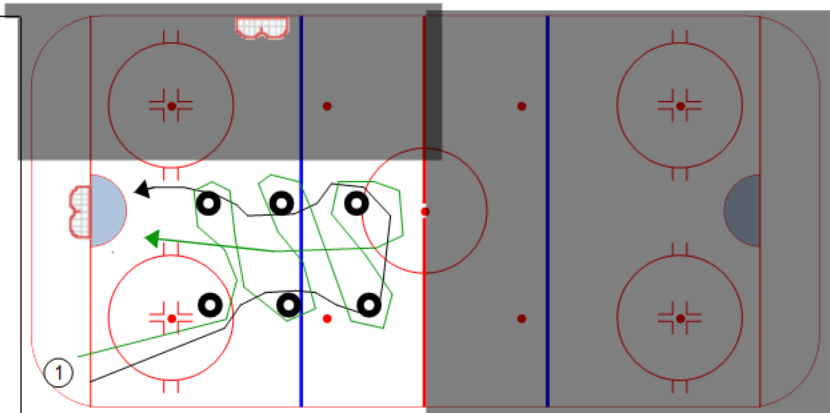




Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Skating Drills - Bags Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

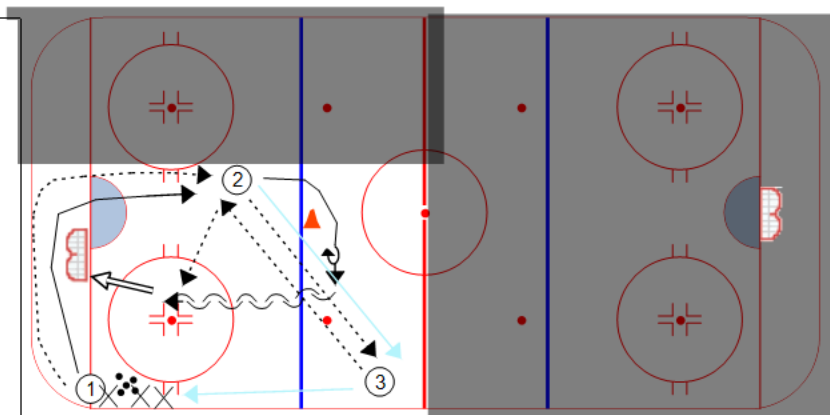
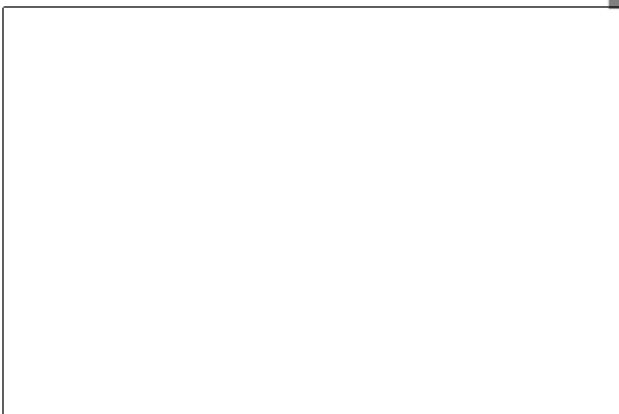


Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 3 Pass Give & Go 1-Timers Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**

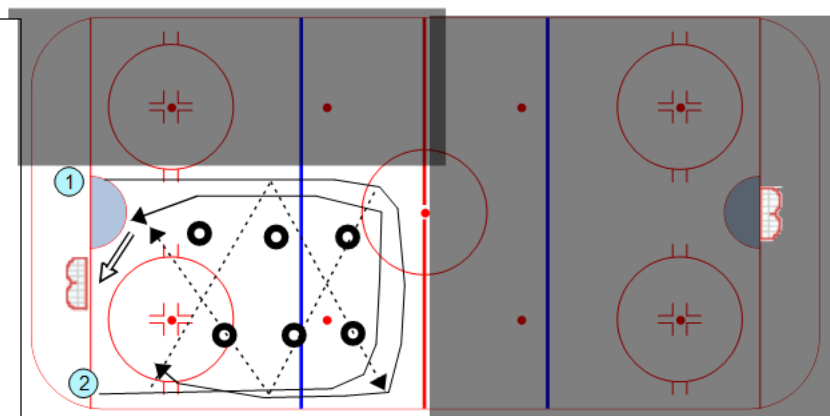


Key Points :

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 2 on 0 Down & Back Content elements: \_\_\_\_\_ Components : \_\_\_\_\_

**Description**



Key Points :