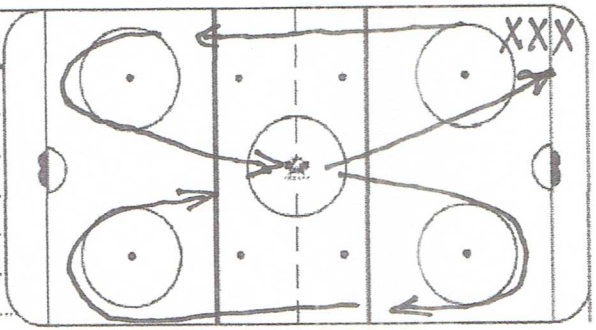
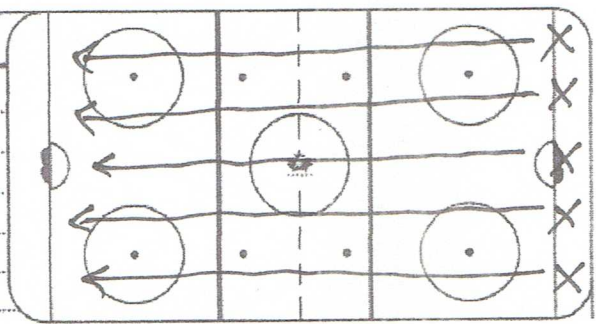


VI EVALUATIONS - CORE SKILLS

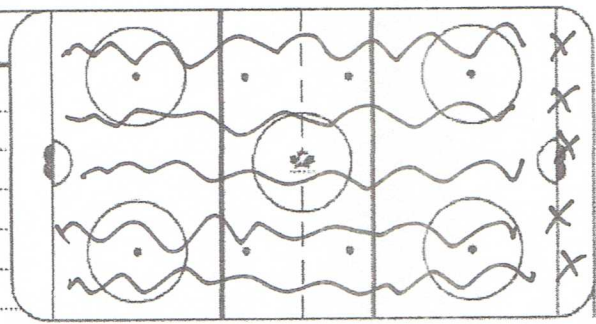
VI WARM UP.



VI FWD LENGTH OF ICE

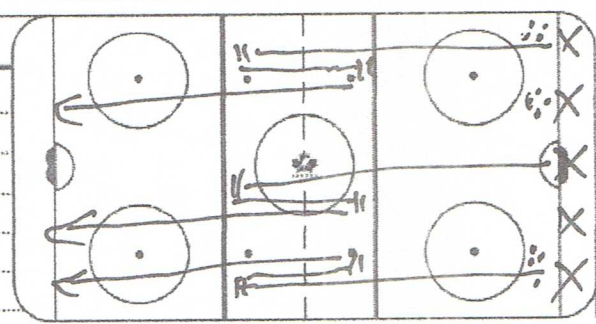


VI BACKWARDS LENGTH OF ICE



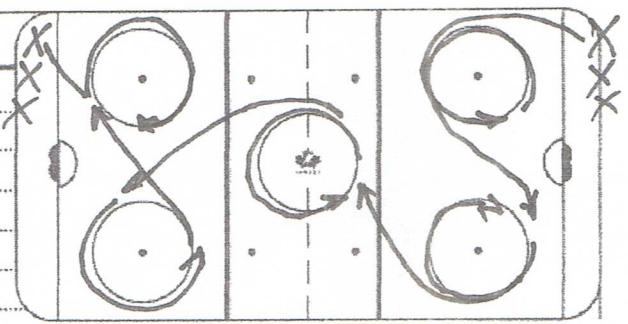
VI STOPS & STARTS

* ADD PUCKS



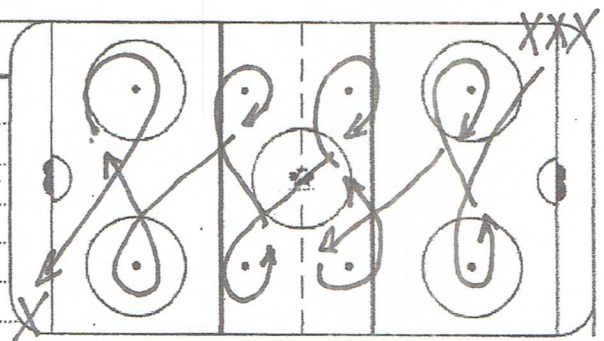
VI FRONTWARD XOVERS

3 AT A TIME
ALL 5 CIRCLES
ADD PUCKS

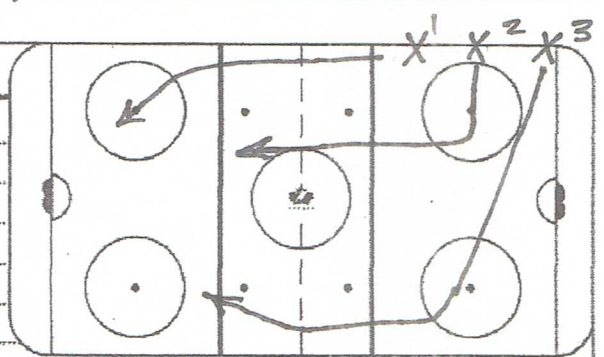


V1 EVALUATIONS

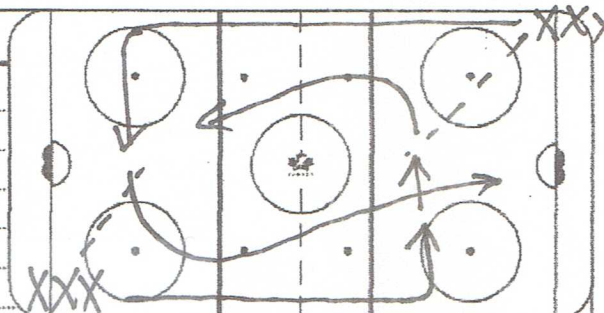
V1 TIGHT TURNS - DOTS
 ADD PUCKS



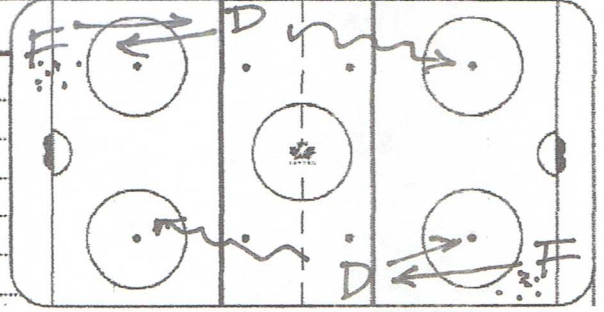
V1 3 LANE SHOOTING
 3 AT A TIME
 PLAYER 1 DOWN THE WALL
 PLAYER 2 ALLEY
 PLAYER 3 FAR WALL
 1 PLAYER SHOOT'S AT A TIME.
 * CAN RUN FROM BOTH ENDS



V1 ST LOUIS



V2 1-1 STANDARD
 FWD PASS TO D STEPPING OUT
 D TOUCH PASS TO FWD
 1-1
 * RUN FROM EACH END.



V2 2-1 STANDARD
 SIMILAR TO 1-1 ONLY ADD 2ND FWD.

