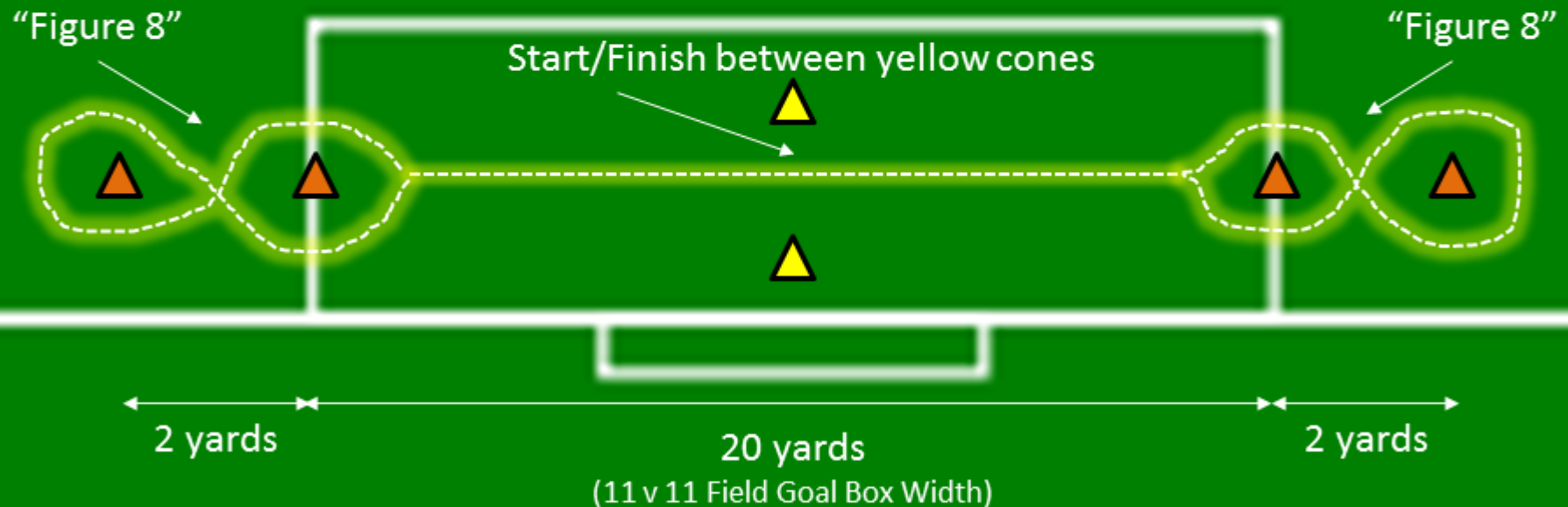


SHAL U8 & U10 Tier Test

INSTRUCTIONS

The test starts and ends at the center gate (yellow). Player performs figure eight's around end gates (orange) going back and forth through center gate (yellow). One cycle is completed when player makes one figure eight at each end and returns to center gate.

Each player will complete 3 full cycles



NOT DRAWN TO SCALE

Note - Cones or flags okay for markers.