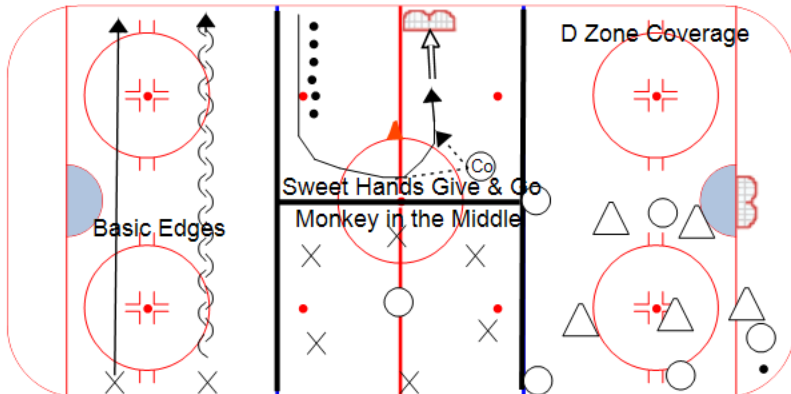


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Station Set #1 - 092309 Content elements: _____ Components : _____

Description

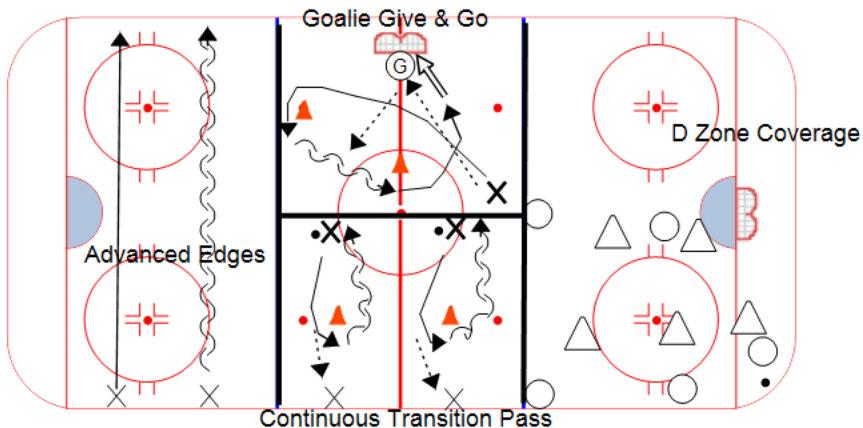
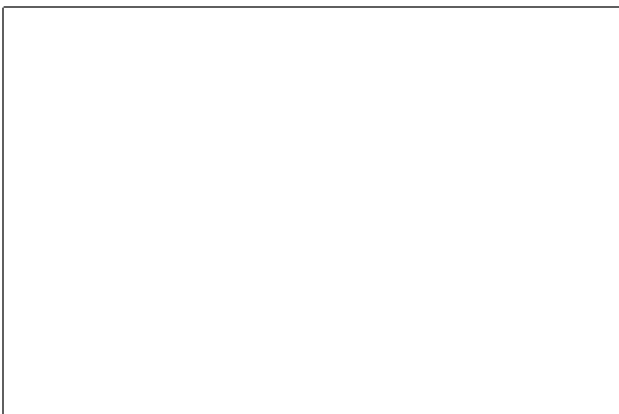


Key Points : Power Skating Passing Passing Systems

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Station Set #2 - 092309 Content elements: _____ Components : _____

Description



Key Points : Power Skating Passing Passing Systems