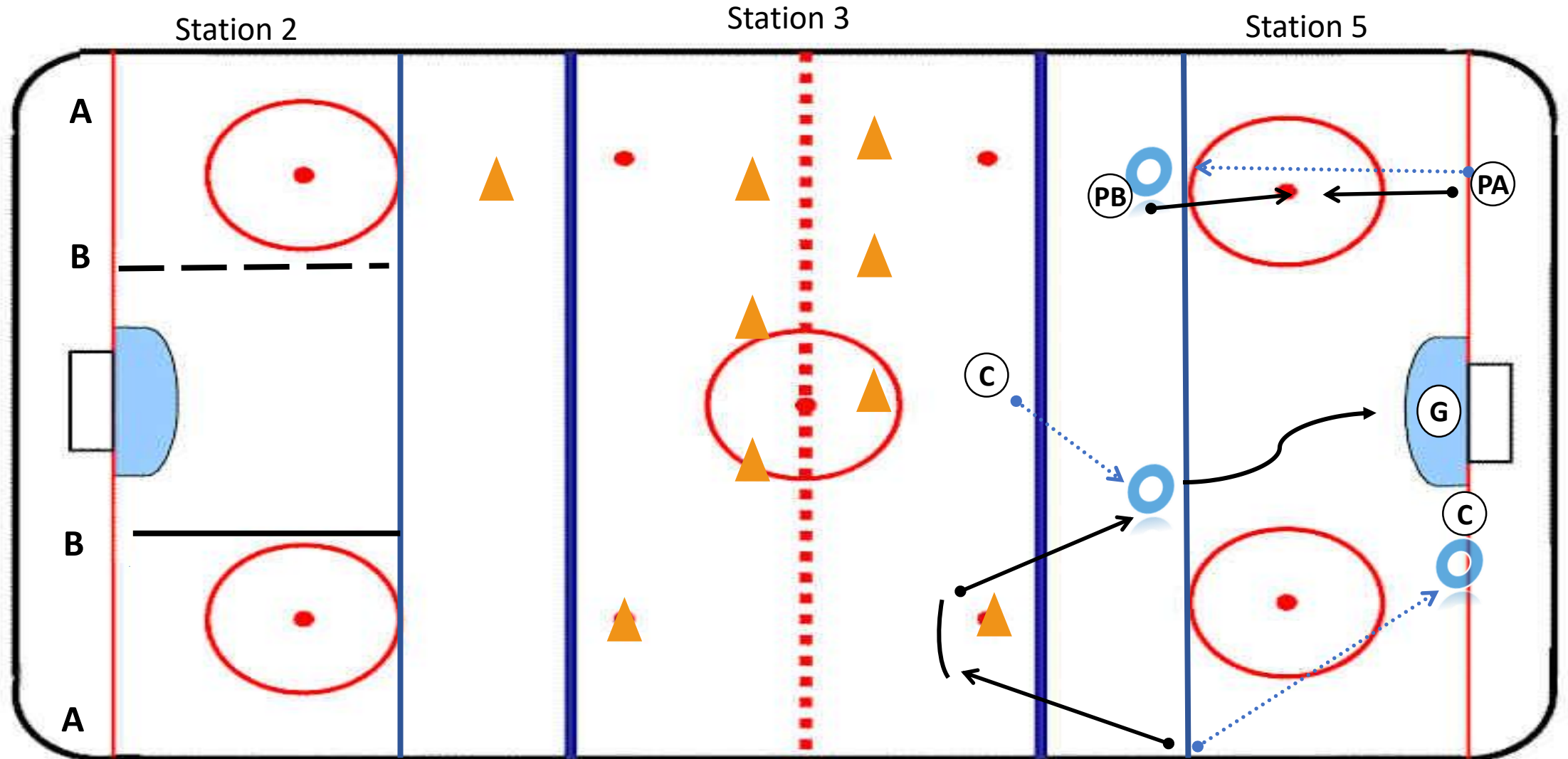


Skills Matrix Drill Diagram U8 & U9



Station 1



Forward skate
Backwards skate
Pass

Station 4