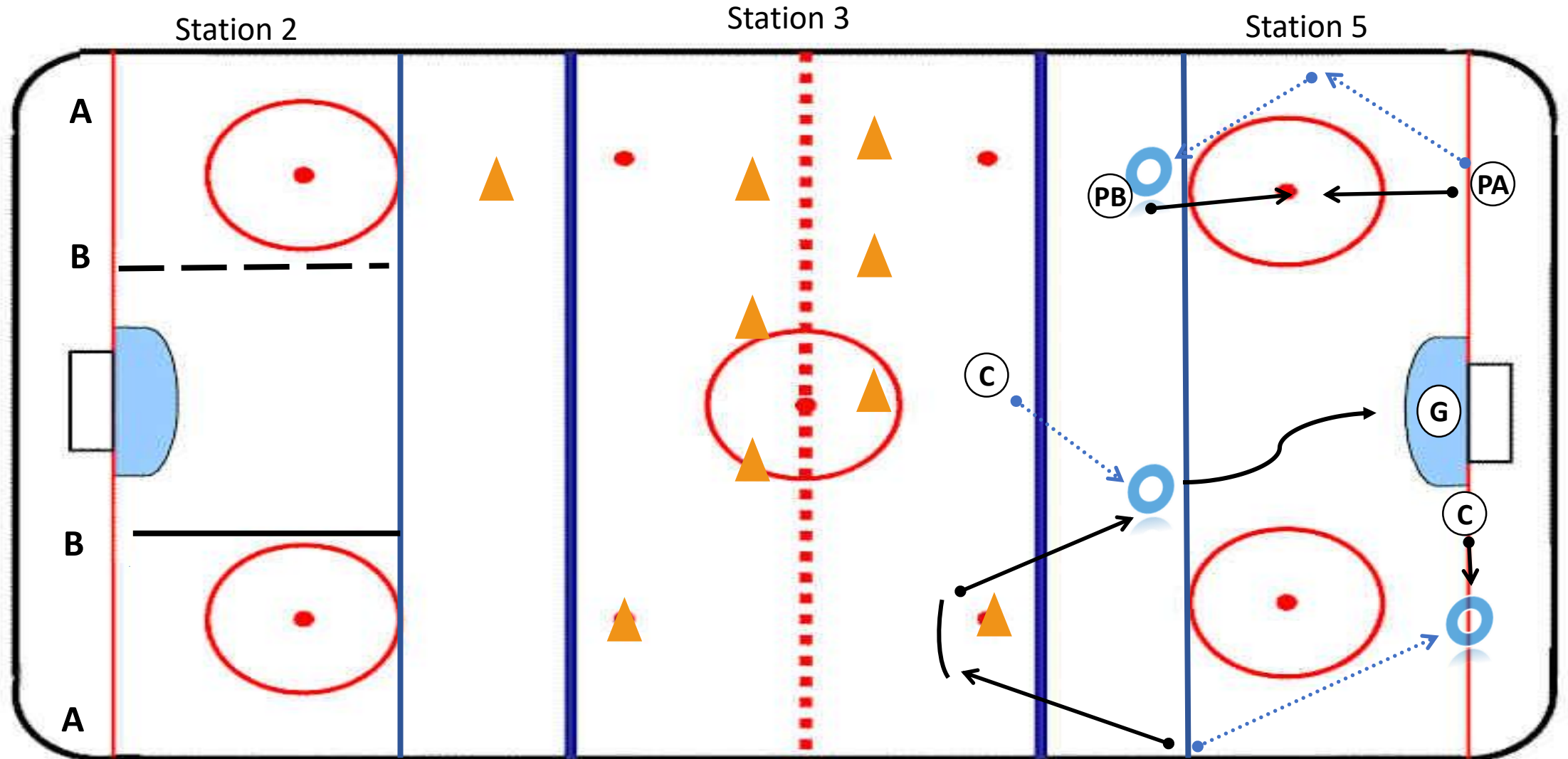


Skills Matrix Drill Diagram U10 & U12



Station 1



Forward skate
Backwards skate
Pass

Station 4