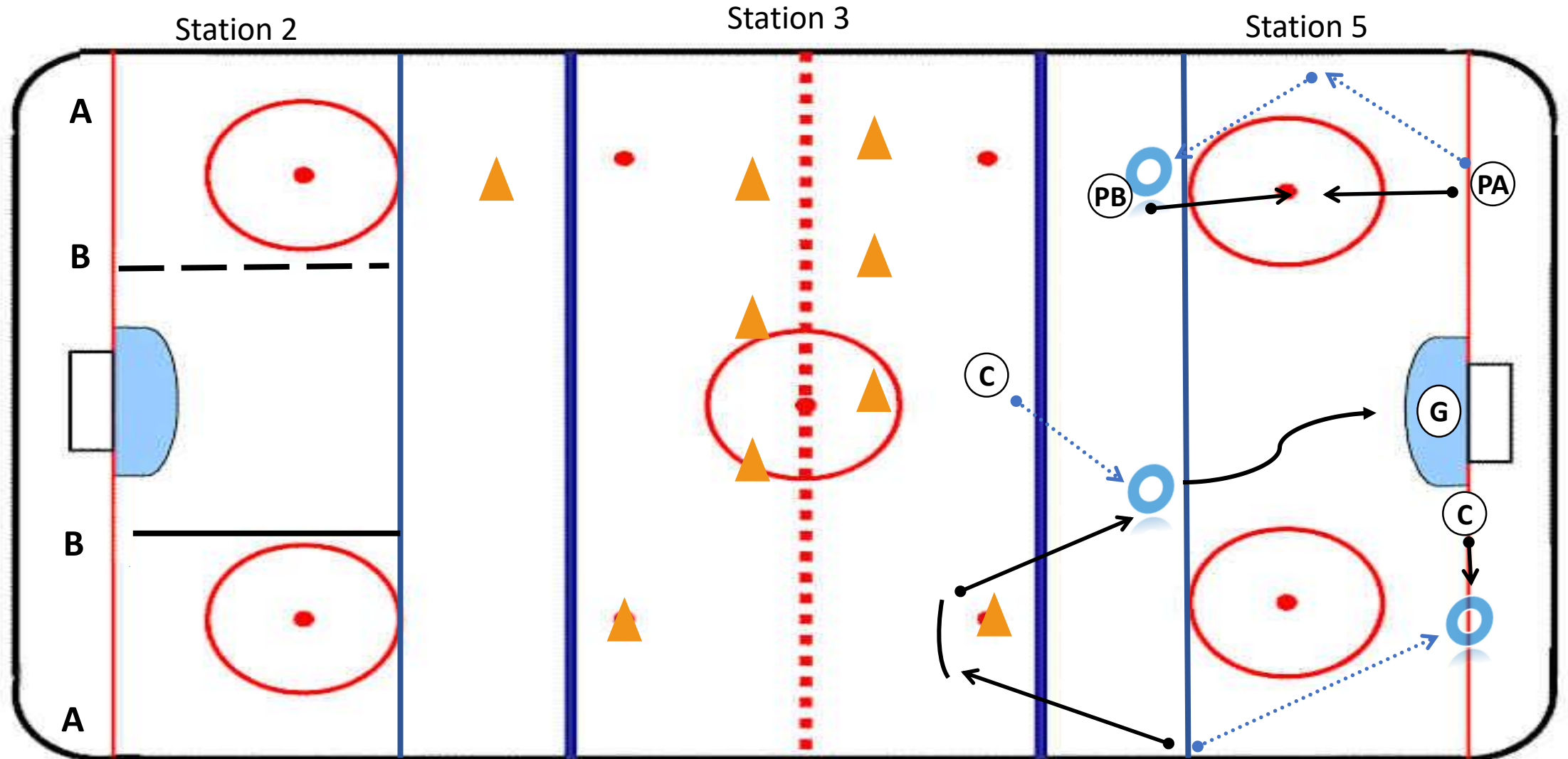





Skills Matrix Drill Diagram U10 & U12



Station 1

-  Forward skate
-  Backwards skate
-  Pass

Station 4