

10 Week Program

LEVEL 2 TESTING



			Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Faking	1-2 Fake Right	20 sec										
	1-2 Fake Left	20 sec										
	1-2 Fake Right/Left Combo	21 sec										
Toe Control	1-2 Pullback	20 sec										
	Toe Heel	20 sec										
Reach	Reach Wide Two Hands	20 sec										
Moves	Front Fake Right	20 sec										
	Front Fake Left	20 sec										
Puck Tricks	Tap-in bucket	How many in 20 sec ??										
	Flip Over Stick-back and forth											

TESTING is done ONCE/Week. After entering your results on this sheet, you may also enter them on the Testing page online.