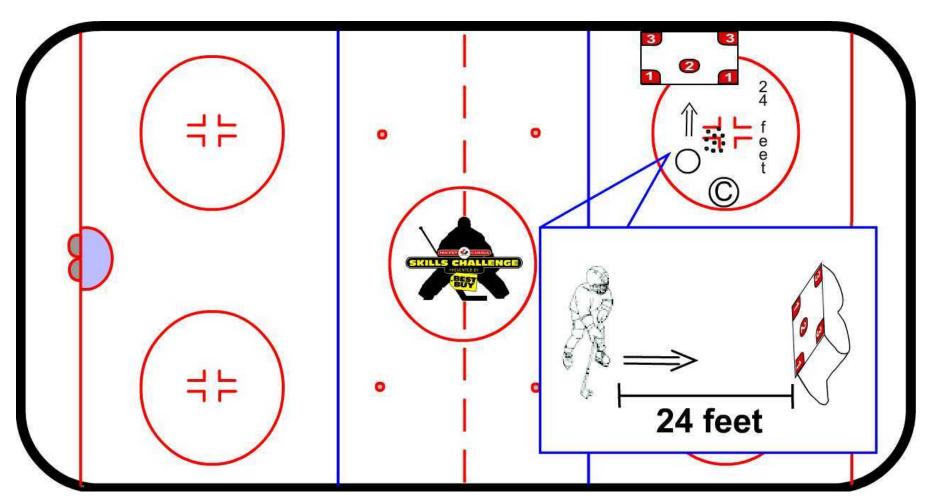




Done without a puck, then with a puck This is a timed drill Submit scores online at www.hockeycanada.ca/skillschallenge for the chance to win prizes from Best Buy.







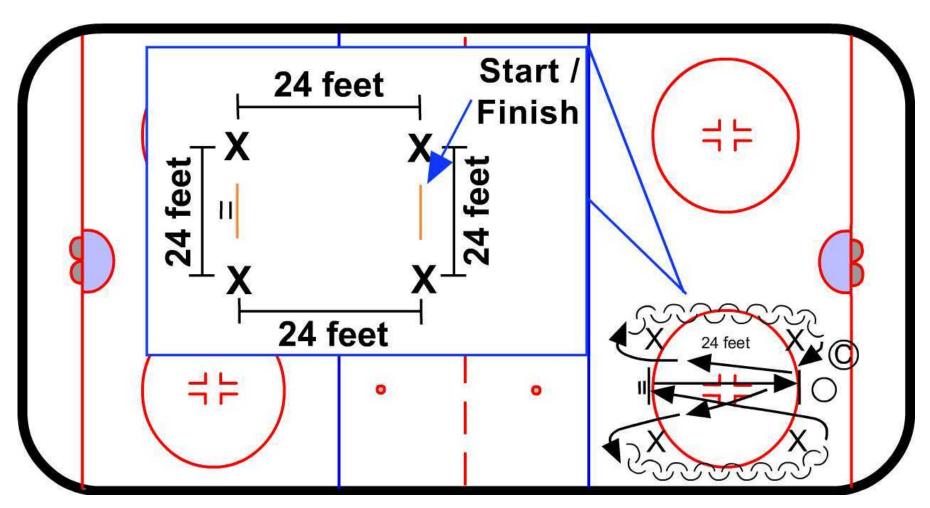
10 shots are taken on the forehand - 1 point for bottom corner, 2 points for the five hole and 3 points for the top corners - maximum score is 30 points.

There is no time limit.







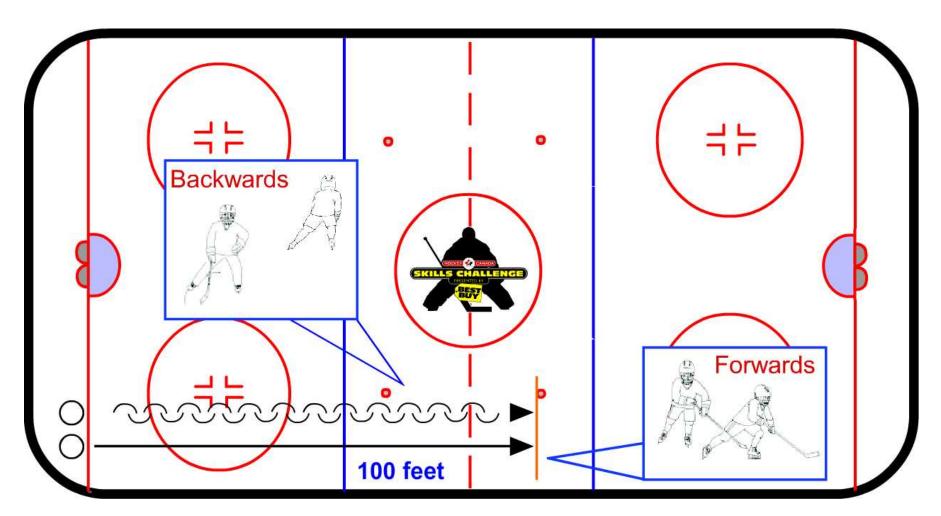




Done without a puck, then with a puck. This is a timed drill.









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





