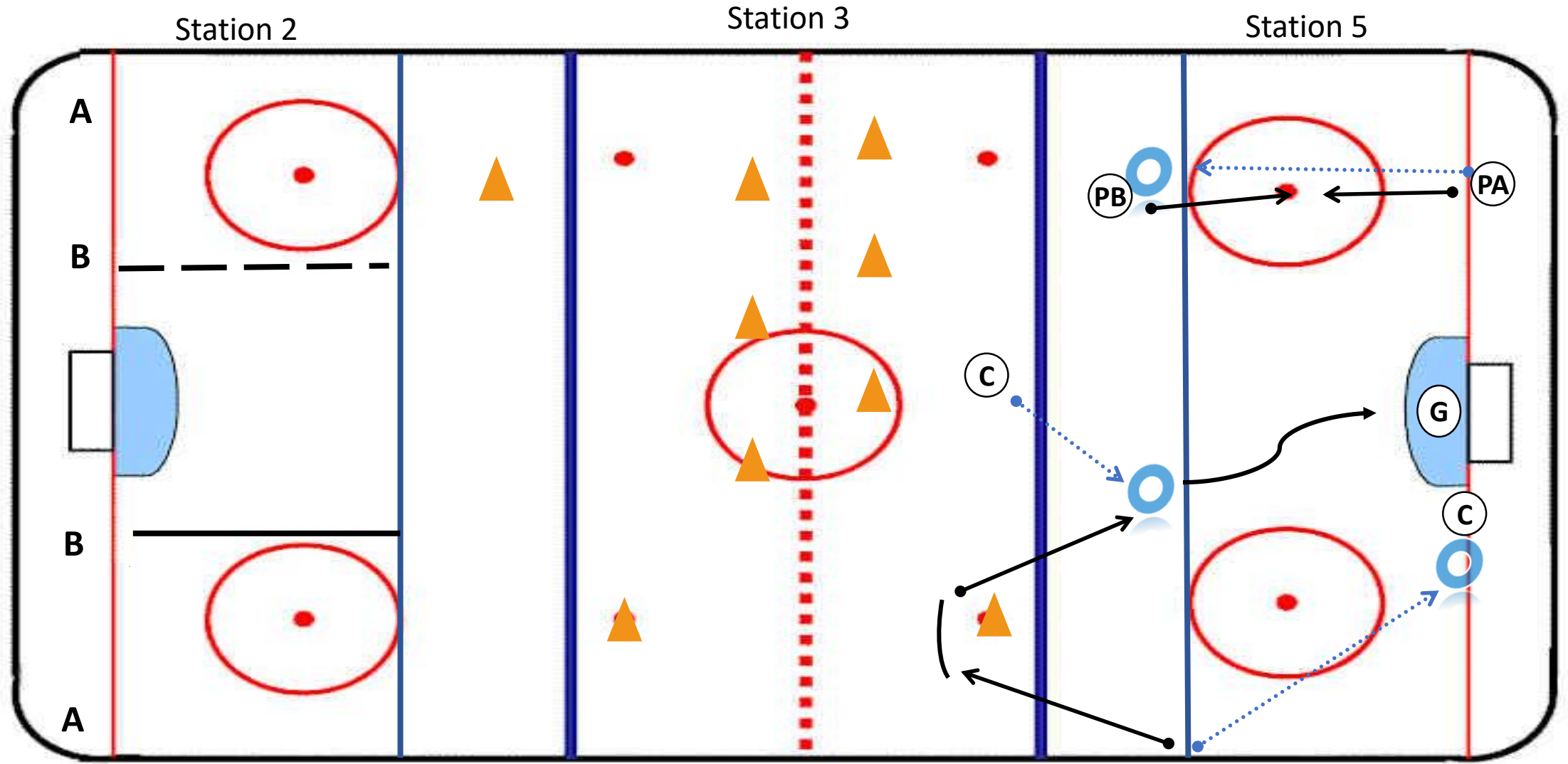


# Skills Matrix Drill Diagram U8 & U9



Station 1



Forward skate  
Backwards skate  
Pass

Station 4