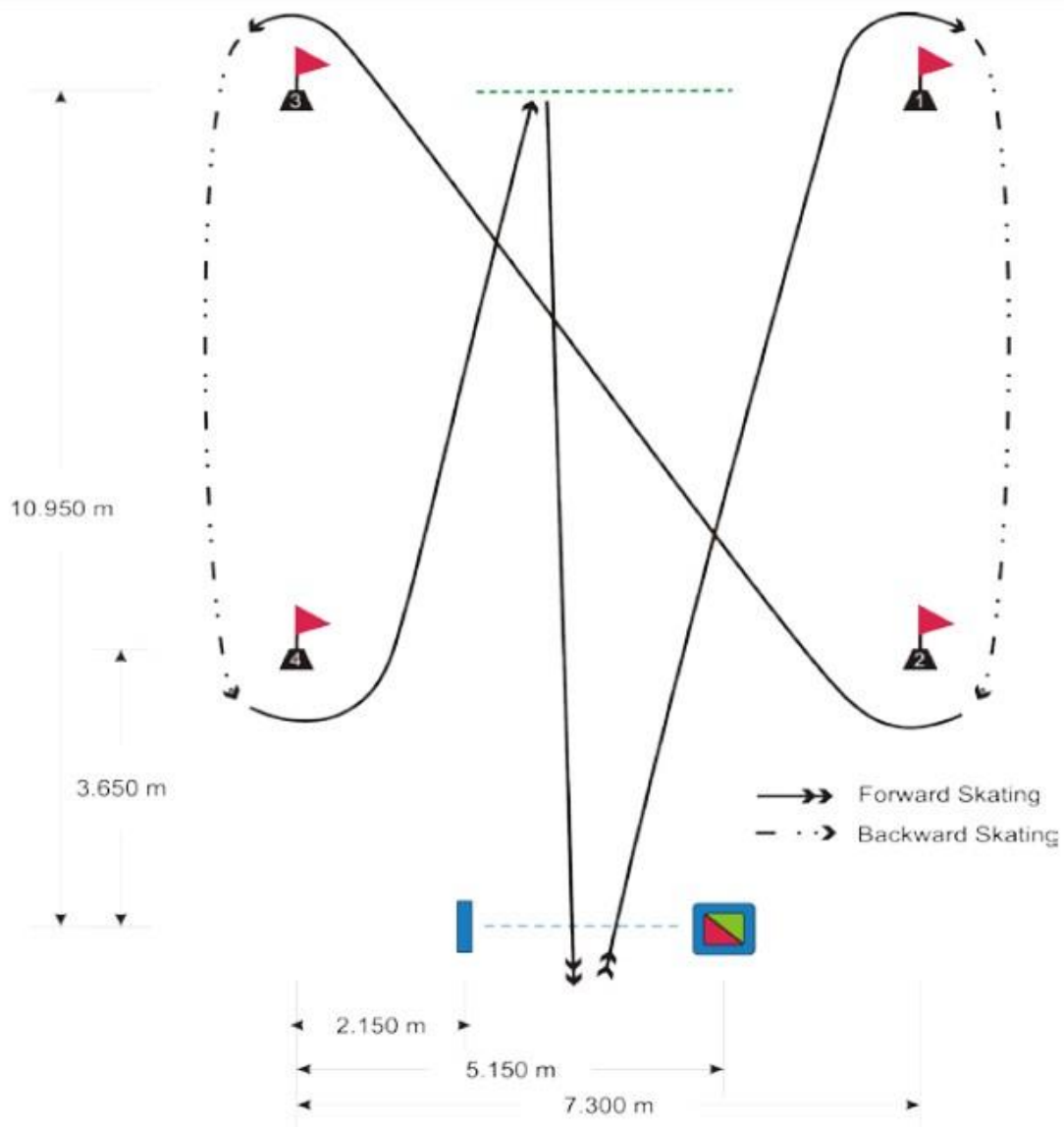


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○ Weave Agility Test

- Purpose: To determine an athletes edge control and their ability to change direction at top speeds.
- **With and without puck.**
- **2 attempts each.**



Transition Agility Layout

○ Transition Test

- Purpose: To analyze an athlete's ability to transition from forward to backwards, and vice versa.
- **Without puck for U9-U13.**